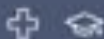




FIRST YEAR GUIDE 2019



Studying medicine will open many doors, including ours



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Editor's Note

Congrats, you've made it! After what probably feels like months of hard work and stress (hellllloooo UMAT and interviews...), you've arrived at your first day of medical school. Here we hope to give you the ins and outs of the year ahead, some friendly advice and a warm welcome to all things Med!



First thing's first, you're going to come across a lot of new acronyms as you traverse the first few weeks here: CBL, FBS, SP, GAI etc. The most important one for you to know right now is the AMSS. The *Adelaide Medical Students' Society*, otherwise known as the AGreatest MStudent SSociety SAustraliahas ever seen. If you take anything away from this guide, it better be that otherwise we're getting kicked off the committee. We are Raff and Cat, your Publications officers for 2019 and we unofficially officially welcome you to Med School.



You'll come to learn much about the insurmountably iconic Adelaide Med culture that rests on the shoulders of societies like the AMSS over the next few weeks. You'll also probably learn some stuff at Uni. In the meantime, enjoy your very own First Year Guide at your leisurely perusal as a gateway into the next six years of your life. We can't wait to Indoctr-ummm, meet you! :D

Raff + Cat (MBBS II)
Publications

³
P.S Thank you to the lovely Hari (MBBS II) for her amazing cover art!



Your membership benefits

Not sure what kind of doctor you want to be?

With over 64 different medical specialties to choose from in Australia, making the decision to specialise in one, can seem daunting. That's why the AMA has developed a national, specialty training pathways guide - a free resource for student members!

You can use this guide to research specialties or compare key attributes of all 64 specialties, such as entry requirements, cost, and positions available. Let the AMA's specialty training pathways guide help inform your career decisions.

ama.com.au/careers/pathways

AMA's Specialty Training Pathways Guide adds to the suite of services available from the Career Advice Service and the rich information available on the Career Advice Resource Hub.

Visit the website to find out more about our suite of career services that can assist you with resume development, application writing, and review of your documents before submission to the hospitals.

Looking after your career

Your membership provides services at reduced or no cost, such as:

- Career support and mentoring
- Code of Ethics online training
- Student e-News on topic
- Training Pathways Guide
- and much more available online...



AMA(SA)

Your Profession.

Your Voice.

Your AMA.

www.amsa.org.au

More information is
available via
www.amsa.org.au
or email
membership@amsa.org.au

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It's a strange thought now, but chances are in 3,153,600 minutes you and I will be fellow doctors, probably grabbing coffee with our teams and bumping into each other on the hospital wards.

When I started here in 2013, I knew little about *Medschool* and had little idea of what I'd got myself into. But honestly, 6 years has brought some bloody hilarious memories, unforgettable nights, rewarding chats with patients, relentless Swotvac study sessions, mentally-challenging days, hands-on rural and overseas placements, supportive mentors and, above all, remarkable people I now call life-long mates and colleagues.

So congratulations and welcome to *Med School*, the AMSS and hopefully some great years ahead.

The Adelaide *Medical Students' Society* (AMSS) is a 130-year-old organisation run by medical students solely for medical students at the University of Adelaide. Our motto is, '*Traditio, Spiritus, Gaudium*' which roughly translates to tradition, spirit and good times. If you haven't already, hopefully you'll soon realise we're lucky enough to have a vibrant and uniquely welcoming culture throughout the *Med School*.

The AMSS runs a full calendar of social and educational events—from *Medcamp* to *Peer2Peer*, *Jazz Night* to *Medrevue* there is something for everyone. We represent your views and advocate on your behalf at the faculty level and nationally. We support you through your peer, mentoring and friendships; inter-year level and beyond.

PRESIDENT

My role as President of the AMSS is to support and oversee the smooth running of the ~60 person committee but more importantly to make sure all members feel welcome, safe and able to get the most out of the society and Med School.

I remember feeling considerably overwhelmed starting 1st year—unexplained acronyms and new events left, right and centre. My advice, and that of many others, is to just Get Around It (GAI). Go to that event you weren't sure about, sign up as a year rep, buy a ticket to Convention and GHC, say hi to that older year and get out of your comfort zone. And if you find something you like, get involved!

If ever in doubt, the best advice I got in first year was to regularly ask for help from older year students—there will be so many opportunities for you to pay it forward to future first years, should you wish, so never feel bad.

Especially for all the international and interstate students, I genuinely hope the AMSS can become a second family for you, as it has been for me over the past 6 years. If you're ever unsure of anything, want to get involved or want to know more, just ask. I'm always keen for a chat, and hope to meet most of you this year!

See you at O'Week, Skullduggery and MedCamp!

Tom Gransbury (MBBS VI)
President



Hello and Welcome to TeamEducation (TeamEd)!

Regardless of whether you're into sports, books, craft, nature, gaming or travel, studying medicine brings us together. I can guarantee you'll gain so much more than just an education from your time in med school, and it's TeamEd's aim to make your academic life as straightforward as possible, so you can enjoy all the other good stuff too!

TeamEd has two major aims: **ADVOCACY** (to ensure student issues are addressed) and **STUDENT-RUN EDUCATIONAL PROGRAMS**. (to provide med students with educational support). We represent students to give you a voice at faculty level on academic issues, and support your learning through peer-organised education programs (check out the EdPrograms section for more info).

