



ASCLEPIUS TIMES

SMSV Newsletter Issue number 2, May 2016

By SMSV Publicity

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UPCOMING ACTIVITIES:

1. Part 2 of SMSV Guest Lecture 3: Cardio (17/05/16)
2. SMSV Guest Lecture 4: O&G (13/07/16)

SMSV PUBLICITY COMMITTEE



PUBLICITY UPDATE

Our publicity team had our team cohesion and meeting recently on 09/04/16 over Nene chicken, chicken rice and sashimi! During our meeting, we discussed about the publicity of upcoming activities, reviewed our publicity platform and brainstormed for new initiatives that we can introduce to improve our advertisement of SMSV activities. We always welcome feedback and suggestions, so if you have any please drop us an email!

SMSV organised many exciting activities in the first semester of 2016 and we hope you guys

enjoyed them! This edition of Asclepius Times features reflections by SMSV members about those activities, so have a read of them & walk down memory lane. Be sure to also look out for the light reads that we have included, featuring two recipes and a brunch recommendation. Also, new to this issue, we have updates on the activities our SMSV members from Melbourne University have been involved in! Lastly, sign up details about the upcoming mission trips can be found in this issue! We hope you enjoy the second issue of Asclepius Times!

The Publicity Team would also like to wish members all the best for their upcoming examinations and assignments!

-Melissa Chew, Y4, Publicity Head

MISSION TRIPS SIGN-UPS ARE NOW OPEN

Please continue reading on below (under SMSV Missions) for more information about the trips.

Y1/5 POTLUCK

A potluck, held on 30th April 2016, was organised to bridge the gap between the year 5s and year 1s! Stories about Med school and tips on enjoying Melbourne were shared as the seniors and juniors bonded over dinner.



SMSV LEADERSHIP SEMINAR (SMSVLS) 2016

Our very own leadership seminar, which was a success last year when it was first introduced, will be happening again this year during Aug/Sept! Stay tuned to this space!

SMSV Publicity works to keep members informed about the updates in the Singapore-Victorian

medical world. But before all of that, why don't we start off a few light reads?



FEATURED RECIPE - BY RYANN CHIA

THAI MILK TEA CUSTARD CAKE



Ingredients:

1 cup (140g) plain/all-purpose flour
4-5 tea bags of Thai tea leaves
113g (1/2 cup) butter
2 cups (500ml) milk
4 eggs, separated and at room temp
4 drops white vinegar (or lemon juice or cream of tartar)
1 1/2 cups (180g) pure icing (confectioner's) sugar
1 Tablespoon (15ml) Water
To dust: 2 tbsp icing (confectioner's) sugar

Recipe:

1. Preheat the oven to 160°C(325°F). Grease and line a 20cm (8 inch) square baking pan/dish with baking paper. Melt the butter and set aside to slightly cool.
2. Warm the milk to lukewarm and put the tea bags into the milk to steep the tea until your desired flavour is achieved. In a large mixing bowl, whip the egg whites and vinegar to stiff peaks with an electric mixer. Set aside.
3. In a separate large mixing bowl beat the egg yolks and sugar until light with an electric mixer. Mix in the melted butter and the tablespoon of water for about 2 minutes or until evenly incorporated.
4. Using a hand whisk, mix in the flour until evenly incorporated. Slowly hand whisk in the milk and until everything is well mixed. Fold in the egg whites with your hand whisk, 1/3 at a time.
5. Repeat until all of the egg whites are folded in. The egg whites will appear curdled and lumpy at first but keep gently mixing with your whisk until all the larger lumps are incorporated.
6. Pour the batter into the prepared pan and bake for 40-50 minutes or until the top is golden. (Take care not to overbake, middle should still be a bit wobbly)
7. Allow cake to completely cool (you can place it in the fridge after 15 minutes to cool it quicker) before cutting and then dust with icing sugar Can be stored in an air-tight container in the fridge for several days, best served at room temperature

Tip: Replace teabags with matcha powder for a different take.

