



# FISTOLA

GÜMS Newsletter

April

2009

Welcome to FISTOLA;  
your brief quarterly  
GÜMS update.



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### PRESIDENT'S REPORT - Hollie Casey

Congrats on getting a quarter way through the year, or are we nearly half way through? It's hard to tell. Every now and again I discover that several days have passed without me noticing! For the newcomers, I hope that you've enjoyed your experiences in med school so far. For everyone else, I hope that you've settled into the year and are glad to be back.

So far we've had a pretty big year and there's plenty more to come. On the academic side of life, Ben has been busy pairing people up for the mentoring program and searching for people to participate in both our peer based tutoring program and our professional speaker series. Katie has also been busy keeping track of everything that AMSA are up to. If you're heading to Convention in Brissie this year, make sure that you keep an eye on the AMSA website and get your costumes ready for what is going to be the biggest week of your life!

Matt and Nick have successfully organised O-Camp and Scrub Crawl and have the Fifth Annual Medicine Ball underway (with a little help from some friends). Laura has been busy making sure all of our generous sponsors are happy and looked after, introducing them to our latest intake on O-day and Opportunities Expo. Bonnie has taken on the challenge of the Gold Coast Marathon as well as getting some fund-

raising up and running for a long awaited new fridge in the student common room (providing we can find some space). For a full run down on what the exec have been up to and what is to come, make sure you keep reading.

The learning side of med school has been running smoothly. First years have finished homeostasis and moved on to IMD. With exams around the corner, there is not better time to contact Ben and get paired up with a mentor for a little advice on study preparation. The second years have already faced their first set of exams (personally, I think that the GIT/Endo/Repro exams arrive way too quickly). They're now faced with the joys of the Brain and MSK blocks. My only advice there is start studying now, don't stop until the exams are over and get to know that skeleton in PBL! In third year, everyone is coming to grips with their third rotation. Just as we start to work out our timetable, we're shuffled onto a new block and find ourselves lost again. Finally, the fourth years are very quickly approaching the last set of exams for the degree and what can only be described as a monster OSCE, although they've got their electives coming which gives them something to look forward to.

GÜMS remains committed to representing students in terms of academic issues. We have reps in all the hospitals and for each year level. Don't forget that if you have an issue you want addressed, you have some



constructive feedback, or if you really liked a block/tutor/lecture/prac/clinical skills session, let us know and we can make sure it gets back to the right people. Check out the GUMS website for a list of year level and hospital reps.

On a slightly sad note, this year, we say goodbye to our Foundation Dean, Professor Judy Searle. Judy has been extremely supportive of GUMS and the student body since its formation in 2005. Her support has enabled GUMS to help subsidise conference attendances and run our academically-focused events. I would like to take this opportunity to thank her on behalf of the past and present GUMS exec and Griffith students for her support and wish her all the best in her endeavours in Canberra.

Wherever you are in your degree, happy studying and good luck. Remember to always make some time for fun, whatever that might be for you. If you've got any thoughts about how GUMS can support you and your fellow students, please don't hesitate to email me and let me know!

Cheers,

Hollie.

[president@gums.org.au](mailto:president@gums.org.au)



## ACADEMIC REPORT - Ben Gerhardy

Hey everyone - Ben Gerhardy, GUMS 2009 Academic Rep here for my first bit of publication for Fistula. Here goes...

It has been a hectic start to the academic year for GUMS. Thanks to the lovely Maxine Hughes in admissions we were able to get some letters out in the 2009 cohort orientation pack regarding our Peer Mentoring program, meaning that as of December 2008 I was starting to receive emails from some eager, soon-to-be medicine students looking to organise a mentoring partnership. The email count grew exponentially over January and early February as some 2<sup>nd</sup> and 3<sup>rd</sup> year students realised the benefits that could come from having a more senior student as a mentor, but the numbers worked out near perfectly so that at last count there are almost 80 students involved in this program at the moment. A big thank you to all the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year students who have taken on the role of mentor to the more junior students!

The Peer Tutorial Scheme has also started the year with a bang, with 3 sessions held for the first year students (Intro to Studying Medicine for Non-Science Students, delivered by David Barison; LO Dissection, delivered by myself and Dinesh Palipana, and a Biochemistry/Cell Physiology overview, delivered by Hollie Casey and Bassam AbiHaila, known to almost everyone as Baz) being held within the first 7 weeks of the semester. As the requests for tutes come in I'll do my best to accommodate and organise them, so don't be scared to email me people!

In a new foray for GUMS this year we have joined with H4H and together are now running the GUMS/H4H Clinical Skills sessions. Two of these sessions have already taken place (GIT examinations for 2<sup>nd</sup> years) with more in the planning stage.

For those new to Griffith Med these are sessions that are held in the clinical skills room out of hours to provide an opportunity for tutelage (from senior students) and practice in clinical skills and procedures including history taking and physical exams.



This is one of the first joint ventures between GUMS and H4H and hopefully is a sign of more good things to come as the two societies can work together to provide a more thorough and diverse range of activities for the student body.



Looking to the near future - there are a couple of events that are coming together which show great potential. The first is an Electives and Selectives information night for 3<sup>rd</sup> year students. This is an evening that will feature speakers including MDOs, DFAT, Travel Doctor and newly-graduated interns who have recently completed electives with the aim of providing information regarding your options for 4<sup>th</sup> year.