Interested in getting involved? There are two Education Representatives (EdReps) from each year level, so keep an eye out for Year 1 applications opening up soon. EdReps are the first port of call for their year level and work with other members of TeamEd to relay student concerns to staff and represent students at staff meetings. (P.S. There's also the opportunity to be TeamEd Secretary and help ensure we are forever efficient).

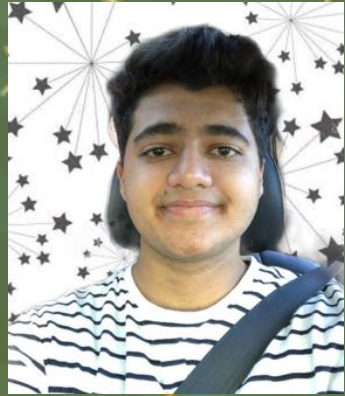
Your voice matters, so make it heard. Get around the events and get involved with clubs and groups. You'll be supported (by TeamEd and beyond) in whatever you do, we promise. Welcome to the Med family and we can't wait to meet you!

Top 5 Tips for Med School

1. Get familiar with CANVAS and your uni email (check it religiously!)
2. Sign up to MedTransit, ClinPrac and Peer2Peer and give attending the student-run after-hours tutorials a try.
3. Check out our Internet Resources guide to access all the popular online learning resources, including our super handy 'Textbook Talk':
<https://amss.org.au/education/resources>
4. Start thinking about how you'll organise your notes. A trip to OfficeWorks needed? Keen to try OneNote? Whatever suits your style is best.
5. Seek help! Med school is hard and adjusting can be overwhelming. Please don't be afraid to approach your mates, older years or us for advice on ANYTHING. Everyone is keen to help you out and pay forward the help we received.



Victoria Langton (MBBS VI)
Vice President (Education)



Teham Ahmad (MBBS III)
Junior Education Officer

Welcome to the family!

The AMSS is here to make the next six years of your life unforgettable.

You might still forget your keys (they're probably locked in your car), you'll probably forget the name of that guy in your CBL (it's Steve), and you'll definitely forget the role of interleukin-13 in the pathophysiology of asthma (ask Steve). But you won't forget the experience of going through medical school with the AMSS at your side.



There are heaps of events and programs – educational, social, sports, health and wellbeing – all throughout the year. There's something for everyone. This is your opportunity to live out the *Traditio*, the *Spiritus*, and the *Gaudium* that makes our medical school great.

My job as the Vice President is to make sure you don't forget about any of the events or activities that are happening around med school. To help me do that, I'd really love it if you could...

VPC

1. Follow the AMSS on your choice of social media

 facebook.com/YourAMSS

 instagram.com/YourAMSS

 twitter.com/YourAMSS

2. Bookmark the AMSS Website on your phone and laptop

3. Become an AMSS member to get the latest news delivered straight to your inbox

In case you've already forgotten, the most important thing you can do is to GAI*. Even if you're feeling pretty overwhelmed, intimidated, or you're just not sure if this is your kind of thing – there's no better time or place to step outside of your comfort zone and meet some amazing people.

Feel free to give me (or any of the others) a yell on Facebook if you have any questions. I look forward to meeting you at MedCamp! (Especially you, Steve.)

Abby Moore (MBBS IV)
Vice President (Communication)

VPC

Health + Wellbeing

Congratulations and welcome to the Adelaide Medical School! Use your time here to make friends, have fun and look after each other, and don't forget to make time for yourself as well.

The main event of the year to look forward to will be our Health & Wellbeing Week including the immensely popular brunch, but your wellbeing never ceases to be important, so please don't hesitate to contact us at healthandwellbeing@amss.org.au or come and chat whenever you need.

Med School is all about balance, and we have many publications, resources and events to assist you in keeping both mentally and physically healthy. If you have any further questions or are struggling at any stage, just ask! That's what we are here for. We can't wait to meet you and hope to see you all at MedCamp!

Tips:

- ⇒ ***Keep active:** exercise can help you sleep better and assists in maintaining a healthy mind and body.*
- ⇒ ***Eat well:** eating a nutritious, balanced diet can help with energy levels and stress management. Try to limit caffeine and sugar.*
- ⇒ ***Sleep well:** sleeping well allows you to stay engaged throughout the day and is essential to staying healthy.*
- ⇒ ***Take a break:** regularly do something you enjoy. Use it as a way to break up studying and make it easier to concentrate.*
- ⇒ ***Make new friends & maintain your old ones:** medicine provides the perfect environment to build a new support network, but be sure to keep your old friends around too and do things you enjoy together.*
- ⇒ ***Don't bottle it up:** if you're feeling stressed, worried or overwhelmed, talk to someone.*

Health + Wellbeing Resources

- ⇒ Friends and family
- ⇒ Your GP (if you don't have one it's important to get one – a good place to start is AMSA's GP Map at <https://www.amsa.org.au/gp-map>)
- ⇒ Beyond Blue
- ⇒ MIND SA
- ⇒ Headspace
- ⇒ Black Dog Institute (includes fact sheets with techniques on staying well)
- ⇒ Q Life (LGBTQI+ mental health service)
- ⇒ Adelaide Uni Support Services (including free and confidential counselling)
- ⇒ Us! Your AMSS Health & Wellbeing Officers– Elly Thompkins and Luke Cialini (MBBS III)

Head to amss.org.au/health-wellbeing for more!