By Ryann Chia, Y3, SMSV Events Subcommittee

FEATURED RECIPE - BY SARAH YAO

ONE PAN POTATO PIZZA (*adapted from Tastemade*)



Ingredients

- 1 large potato
- 1/3 cup tomato sauce
- 3-4 tbsp 4 Cheese Melt Blend (if you're feeling pretentious, you can get this from Coles, but Parmesan works fine)
- 5 bocconcini cheese
- Handful of sliced mushrooms
- 1 sliced onion
- 1 egg
- 5 slices prosciutto (or smoked salmon/ whatever you fancy, really)
- Mixed Italian herbs
- Pepper
- Olive oil
- Truffle oil

Recipe:

1. Do your food prep!
 - a. Wash and cut the potato into really thin slices.
 - b. Wash and slice the mushrooms; I just use the pre-sliced ones from Coles because lazy.
 - c. Slice the onion.
 - d. Roll the slices of prosciutto so they look messy but still aesthetic.
2. Heat a frying pan with some olive oil on low heat.
3. Arrange the potato slices in a circular fashion starting from the center of the pan, and be sure to overlap slightly.

4. Sprinkle on the mixed cheese/ parmesan cheese, cover and cook on low heat for 5 minutes.
5. Spread the tomato sauce, and arrange the mushroom slices, onion and bocconcini cheese on top.
6. Cover and cook on medium heat for 3 minutes.
7. Crack an egg onto the centre and sprinkle mixed Italian herbs on top.
8. Cover and cook for 5 minutes.
9. Remove from heat.
10. Cool for 3-5 minutes before adding on prosciutto on top.
11. Drizzle with truffle oil and serve with black pepper.

By Sarah Yao, Y3, SMSV Events Subcommittee



smsv publicity
makansutra 

NAKED FOR SATAN

-A review by Sarah Yao



As a self-confessed pretentious prick who hates jumping on the bandwagon and finds it a chore to keep up with 'hipster' trends, I try to avoid going to hyped up food places that are overly recommended. When I do cave in, I'm often disappointed, but not this time.

Naked for Satan is one of those Melbourne food institutions which deliver a concept. It's a lounge, restaurant and bar all in one with a picturesque, insta-worthy rooftop to boot. I guess to cut the long story short, it's pretty chill with friendly waiters and a great vibe. The balcony's decked in just the right number (and the right shades) of fairy lights, and when you look out, Melbourne city is right below you. If you don't already know it, I'm telling you that it's exactly where you want to spend your R&B Fridays.

(Right, I realised I didn't actually say where it is. It's at 285 Brunswick Street, Fitzroy, where parking is quite a pain in the ass but not bad enough to deter you from coming. It gets pretty crowded so you might want to call in for a reservation. It's a stand alone building, and the **entire** building belongs to Naked for Satan. When you walk in, there's really weird, indie décor that's borderline freaky but take a step back and be cool.)

Naked for Satan serves Tapas, which I love, because it's great for sharing and it means you get to try a lot more dishes without having to stuff yourself silly. They have different menus for the outdoor terrace and the indoor restaurant, so it's a good idea to ask them for both menus before deciding where you'd like to dine. The rule of thumb is generally that the outdoor terrace serves lighter bites, so if you're looking for more substantial food, have your meal indoors. I know I know,

I'm a social media whore too and the outdoors is prettier, but Instagram can wait. Good food comes first and the restaurant menu is honestly more impressive.

I went with my three best buds, and we do have quite impressive appetites so we found their portions just right even though we ordered 6 dishes, namely the beef eye fillet skewers with padron peppers, the grilled octopus with potato puree and sweet smoked paprika, the grilled quail, the baked hervey bay scallops, the cheese and walnut croquettes (not pictured) and finally the confit duck leg (not pictured). My personal favourite was the quail. It was flavourful, and grilled to perfection with crispy skin on the outside and just juicy, meaty goodness on the inside. (At this point of the food review, I have also come to the realisation that I **cannot** be a food author. I don't know, I just don't have enough words to describe good food.) We had mixed feelings about the octopus; while I prefer mine soft and chewy, some may like the texture a little bit firmer but Naked for Satan does its octopus rather pillowy. We had our beef skewers done 'medium', and when paired with the peppers, was admittedly outstanding. With scallops, it can always go either way, and I must say that Naked for Satan didn't disappoint. The croquettes were, however, alright, and let's just say we've had better duck confit for a much better price back at Saveur in Singapore. They give bread at the start of the meal too and from memory, I quite liked it.

And I guess cos pictures are worth a thousand words...



