



SINGAPORE MEDICAL
SOCIETY OF VICTORIA

[SMSV NEWSLETTER]

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Things to Look Out For...

Kindly note that the dates provided may be changed. Further information on each event will be released closer to the event date.

SMSV Leadership Seminar

Date: 1 August 2015

Venue: Monash Medical Centre

This seminar is aimed at providing its delegates with an opportunity to interact closely with both Australian-trained and Singaporean doctors who are distinguished medical leaders in their respective fields. It serves as a good opportunity for delegates to understand the challenges surrounding career development, work-life balance as well as becoming a medical leader. See the article below for the list of speakers.

SMSV Meddies' Lunch/Dinner

Date: TO BE CONFIRMED (sometime in Semester 2)

Venue: TO BE CONFIRMED

Always a popular event, the Meddies' Lunch/Dinner is a great opportunity to meet other students from different year levels, as well as engage with both junior and senior Singaporean doctors who have a lot of useful tips and experience to share. It's also a great chance to get great food at a cheap price!

SMSV Asclepius Cup

Date: 8 August 2015

Venue: Monash Sport, Clayton

Now in its second year of running, this is an event that pits juniors against seniors. Be prepared for an exciting day full of sports and activities that will no doubt bring out the competitive spirit we know you all have. The Year 2s of 2014 brought back the coveted Asclepius Cup last year. Who will it be this time?

National Day Parade Celebration (with SOV)

Date: 16 August 2015

Venue: Peninsula Shed 14, Central Pier, 161 Harbour Esplanade, Docklands

In conjunction with Singapore's 50th year of independence, Singaporeans of Victoria (SOV) proudly presents the Golden Jubilee Ball. With a fresh and new concept, the Golden Jubilee Ball - Celebrating 50 Years of Singapore will be the first ever ball specially organised for Singaporeans and friends of Singaporeans in Victoria! His Excellency, Mr Burhan Gafoor, Singapore's High Commissioner to Australia, would be gracing the event as the Guest of Honour. Acts include Kumar, Benjamin Kheng, Munah & Hirzi, and 53A from Timbre.

SMSV Hospital Attachments in Singapore

Date: Summer holidays

Venue: Tan Tock Seng Hospital and Khoo Teck Phuat Hospital

SMSV continues to offer medical student attachments with both hospitals from the National Healthcare Group. Students, both preclinical and clinical, have a chance to experience life in Singapore's hospitals. There are a number of specialties available. With registration for attachments during the winter holidays concluded, more details on those for the summer holidays will be released in due course.

SMSV China Trip

Date: 30 November to 11 December 2015

Venue: Kunming, Yunnan, China

See the article below for more details.

SMSV Cambodia Trip

Date: 5-12 December 2015

Venue: Battambang, Cambodia

See the article below for more details.

SMSV KKH Painting Program

Date: TO BE CONFIRMED (likely to be the weekend after Christmas)

Venue: KK Women's and Children's Hospital

See the article below for more details.

SMSV Nepal Trip

Date: 10-16 January 2016

Venue: Pokhara, Nepal

See the article below for more details.

SMSV Leadership Seminar List of Speakers

- Dr Tan See Leng
 - Group CEO and Managing Director of Parkway Pantai Limited
- Dr Mano Thevathason
 - Consultant Physician in Rheumatology and Palliative Care
 - Former Chairman of the Royal District Nursing Service
 - Board Member of Peninsula Hospice Service
 - Director at Royal Freemasons
- Dr Suresh John
 - Consultant in Obstetrics and Gynaecology
 - Adjunct Senior Lecturer at Monash University
 - Former Director of Obstetrics and Gynaecology at the Angliss Hospital
- Dr Chia Yew Woon
 - Consultant Cardiologist
 - Associate Program Director, Internal Medicine, Tan Tock Seng Hospital
- Prof Andrew Symons
 - Head of Ophthalmology, Royal Melbourne Hospital
 - Former Director of Medical Retina and Vitreoretinal surgery, University of Kansas.
- Professor Julian Smith
 - Head, Department of Surgery (MMC)
 - Head, Department of Cardiothoracic Surgery, Monash Health
 - Clinical Director, Specialty Program, Monash Health

China Mission Trip

SMSV is looking for 12-16 medical students from both pre-clinical and clinical years to form a team destined for Kunming, China. This trip is tentatively scheduled to take place from 30th November to 11th December 2015. It aims to implement health education and screening in working with Chinese villagers and city slum children.

Tentatively, the trip is divided into 3 portions:

1. Rural village work (4 days)

- Health education
- Health screening
- Distribution of vitamins
- Road construction

2. City slum work (3-4 days)

- Health screening for primary school children
- Visitation of families and health screening
- Giving out food packages
- Helping out at a children Christmas event at Happy Ark (a student centre operating after school hours)
- Refurbish and painting of Happy Ark

3. Interaction with cerebral palsy children at a local rehab centre, Bless China International (1 day)

To achieve the above objectives, fundraising will be necessary and we hope that the team's participants will be able to contribute. This trip is in its second year of running, and participants of the previous trip benefited from patient interactions and opportunities to hone their clinical skills. The trip also aims to give participants a taste of community living in a rural setting, which can then be compared to that of the city life in Kunming.

The team will be staying in the village for the first part of the trip, and subsequently at an apartment in Kunming. More details will be released to successful applicants in due course.