Jazz Night

Join your friends for this sophisticated evening under the stars as we begin the year with a night of jazz, street style food and wine.

OUR TIPS!

- White dresses and red wine do not mix well
- Bring a bottle to share
- No stilettos, dancing will be on the grass!
- Avoid swimming in the Torrens



Medball

ARABIAN NIGHTS

The highlight of the AMSS calendar, celebrate the end of the year as we escape before SWOTVAC with a sit down dinner, open bar, and instagram captured moments.

FUNCTIONS 2019

Events remain an important part of the AMSS culture and are some of the most enjoyable and memorable parts of studying Medicine. You'll find them to be a great way to get to know your peers and form friendships across year levels. Keep an eye out on Facebook for regular updates and more information.

Union Membership

Step 1. Join the Union

Sign up online or in person.

Step 2. Get Freebies

Claim discounts, upgrades, free lunches, giveaways and rewards.

Step 3. Get Social

Fill your calendar with comedy, live music, trivia, picnics, pop-up bars, campus challenges, outdoor events, workshops, and loads more.

Step 4. Get Ahead

Follow news, professional and academic advice, tips and tricks at the click of a button.

Step 5. Get Balance

Stay motivated with health and wellbeing support, and a life outside of lectures.



\$30

1 Year
Union Membership
2019

\$55

3 Year
Union Membership
2019 - 2021



Get Yours:
auu.org.au/join



Events



Support



Rewards



Discounts



Advice



& More!

FIRST YEAR BUCKET LIST

- ☐ Write for [Stimulus]
- ☐ Go to Medcamp
- ☐ Go to Skullduggery
- ☐ Go to Convention
- ☐ Come prepared for CBL
- ☐ Come unprepared for CBL
- ☐ Fall asleep on Level 3
- ☐ Find a study space In AHMS
- ☐ Debate @ Interyear Debating
- ☐ Join a Boat racing team
- ☐ Attend an AMSS Committee meeting
- ☐ Get lost on the North Tce Campus
- ☐ Forget the name of your SP within 2 seconds of them introducing themselves
- ☐ Fall in love with a SCAP
- ☐ Feel hungry during a resource session
- ☐ Go to the West Oak for a "study break"
- ☐ Attend CBL following the Engineering BBQ
- ☐ Go to an EdForum



membership

Welcome to *Medicine* and the AMSS.

Adjusting to University and *Med School* can often be pretty tough. Now you have to try to meet a bunch of new people and make new friends, get your head around FBS and CBL, and avoid making eye contact with your new med crush.

Never fear, the AMSS is here.

We are easily the best student society in the country and ready to welcome you with open arms. The AMSS offers heaps of great benefits for members so grabbing a membership is an absolute must. Besides entry to our exclusive events, AMSS membership also brings with it great deals around town including Uni supplies, coffee, gym memberships, drinks and pizza.

On top of getting an AMSS membership, it's also a great idea to get out to as many of our events as possible (GAI) to get to know as many people as you can. Besides those other newbies in your year, it is also super helpful to meet older years too – we are all keen to get to know you and help you out.

See you all around!

James Kimber (MBBS IV)
Membership

To become a member, visit www.amss.org.au/membership or our O'Week stall.



ADELAIDE MEDICAL STUDENTS' FOUNDATION

BENEVOLENCE

INTEGRITY

VISION

Welcome to Adelaide Medical School!

The Adelaide Medical Students' Foundation (AMSF) is an independent body governed by students and graduates of the University of Adelaide Medical School. We exist solely to serve and support Adelaide medical students at individual, group, and organisational levels. Our focus is you, and how we can support you through the incredible journey that awaits.

First Year Welcome and Prize

All first year students will receive a gift welcoming them to medical school and have the chance to win a stethoscope during O'Week.

Benevolent Fund

We can provide financial assistance to students in financial hardship, or those who wish to undertake personal or community development projects.

Awards and Scholarships

Each year we present several prestigious awards including the Intern Teaching Award, Recognition Award, Kildea Clinical Skills Award, and our new Student Teacher Award – plus Travel Scholarships, Research Grants, and more.

Student Committee

Open to all enthusiastic students, the Student Committee is a great way to get involved and find out more about the Foundation.

AMSFFOUNDATION.ORG.AU

FACEBOOK.COM/AMSFFOUNDATION





Do your finances have **a pulse?**

Let's face it. You didn't chose medicine to become an expert in accounting, money and taxes.

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Or they can help you obtain a student loan, create a savings strategy or simply help you with your tax return.

So bring your financial plans for the future back to life by calling Sam Wagner or Michael Boffa on 8273 9300 or email them at amss@perks.com.au.



Accounting & Auditing | Business Advisory |
Wealth Management & Personal Insurance | Banking & Finance

My name is Jade Pisaniello and I am the 2019 Senior Australian Medical Students' Association (AMSA) Representative. Together with Oliver Marshall (MBBS II) who is the 2019 Junior AMSA Representative, we aim to bring you everything AMSA related!

AMSA is the peak representative body for Australian medical students. AMSA is a huge organisation which connects 17,000 medical students from 22 medical schools across the country.