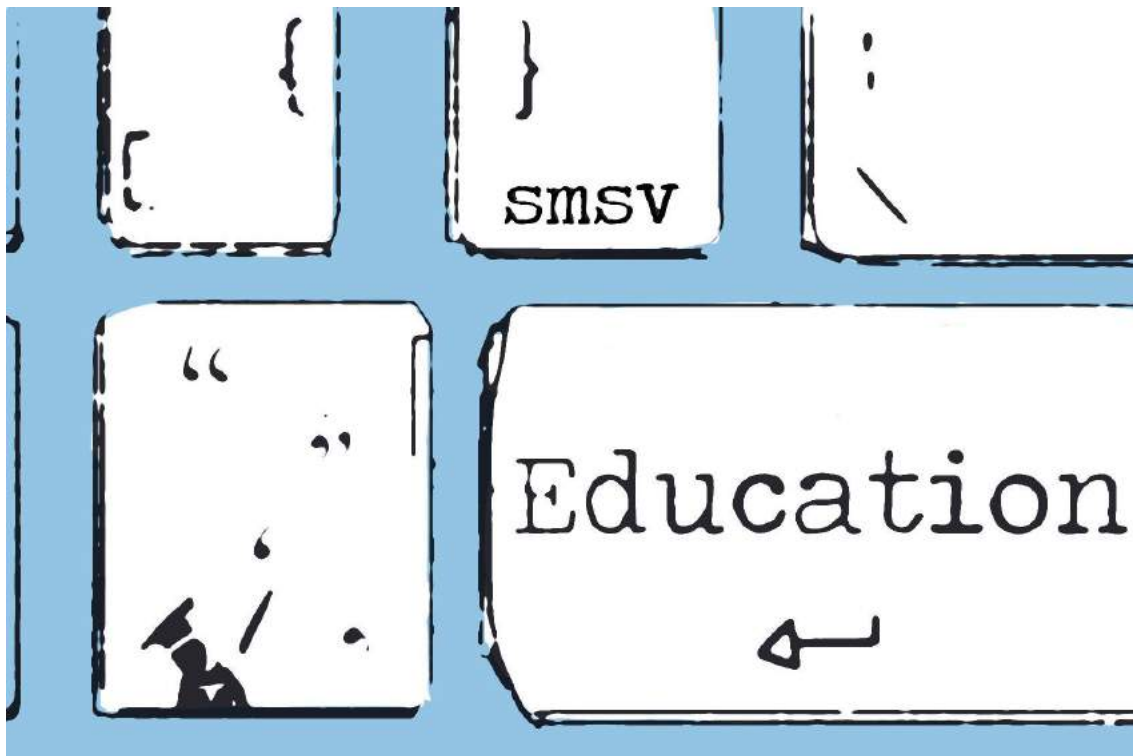
We didn't get the drinks but Naked for Satan is one of Melbourne's top bars for a reason, and I trust that. In summary, if you're up for splurging a little on good food (we each paid slightly above \$30), nice photos and a drink or two, Naked for Satan is probably not a bad choice for you.

Overall rating: 8/10

Price range: \$\$-\$\$\$

By Sarah Yao, Y3, SMSV Events Subcommittee

SMSV EDUCATION COMMITTEE



Y3/2 OSCE Night

The first of many OSCE-related events organised by the SMSV Education Committee, this Clinical Skills Night was catered for the current Year 3 students who were fresh into hospital attachments.

The aim of the event was to reinforce the many different types of examinations that was taught in the pre-clinical years, molding them to focus on the clinical relevance of each examination. Juniors were paired up to go through various examinations with their respective seniors, giving them nuggets of information and helpful tips along the way.

As the organiser of the event, I was heartened to see everyone enjoying the evening and learning from the seniors who had a great wealth of knowledge. The atmosphere was light-hearted and filled with the bustle of earnest questioning and gentle guidance.

I had the privilege of observing the Year 3 students examining their peers, but nothing prepared me for one of the most awkward examinations I have seen performed. This student had been so confused by his patient's high-waisted skirt that he did not realise that he was palpating her ribs instead of her abdomen, wondering why her abdomen was so short. Of course, this person's name will be kept confidential, to save him from world-changing humiliation. But we both know who you are. Hi. You were hilarious.

The night ended with an overall feedback and learning points from the night, along with our usual go-to catering for such events: Domino's Pizza. Accompanying this article are pictures of some of our longtime fans of Domino's, advocating the delicately oily and semi-hard slices of heaven. Unfortunately, mentioning SMSV at the place does not get you any discount, but perhaps only a blank stare from the server.