Projected Costs (tentative) = A\$900

- Round-trip airfare = AUD\$600
- Administrative fees = AUD\$100
- Accommodation = AUD\$200

Participants are welcome to extend their stay in Kunming after the conclusion of the trip at their own expense. This may be arranged with the trip coordinators at a later date.

Cambodia Mission Trip

Sign-ups are open for the Cambodia trip in Battambang, which will be held from 5th to 12th December. The estimated cost is under SGD\$900. This includes airfare, accommodation, and meals during the mission trip.

This will be an amazing opportunity to interact with your peers, other medical students, and local villagers. Furthermore, it will put what has been learnt in school into perspective.

This trip is planned in collaboration with fellow medical students from UNSW, and organized in conjunction with ACTS, a non-profit organization. It aims to practice preventative medicine through health education, screening, and vaccination programs that will help educate, enable, and empower locals to be independent in managing their personal health

So what are you guys waiting for? Sign up and make your December more fruitful!

For more information, please contact:

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Yeo Ee Jie: ejyeo3@student.monash.edu

Soh Han Jie: hjsoh1@student.monash.edu

KKH Painting Program

SMSV is looking for 12 medical students of both pre-clinical and clinical years to paint the operating theatres at KK Women's and Children's Hospital. This is a full day event that will take place on the weekend after Christmas. The project is designed and run by our fellow SMSV member, Liew Wai Yinn.

Fundraising may be required to help buy equipment for the event to ensure there is enough paint and brushes to go around. Tea will be provided for those of you participating in the event as well to keep you guys going.

For those of you who have that creative flair, do sign up for this event and showcase your talents! We welcome anyone of any artistic level. It will also be a good opportunity to link up with some of the attending doctors at KKH.

Nepal Mission Trip

SMSV is looking for 10 medical students to join a team of doctors, led by Dr Fong Poh Him, on a trip to Pohkara, Nepal. This trip is scheduled for 10 to 16 January 2016. The trip will be aimed at providing medical services to villagers living in rural areas of Pohkara, where access to healthcare is limited. The team will set up a clinic to conduct health screening and provide medications to the villagers. Due to the recent earthquakes that shook Nepal, participants may be involved in humanitarian work as well.

This is a great opportunity for medical students to learn more about providing medical care in a rural setting. Their clinical skills will be put into practice under the guidance of experienced doctors and nurses, and with facilitation by Nepalese translators. Students will also be involved in running the pharmacy.

The team will stay on-site at the village and sleeping bags may be required. Transportation to the site will be organized with a Nepalese coordinator but trekking may be required to reach the mission site.

This trip is aimed at clinical students, but pre-clinical students are welcome to apply as well.

Estimated total cost (tentative)= A\$1350

- Round-trip international flight (Singapore/Kathmandu): A\$1000
- Round-trip domestic flight (Kathmandu/Pohkara): A\$140
- Travel visa: A\$20
- Administrative fee: A\$30
- Transport and meals: A\$160

SMSV Freshies Meetup 2015

By Rachel Chen & Sarah Yao

The SMSV Freshies Meetup was a huge success! There was a huge turnout of new and current members, especially seniors from the clinical years who took time off their busy schedules to come down and mingle with the juniors. As it was a potluck event, our members also showcased their master chef culinary skills, whipping up many tantalising dishes and desserts! It was a great night of meeting new seniors/juniors, playing Bingo and finally, for the Year 1s, getting to meet their Vespa seniors! Everyone definitely had a sumptuous dinner and a fulfilling night with new friendships forged.

SMSV Asclepius Cup 2015 (Badminton Leg)

By Samuel Koh

After a successful inaugural Asclepius Cup in 2014, SMSV decided to expand this sporting competition to include badminton as a sub-event to cater to a wider group of members. This new sub-event saw all five year levels sending in a strong field of shuttlers to compete.

The high technical ability of the field could be seen by the flurry of shots displayed, from the powerful smashes to the witty drop shots. However, it was clear from the get go that the Class of 2018 was a gulf ahead of everyone else.



With team captain, Jesslyn Ho, a Monash badminton representative leading the way, the hot favourites led from the start with wins in both their singles and doubles matches. However, hot on their heels was the

Class of 2016, with Andy Ngoi and Boey partnering to dominate in the doubles category. Through the competition, the fitness levels of the 1st years (fresh out of NS) shone through with their sheer stamina and tenacity punishing the other year levels. This was also when the Class of 2017, the previous winners of the competition in 2014, who have come to identify themselves with a spartan team, had their limits stretched with three of their representatives completely drained from playing their nth match. The fifth years (Class of 2015), probably buoyed by their eminent graduation, powered through with much fervour and stayed aggressive all



through the competition, led by the tactical prowess of Sam Tho, the athleticism of Raj and Trish, and the wit and guile of Wilson and Alan.

After the round of matches which saw all year levels play each other, the Class of 2018 dominated the day's proceedings by pipping the fourth years (Runner's up) and the third years (2nd runner's up) to the win; sitting pretty atop the leader board, the second years will be looking to keep up their winning streak to win their first ever Asclepius Cup when the main event comes in August.

Aside from the fierce competition on the field, this event also gave the different year levels the opportunity to meet outside of medicine and enjoy a day of sports.

As we draw closer to our nation's big SG50 birthday, we also inch towards the main event in August where the competition heats up. With the Asclepius Cup becoming a highlight in the fraternity's calendar, we hope to see all year levels send out their best teams to have their names engraved in the shield and have their victory etched in history. SMSV also looks forward to organizing more of such events in future editions of the Asclepius Cup and we hope all who came have enjoyed the day.