AMSA facilitates many grass-root projects and initiatives led by students like yourselves around key issues that they are passionate about. These range from gender equity and mental health to blood donations, reproductive rights, environmental medicine and asylum seeker health.

ADVOCACY: AMSA provides a strong voice advocating for medical students, ensuring their concerns are heard by all levels of government and other relevant stakeholders in the medical education arena.

STUDENTS: AMSA provides a wide range of benefits to prospective, current and graduating medical students. The Association also actively engages with medical students through AMSA Representatives at local university levels—like Oliver and I!

EVENTS: AMSA holds national events each year, connecting Australian medical students and providing educational and leadership opportunities. Our key annual events include **National Convention** (Hobart 2019, July 7–July 13), **Global Health Conference** (Sydney 2019, August 16–August 19), **National Leadership Development Seminar** (Canberra 2019, May) and **Rural Health Summit**. AMSA also facilitates three annual Council Meetings and an AMSA Global Health Intensive.

COMMITTEES: AMSA has four committees - Global Health, Rural Health and International Students' Network, which do fantastic work in their specific interest areas; and MedEd which is AMSA's research branch.

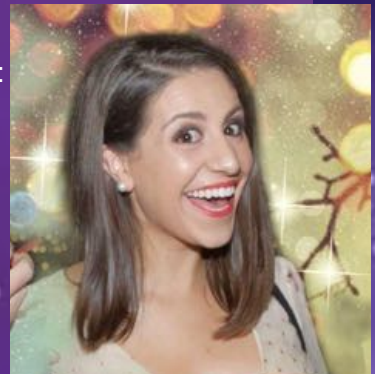
PROJECTS: AMSA organises grass-root projects and initiatives. Our projects allow students to connect and be informed about key issues they are passionate about. Our major annual projects are AMSA Academy, AMSA Queer, AMSA Mental Health, AMSA Activ8 AMSA Gender Equity, AMSA Vampire Cup, AMSA Code Green, AMSA Crossing Borders, AMSA Healthy Communities, and AMSA Reproductive Rights.

PUBLICATIONS: AMSA produces many publications which are distributed in electronic and hard-copy. They are a key conduit by which the Association informs and connects Australian medical students.

In 2019, AMSA National Convention will be held in Hobart and I am thrilled to invite you all to join us as we connect, learn and party with close to 1,000 medical students from all over Australia. Adelaide always has one of the largest delegations and your first convention will always be the greatest! One of the three national AMSA Council Meetings will also be held in Adelaide from **March 22–March 24** this year.

It's a huge year ahead – make the most of it!

See you all at MedCamp and beyond,
Jade xx



Jade Pisaniello (Year 5)
Senior AMSA Representative

AMSA

A long time ago, in a galaxy far far away...

A cohort of bright, shining medical students gravitated toward a special place, a gleam of light in the vast universe, a place called Camp Dzintari. For two solar periods they gathered for an intergalactic event of astronomical magnitude involving education, sports, friendships and partying. Join us from March 8th to March 10th 2019 for this interstellar gathering known as *MedCamp*.

Medicine is a degree of traditions and MedCamp is perhaps the greatest of them all. Spread over three days and two nights, it provides the perfect opportunity to settle into medical school and get to know the people you'll be spending the next 6 years with. MedCamp allows you to settle in to this new community and make valuable friendships with your own year level but also with older year students who will become close friends and mentors over the coming years.

MedCamp is also an invaluable learning experience. Whether it's learning to measure blood pressure or dealing with simulated emergency trauma scenarios, this weekend provides you with a taste of the skills and knowledge you will gain in the years ahead. As good as medical school teaching is, the one-on-one tuition from final year medical students and hands-on experience available at MedCamp is not to be missed! We guarantee you will learn a lot more practical skills on this weekend than you will in the next two semesters.

For some, the highlight of MedCamp will be the two back-to-back social nights. Medical students know how to have a good time and MedCamp is where this is best on display!

On Friday night, bring your best costumes in the theme of *Outer Space* and enjoy a huge night of dancing and partying. On Saturday night, join the older years and be ready for some surprises as you learn about some of the greatest traditions of medical school that have been in place for generations. Tired from a full day of education and activities? Head to our chill-out zone for some rest and recreational activities that will make your *MedCamp* nights just as fun.

First years, *MedCamp* is simply not to be missed. There are many events on the medical school calendar but *MedCamp* is the biggest and most iconic of them all. You will love every minute and feel so much more comfortable in the degree for it. Any older year student will tell you how *MedCamp* in first year can seem intimidating, but buying a ticket was the best decision they've made in med school.

So strap in and blast away for the time of your life at *MedCamp 2019* from *March 8–March 11*. Don't miss out on a weekend out of this world and buy your one-way ticket to Clinfinity and beyond! See you there!

Ally, James, Simone and Andreas (MBBS I)

***MedCamp* Convenors**

Chuck any questions to medcamp@amss.org.au



MEDCAMP

THE HITCHIKER'S GUIDE TO THE

Welcome to first year! There's a fair bit of work involved, but it doesn't all have to be unpleasant - especially not if you do it well. Here are a few tips on how to make this year as effective and fun as it can be in terms of study.