On the behalf of the Education Committee, I would like to thank all of those who were part of the night, especially the seniors who took time out of their busy hospital schedules to teach without expecting anything in return.

Watch this space for future events like this, catered especially for SMSV students who are keen for more opportunities for OSCE practice!

-By Luke Ho, Y4, SMSV Education Subcommittee

With Adroque and Madias



Almost in quick fire succession following our 1st lecture by Dr. Loh Seet Yoong on heart failure, SMSV's education committee worked overtime to invite Dr. Francis Albert Lo, a General Medicine Resident Physician from Tan Tock Seng Hospital (TTSH), to give us a lecture on hyponatraemia.

This often seen, yet difficult to manage, phenomena is a pandora's box for most doctors, much less to medical students. Yet, as junior doctors in the future, hyponatraemia remains one of the most important things to manage, especially when on our general medicine rotation. With little teaching in this aspect, many of the attendees went in with much anticipation and we were definitely not disappointed.

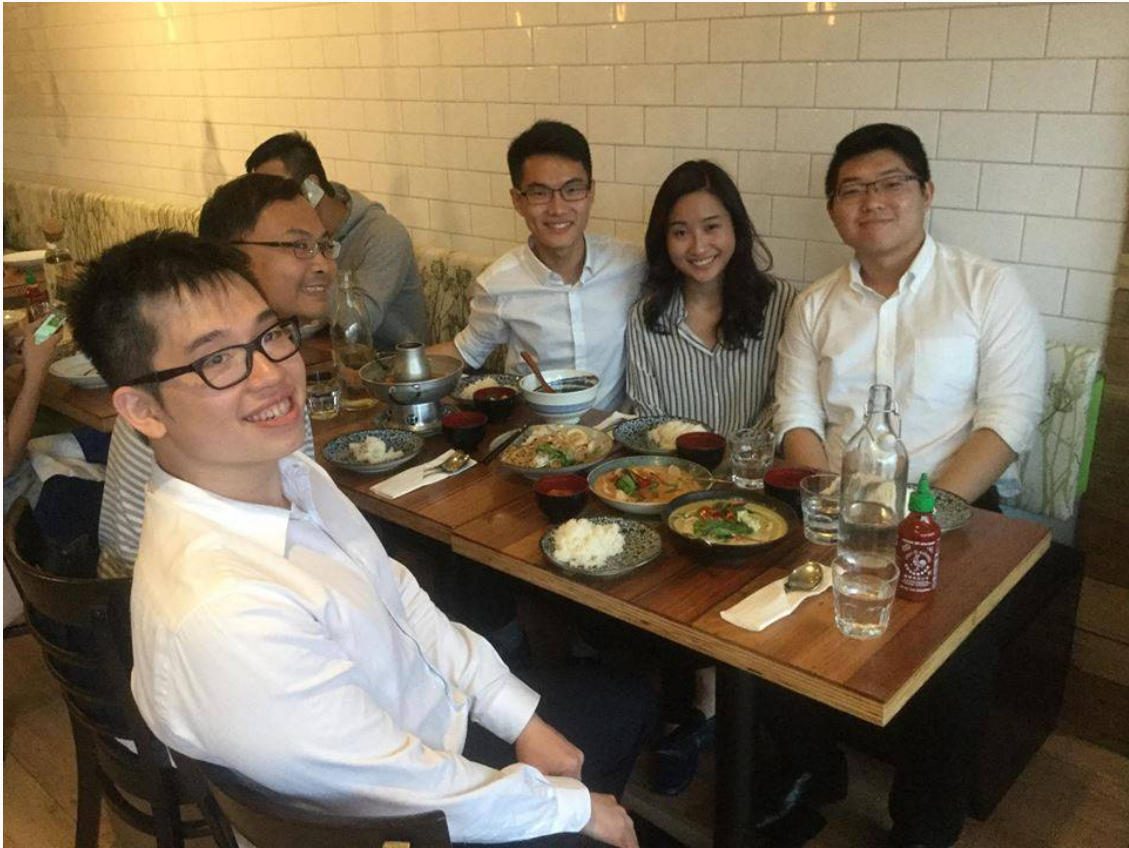
We were introduced to structured ways of differentiating the types of hyponatraemia and the methods of investigating them. The Adroque-Madias' formula, our prospective best friend in our HO years, was also introduced to us. Hopefully, with more clinical experience in the future, we would not just see hyponatraemia as just another electrolyte imbalance, but to have the discernment to investigate and manage it well.