The GUMS Professional Speaker series, a new program in 2008, is also in the process of recruiting its first speaker for 2009. Dates are being confirmed and I can't reveal anything yet but let's just say that hearing this speaker will be an opportunity that most, if not all of us will not have again...



So that is it from me. Perhaps not the most entertaining piece (seriously, I organise academic stuff. They aren't exactly the most exciting or outlandish events) but hopefully it has been a bit informative for everyone. If you have any ideas relating to academic events, or any suggestions in general don't hesitate to send me a quick email ([academic@gums.org.au](mailto:academic@gums.org.au)) or hunt me down around GH1. Cheers, Ben.



## AMSA REPORT - Katie Buzacott

AMSA, as hopefully you all know, stands for Australian Medical Students Association - that is, they are the representative body for every single medical student in Australia. Three times a year they hold a council meeting, which is attended by the entire AMSA executive, and representatives from every med society (19 in total!) in Australia. I was lucky enough to attend the council meeting earlier this year in Sydney as the GUMS representative. There was heaps of discussion about a wide range of issues, with a focus on AMSAs "Big Issues", including Physicians assistants, scholarship conditions, international students, and sharing of hospitals for clinical skills. AMSA has developed policy positions on various matters, which are all available on their website at [www.amsa.org.au](http://www.amsa.org.au). These are the real issues that are affecting you, as medical students, right now and well into your future careers!

One of the highlights of council is that every med society gets a chance to report on what is happening at their university, and raise any issues to get input from everyone else. There was discussion about what membership prices the med societies charge, about different school policies that are causing concern (such as attendance policies, forced rural rotations, lack of support for students who are parents), and what events are proving most popular! This led to a new policy, whereby any medical student should be able to attend any med society event. So if you're having a boring weekend away in another city that has a med school, check out their med society webpage or Facebook page to see if there's something going on! The details of all the other med societies is available at <http://www.amsa.org.au/about-socs.php>, with the contact details of their reps at - <http://www.amsa.org.au/contact.php>.



There's another council meeting coming up in July, so if you have any issues you want raised, or want to become involved in any other way, feel free to email me at [amsa@gums.org.au](mailto:amsa@gums.org.au). I'm also attending meetings for AMA Queensland and the Council of residents and registrars, so no matter what you want discussed, I'll find a suitable audience!

See you at Convention and Global health conference!

## COMMUNITY PROJECTS - Bonnie McRae

Well the Community portfolio has got off to a slow but steady start this year. At the beginning of the year GUMS hosted the second-hand book sale, where we had 65 books for sale and managed to sell half of them for great discounted prices. Hopefully next year the sale will get even bigger and better!

Keep an eye out for some upcoming Community GUMS events, including:

- Jelly Baby Month - where we will be hosting a home-made cake stall to raise funds for Juvenile Diabetes
- Red Nose Day - where we will be selling merchandise and running a few competitions to raise money for SIDS
- GC Marathon - GUMS will be entering a scrubs-clad team into the 5km walk to encourage physical activity and kick off our student wellness program. Members may also enter the other events that day (Marathon, Half-Marathon, 10km Run). All entries will be subsidised by GUMS.

The Community portfolio will also be trying to raise funds for a new, bigger fridge for the common room, so keep an eye out for fundraising attempts, and throw some money our way!

If anyone has any ideas for events for the Community portfolio to host this year, or ways to fundraise for the new fridge, feel free to contact me at [community@gums.org.au](mailto:community@gums.org.au). Take Care.

## SOCIAL REPORT - Matt Marino and Nick Aroney

2009 thus far has seen many great GUMS social events. These events have made for a great opportunity to catch up with Med-mates since coming back, invite in and welcome the new first year cohort and of course allow for an escape and place to vent after a full-on week at Uni.

The first event this year saw the new first year group and a number of the GUMS committee take to Mt Tamborine for the "Disorientation Camp". The camp was a great chance for the first year students to meet with each other and 'Edward-beer-hands'. Over the course of the weekend the student's enjoyed laser skirmish, relaxing in the rock pools as well as plenty of 'games' on the night. Overall the "Disorientation Camp" lived up to its name.

The second major event of the year was the annual GUMS Scrub Crawl. The Scrub Crawl was a combined event with Bond University Medical Students, allowing for the two schools to come together and celebrate. Students donned their favourite blue scrubs and climbed aboard busses and shipped around to the various venues. Apart from a few of the newbies suffering from acute cases of motion sickness the night was a blinding success.

Recently, the second years finished their gastro/endo/repro block. GUMS threw the party which started at Fisho's and kicked on later to Melba's. It was a good chance to wipe the brain cells clean of guts and babies in preparation of neurons and muscles.

With exams out of the way for most years, GUMS has announced the annual Med Ball. The High-rollers event will be held on the 30<sup>th</sup> of May at the Sheraton Mirage and promises to be as memorable as it is every year. As well as this GUMS has planned a number of end of exam parties, Bond-Griffith touch competitions, bare-foot bowls and numerous other events.

Until next time... Stay classy Gold Coast.

Nick and Matt



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Would you like to contribute an article for the next Fistola (on literally anything - from a year level update to inside jokes from your year) or photos from an event? If so, please contact [publications@goms.org.au](mailto:publications@goms.org.au).