Number one thing is take breaks. Don't be ridiculous about it obviously, but it's a marathon not a sprint like the lead up to year 12 exams. Pace yourself, know when to give yourself an hour off study, and maintain a life outside of med. It's really easy to get lost in the details but try to get a feel for how much depth you will need from the lectures and Case Based Learning and stick to that. By working effectively and making best possible use of your time, you don't have to spend it all brute forcing through the content and instead go and enjoy yourself.

On the other side of the coin, make sure you are doing the work. With all the parties and social events, it's very easy to forget to actually study. It all comes back to haunt you before exams, so a little bit of consistent work goes a long way. If you find yourself with nothing to do, absolutely no harm in going back over old content to revise ahead of time. Better yet, try using Anki flashcards for your revision - you set up the flashcards with content as you learn it, then the app creates intervals to review old content meaning that you don't need dedicated revision sessions.

You'll come to learn that some of the things you need to know aren't taught through lectures at all. Very unfair, but that's what you signed up for. There are a couple of ways to learn it: textbooks (physical and as pdfs) can be great, though can be hard to pay attention to over long periods of time and can sometimes go into too much detail. As for where to study, the AHMS isn't the greatest place to find a quiet desk because it's usually full of people. If you can't find a seat, you can book study rooms by googling 'Unified Adelaide' or the 'Adelaide web room booking service'. Each service books a different type of room, which can be a great way to cement yourself a place to study. You can also buy lunch/snacks at Bean Bar and study there as you eat. Otherwise, just catch a tram back to the main campus where there are many more places to study.

Talk to the second years about study resources, they'll have some handy ones. I would advise reading (and/or completing) your anatomy notes before the session even if they tell you not to because it can be hard to keep up otherwise. All the actors in Clin are lovely, so there's no reason to be afraid, and make sure you practise a couple times. MPPD is all logical to work out but it's still worth paying attention as there can definitely be exam marks for this subject. For CBL it's easy to read notes from previous years but give it a crack yourself before you read anyone else's notes. Everything should be more than possible to read/work out/learn yourself and this is what helps it to sink in.

GALAXY (Or at least Adelaide...)

Entering uni can be a little bit daunting, but everything is great fun and hopefully you can have a great time! All the AMSS events are good fun—they're a great chance to meet other med students and have a great time with your friends. Highlights are *Medcamp* and *Medball*, so try your best not to miss out on either.

Outside of *Med*, the number one thing I would recommend is buying a t-shirt for the [Engineering pub crawl](#). It's a fantastic way to get free entry to try out many of the pubs and clubs in Adelaide early in the year, as well as a great way to meet new people.

If you're looking for brunch destination ideas, here are a few for you: Hey Jupiter, Handsome and the Dutchess, [Peter Rabbit](#), Crack Kitchen, Two-Bit Villains and 50SIXONE. For stuff closer to the AHMS, Food Lore in the UniSA building next door is good, but expensive. [The Espresso Room](#) across the road does decent coffee, nice snacks, but is dead and not very hip. Behind this, on the UniSA City West campus, is [Honki Tonki](#) which is good for some tasty dumplings and noodles! For hip, you can't go much further than [Peter Rabbit](#) as mentioned earlier. Worth the walk to Hindley Street for good coffee, great brunch, and solid vibes.

For fun stuff to do that isn't drinking, why not go outside and explore the city and surrounds? There are plenty of nice beaches to try: [Glenelg](#) is classic and easy to get to but definitely not our best. Henley beach and West beach are also nice, and Seacliff is a little quieter. If you can drive, we'd highly recommend going down the coast to places like Moana and Sellicks. [Mount Lofty](#) is a classic Adelaide hike but it's always busy and it definitely isn't the best! For some other nice hikes try Morialta, [Brown Hill Creek](#), or Hallett Cove. It's super important to get outside during the year, especially winter (it's really not that cold and vitamin D deficiency is REAL).

Some other cool places to go and have a look around are the South Australian Museum, the [Art Gallery](#), and I highly highly recommend the [Botanic Gardens](#) as a place to go and unwind. There are some fantastic tropical and native sections, some great shady lawns and they're a short walk/tram ride away but are a great escape from whatever stresses are waiting for you at uni.

Finally, try picking your own laneway or destination to go walking down. The coolest bit about exploring somewhere new is that you never quite know what you'll find!

Henry Lock MBBS II



ADELAIDE UNIVERSITY MEDICAL ORCHESTRA

Where medicine meets music.

Years of costly music lessons, lugging your cello case around or playing 'Copacabana' in school wind ensemble? Don't let your hard-earned chops go to waste - join Adelaide University Medical Orchestra (AUMO)! Keep up your skills or start something new with orchestra, big band, vocal ensemble or dance - no auditions needed!

Find us:
www.aumo.org.au

Interested in Surgery?

The **Adelaide University Surgical Society** is the place for you. Sign up on our Facebook page to keep up to date with Australia's oldest student-led surgical society. We run surgical teaching events based on specialist interest topics as well as international research and Australasian conferences to help you pick your career, learn anatomy, and pick up some skills along the way.

Our educational nights are free for all Medicine students from Adelaide - just be quick to sign up, spots are usually filled within 20 seconds!

One first year will have the chance to be on our committee and guide the society forward. Introduce yourselves to us and keep an eye out for an application date soon!

We have suturing sets to give away, so you can practice your skills at home. Sign up to enter in the running!

We hope to see you there,
The 2019 AUSS Team



ADELAIDE UNIVERSITY PSYCHIATRY SOCIETY



Make this year's O'Day count to see you come along to some of our events this year!
Want to know all about what a psychiatrist does? Come to our career's night!
Feel like chilling with your friends while watching some deep and thought-provoking short films?
Come to our MedFest movie night!
Wanting to learn more about different psychiatry topics? Feel free to pop in to our Psych
Fairness!

Like our Facebook page for updates and more information!



AMSS O-DAY

Check out these societies
and more during O'-
Week and @ AMSS O-
Day. Don't forget to follow
on Facebook/Insta for
your chance to win (and
learn lots of cool stuff!)



We provide supplementary educational
tutorials for First to Third Years, promote
student research opportunities and
foster interest in Pathology as a career.

facebook.com/groups/pathsoc
pathsoc@clubs.auu.org.au
pathsoc.org.au

APY EXCHANGE

The APY Exchange is a program that sends small groups of medical students to remote Indigenous communities in the Anangu Pitjantjatjara Yankunytjatjara (APY) lands each year. We are a student run initiative that aims to engage young people in the communities during their holiday period with activities, games and health education. Participants of the trip gain invaluable skills and experience in cross cultural communication, and the rare opportunity to learn directly from community members.

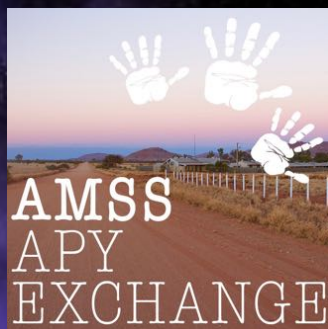
We spend a week in the small towns in far northern South Australia getting to know the people, keeping the kids entertained, and learning about the local Indigenous culture. We run two trips each year; one in July and a smaller one in October, during pre-clin holidays.

The majority of costs are subsidized for participating students, with a payment of \$200 required to contribute towards flights and accommodation.

Applications are open now! Please see our Facebook page for more information. Applications close in early April.

Bianca Kennedy, Chloe Borgas, Henry Shaw

APY Exchange Convenors



Every year all the *Med* students who aren't quite satisfied with just a life of study and Sherwood get together to put on a charity musical show over two sensational nights in September. *MedRevue* is your opportunity to continue living your high school stage dream, get a hit of musical theatre or discover your inner talent. You'll become a part of a family of students from years 1 to 6 and help create one of the highlights in the AMSS calendar; whether you're in the cast, chorus, dance, band, design, costume, back-stage or more... there's a role for everyone in this professional-esque production!

Theme reveal and auditions start soon so come give it a try! We're more than happy to answer any questions you might have at medrevue@amss.org.au.

Owen Streeter, Huy Dat-Pham,
Carla Nicole, Adriano Barilla,
Gracey Goodwin



MEDREVUE

"The best thing to come out of Adelaide besides me!"

- Sia

"Having this much fun should be illegal!"

- Schapelle Corby

"Before MedRevue I had no friends! Now I have at least 2 and a half!"

- Charlie Sheen

"Sturdy!"

- Bindi the Jungle Girl

"I lost 10 pounds being in this show!"

- Jenny Craig

"Delicious!" -

Andrew Lloyd Web-
ber

"I'll never forget my time with MedRevue! It really kick started my career, y'all!"

- Beyonce Knowles (2018)

"Hotter than a dog in heat!"

- Karen, Border Collie Breeder

"I met my sperm donor in Medrevue... now i have 8 kids"

- Octomum

"Sweeter than strawberry kisses "

- Nicki Webster, Australia's sweetheart

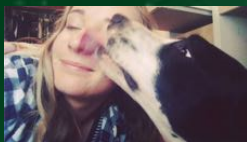
Dear First Years,

Welcome to med school! We hope you are looking forward to your year ahead. You are starting a 6 year journey of fun, challenges and endless new experiences. Our job is to make your lives a bit easier as you start first year and beyond.

The AMSS runs a number of initiatives to ease your transition. These programs sit alongside your formal teaching and aim to complement them. They are designed to support you academically as well as introduce you to other students, particularly those outside of your year level. The AMSS has a proud tradition of inter-year level cooperation and support and we would encourage you to embrace every opportunity.

Medtransit

Medtransit is a mentorship program that involves pairing up a group of second year students with first year students. MedTransit tutors are there to provide valuable advice on everything from CBL to coffee spots. They will also share their experiences, study techniques, and to listen to even your silliest questions. This program runs throughout semester one. It is a great way to interact with students outside your year level and form a point of contact for any questions you may have in the future!. Sign-up is required – the link will be made available to you during O'Week.



Peer-2-Peer

In a land of endless CBL and a time of chaos, the destiny of a great medical student rests on the shoulders of a humble program. Its name: Peer-2-Peer.....(If anyone has watched *Merlin*). P2P is a student-run tutoring program where clinical students (4th, 5th and 6th years) tutor Pre-Clinical students in small groups. Older years are more than happy to share their knowledge and journey as a medical student to the young padawans as a form of giving back to the medical society. Tutoring sessions will cover the most important basics of each CBL case, the most important concepts to learn and exam preparation techniques. In a nutshell, have no fear, Peer-2-Peer is here! Sign-up is required – the link will be made available to you during O'Week.

ClinPrac

ClinPrac is a program of weekly tutorials that provide first years an opportunity to develop history-taking and physical examination skills under the guidance of second years. Tutorials are roughly structured around current Clinical Practice topics but are flexible to cover the needs of students. Sign up not required! – Please refer to your year level Facebook group throughout the year for updates on when and where sessions are happening.

If you have any questions feel free to contact us at::
edprograms@amss.org.au.

Vidhi Arya, Rebecca Langhans, Ella Obst and Jaspreet Sandhu (MBBS IV)

EdPrograms Coordinators 2019

EdPrograms

GPEX—CHOOSE YOUR

The life of a Rural G

Dr Lachlan Mackinnon, GPEX Registrar Liaison Officer

Ever since I was a child I have always been drawn to the idea of adventures. The excitement of heading out from your safe haven into the unknown, meeting a variety of colourful characters along the way, relying on your wits and improvisation to get out of sticky situations and of course learning invaluable life lessons as you go – who wouldn't want a part of that! Fortunately for me, the chance to have experienced and continue experiencing my very own adventures has been more than embodied through my medical training and early career as a rural GP.

One type of story I particularly loved was the “choose your own adventure” novel. If you were reading the introduction to my rural GP adventure, perhaps it would go something a little like this...

Journey to the Forest of Januvia

Page 1

Driving into the small town that will be your home for the next 12 months, you park your fully loaded car outside the local bakery. After stretching out your legs you enter through the door and notice the variety of locals going about their day. You spot a young child at the counter pointing at a colourful cupcake. Glancing around the tables you see an elderly couple enjoying a cappuccino and overhear them talking about their upcoming bridge tournament. Lastly, you turn to find a stocky middle aged tradie who you are not at all surprised to observe heading straight to the fridge to pick up a 600ml Farmers Union iced coffee.

You think nothing more of this encounter and order a flat white and a pasty. Just as you are about to sit down to enjoy them, the elderly lady has clearly become too excited and has collapsed! Simultaneously you notice the young child's mother panicking as the youngster begins to choke and splutter!

You have to think quickly as you have a decision to make: what will you do?

If you decide to tell the bakery staff that you are a new doctor who has just arrived in town and go and offer assistance to the elderly lady, turn to page 27...

If you decide to go and attend to the child who seems to be choking on a lolly, turn to page 79...

If you decide that nobody in town knows that you are a doctor and choose to ignore the events by quietly sneaking out the front door, turn to page 161...



Your ultimate pathway to

OWN ADVENTURE

The reality of daily rural GP life

Ok, so perhaps you may find this scenario a little bit unrealistic and I may have added some poetic license! For myself though, having moved to a new rural town in the Riverland of South Australia, more realistic scenarios of the variety of medicine you can experience on a daily basis would read like this:

Page 102

The tradie you noticed earlier presents at your clinic concerned about a recent episode of chest pain. You soon discover his father recently had a heart attack at 52 and he is anxious about his own cardiovascular risk. You discuss modifiable risk factors, organise some baseline bloods and agree to make another appointment to address his keenness to stop smoking.



Page 72

A 52-year-old woman presents to you for her annual health check. You measure her BP, describe the pros and cons of each test and chat with her about how long she has been in the town and what she enjoys doing. On the next visit to get the results of her blood tests, she brings in a huge bag of home grown peaches for you to enjoy.

Page 146

You have just finished a busy day of consulting and are on-call at the small local hospital until 8am the next morning. You are alerted that one of your in-patients, a 78-year-old man with new onset atrial fibrillation, is becoming more breathless and wheezy so quickly walk down to the wards to investigate. You immediately realise that something is not right and your patient has severely increased difficulty breathing. You call for help from several of your senior doctors and bring the patient down to the local resuscitation room. Over the next several hours you have been working as a team to stabilize the patient with a GTN infusion, CPAP mask, urinary catheter, dual IV access and Medstar is now on the way.

I already think that a career as a general practitioner is extremely rewarding and the diversity of medicine you will encounter can be found in any practice. However, being a rural GP has its extra challenges and advantages that simply enhance and enrich this experience.

"So why become a rural GP?"

That's easy - it's the best way to start your very own adventure today!"

becoming a GP in South Australia. www.gpex.com.au

PRE-VOCATIONAL OBSTETRIC
AND GYNAECOLOGY SOCIETY
SOUTH AUSTRALIA



If you are interested in women's health, considering Obstetrics and Gynaecology as a future career option or simply want to learn more about this area...

Follow us!

- Facebook: Pre-vocational Obstetrics & Gynaecology Society - PVOGS SA
- Instagram: pvogssa

For..

- Educational events
- Opportunities to learn and practice skills in Obstetrics, Gynaecology and Sexual Health
- Opportunities to learn about career opportunities and pathways in O&G
- And much more!



Adelaide Students' Society of Critical Care

Interactive teaching with the best
critical care doctors in South Australia!

Free events and workshops!

Fresh and exciting educational material!

Critical care medicine is a dynamic field with a broad scope of practice. If you're interested in Anaesthetics, Emergency / Retrieval Medicine, Intensive Care or just want to get your hands dirty, the ASSCC has what you're looking for!

Join the team!
@TeamASSCC





THURSDAY 28TH FEBURARY, HQ COMPLEX

**TICKETS ON SALE FOR \$15 AT THE SKULLDUGGERY STALL
FROM MONDAY TO WEDNESDAY**

20 SKULLDUGGERY 16

Six Unorthodox Tips for Medschool (and Life)

Don't put yourself in a box

The more boxes you have, the more stable your self esteem will be. Let me explain. If you only view yourself as a runner - you wake up every morning and run, you go to bed every night and read books about running, everything you eat is centred around your running performance etc. If you trip over, ruin your back and can't run anymore... your whole self-identity is gone. The more 'boxes' you have, the more you can fall back upon. If you only value yourself by grades, your job, swimming or travelling - it becomes unhealthy. You, like everyone, are multifaceted. If something isn't going well, have something else to be proud of. Something else to work on. Something else to do. You are more than your grades, and you are more than just a med student.

Avoid mindlessly complaining (excessively)

It might seem really easy to complain - you're stressed, sleep deprived and on your 4th coffee for the day. You might have an FBS test the same day you're on case presentation and you had a birthday dinner the night before. Just try not to complain. Complaining is something that seems to come so naturally to med students. Once one person complains, the next person complains, and it then becomes a domino effect of people complaining. But the big problem is: complaining does nothing. It doesn't make anyone's day better and certainly doesn't help any situation. Instead of saying a complaint out loud, acknowledge the issue, find a solution and let it go.

Consistency is key

What's the best way to avoid stress from studying? Don't procrastinate. They say studying is like eating pancakes, little by little is better than all at once. Have a schedule and try to be as consistent as you can with study, but don't feel bad if you don't stick to it perfectly. Find out how to study - do you like flashcards? Do you prefer to type notes or write them by hand? Do you like to do as many past questions as possible? Find what works and stick to it consistently throughout the year.

Don't be that med student

Our work ethic does not just belong at uni. Give yourself to your family, friends, community and even hobbies. Don't only work hard in a place where it can be rewarded by good grades, finances or by public recognition. Every aspect of your life can be made better by your time, energy and devotion.

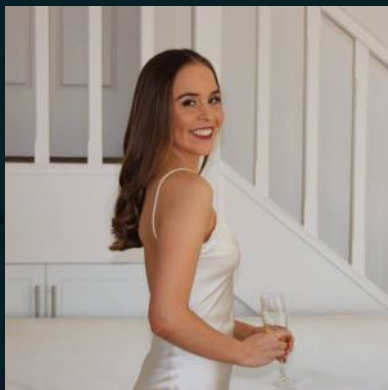
Rest purposely

You need time to relax. This looks different to every person and that is ok. Some people get their energy by going out to a club and dancing with their friends, others prefer to be at home watching a Harry Potter marathon or perhaps a long walk. I think the key to this question primarily depends on your understanding of yourself. What makes you happy? What things make you feel rested? Once you know this, you will boost your own productivity. How do you know if you are rested? You won't feel drained by it, it will give you more energy. Keep doing the things that made you happy before Medschool – going to church, writing poetry, playing the guitar etc. Try to remember that this is just as important as doing well academically.

Be Kind

Sounds simple. But I mean it, it's not that hard. You will be around these people for the next 6 years and the least you can do is be friendly, inclusive and supportive. Be happy for someone else's achievement, don't hold grudges, be nice if someone looks stressed, bring some snacks to share to CBL – these things matter, and it is what makes the AMSS such a great society. Make the most of this community, the next 6 years and be kind to the best of your ability.

Your friendly Preclin Officer,



**Protect yourself with
FREE medical indemnity
insurance for students**



"Isn't a medical indemnity insurer someone you only need when a patient sues you?"

This is a common misperception – the benefits of having your own insurance as a medical student extend far beyond this. In reality there are many of your interactions that could result in you requiring advice of a medico-legal nature.

It can be difficult to understand the importance of medical indemnity for students, so MIGA has developed case studies highlighting how insurance can assist you to deal with difficult and unfamiliar situations. You can check them out at www.miga.com.au, including the scenario of a student helping a fellow passenger aboard a flight, and student who appeared in court after encountering a victim of child abuse on placement.

Fortunately, it's easy to protect yourself. MIGA offers a FREE Student Protection Package and joining is as easy as completing an online Application Form at www.miga.com.au/medical-students. Don't put it off – take a few minutes right now to ensure you're protected!

MIGA's free insurance provides cover for:

- ⇒ Electives, scholarships and clinical placements
- ⇒ Emergency medical assistance you provide
- ⇒ Legal expenses.



But MIGA is more than just an insurer – in addition to insurance protection they also provide a range of other great benefits that could be important to you as a medical student and a future doctor. The benefits include a 24/7 emergency support service, access to \$3,000 Grants through their Elective Grants Program, student-specific emails and competitions with great prizes to win!

We encourage you to avoid taking unnecessary risks – join MIGA for free and ensure you have the protection and support available to you should you need it.

MIGA has proudly been supporting AMSS for many years. If you have any questions about the protection offered, contact AMSS' dedicated staff member at MIGA, Bernadette Liddy, on 1800 777 156 or via email at bernadette.liddy@miga.com.au.

Insurance policies available through MIGA are issued by Medical Insurance Australia Pty Ltd. MIGA has not taken into account your personal objectives or situation. Before you make any decisions about our Policy, please read our Product Disclosure Statement and consider your own needs. Call MIGA for a copy on 1800 777 156 or visit our website. © MIGA January 2019



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