Once again, SMSV would like to express our heartfelt gratitude to Dr. Lo for coming down to Clayton to give us a lecture whilst on his holiday! We also want to thank Dr. Loh for dropping by once again to meet up with his colleague and also for sharing with us his inputs as the lecture went along.

We are glad that wherever we go, the Singapore flag flies high!

-By Samuel Koh, Y4, SMSV Education Head

**1st line management for heart failure: Paradai
Thai**



A few of SMSV's education committee had the privilege of meeting Dr. Loh Seet Yoong, a consultant cardiologist at Tan Tock Seng Hospital (TTSH), for dinner at Paradaï Thai along Carnegie (highly recommended by Dr. Loh himself as well).

As a famous man once said, all work and no paradaï thai makes Jack a (stony) dull boy. Seems like to prevent CHF induced pleural effusion, we need more tomyummy in my tummy.



-By Samuel Koh, Y4, SMSV Education Head

AND IT WAS FUN, FUN, FUN



(Education Subcommittee Cohesion)

On 26th March, a particular human species was sighted at a Japanese restaurant. They talked gibberish and ate what seemed like raw fish, grains and some greens, the occasional fellow had poultry. Later they found it amusing that yogurt ice cream could be stacked so high that it almost defied gravity, and vowed that the conversation was good enough that the second semester commanded a similar meeting. In line with the species' goals, the education committee of SMSV that is, they promise that this activity will henceforth recur.

-By Lynn and Grace, Y3, SMSV Education Subcommittee

SMSV EVENTS



SMSV SUTURING WORKSHOP



The annual SMSV Suturing Workshops were successfully held over 2 days, 8th April and 16th April, with each workshop catering to pre-clinical and clinical students specifically. Nearly 90 of our members attended the workshops held at Monash Medical Center. On arrival, they were greeted by rows of pig trotters and three of their very own anatomy tutors, Ali Hani, Quentin Fogg and Hushton Learang, together with SMSV alumni members Roy and Yi Wei who are currently working here. Many of our Year 5 seniors also volunteered their time to assist their fellow juniors.

Over the next 2 hours, this capable team taught the students the most basic suture patterns such as simple interrupted, simple continuous, vertical mattress and horizontal mattress. Some groups finished these basic sutures faster and their tutor moved on to more difficult patterns. Everyone was enraptured with the suturing, such that even when a 15-minute break was called, no one abandoned their trotters. Basic knot tying techniques were taught as well, with everyone scrambling to find just about anything - from arms rests to their own legs - to practise their knot tying. As the workshop wrapped up, everyone was reluctant to part with their masterpieces. Numerous pictures were taken to remember this momentous occasion. The organizing team hopes that everyone enjoyed the workshops and may this have sparked off someone's interest in surgery! Still, suturing is a skill that requires continuous practice. If possible, all participants are reminded to continue practicing this essential medical skill. All the best everyone!

-Written by Rachael Chen, Y3, SMSV Events Subcommittee

2016 Indoor Asclepius Cup



The 2016 Indoor Asclepius cup was successfully held on 7 May 2016 at Monash Sport. This is the third consecutive year that SMSV has organized the inter-batch sports competition. The participants were raring to go and showed immense fighting spirit in a valiant effort to win the coveted title.

During the exciting futsal, captain's ball and dodgeball matches, the teams played with their heart and soul and the supporters cheered loudly to spur their friends on. Each year showed their tenacity, fighting for their rights to be crowned as Asclepius champions and for their names to be down into SMSV's history books. The stakes were high, adrenaline was pumping, and everyone wanted a say in this competition.

However, eventually...

Despite the courageous efforts of the other batches, the Year 5s eventually came out on top for

the day. It was a painful reminder for the other batches that this competition was real, and that every single match counts. However, fret not, as there would be other opportunities to snatch back the crown.

Pizza was provided to conclude the event and everyone engaged in lively discussions about the earlier games. It was a morning of friendly competition and bonding, until the outdoor Asclepius cup begins.

-Written by Simin(Y3) SMSV Events subcommittee and Amos (Y4) SMSV Events Head

[CLICK HERE TO FEEDBACK](#)

SMSV MISSIONS COMMITTEE



2016 MISSION TRIP SIGN-UPS

Dear Fellow SMSV members,

Thanks for your interest in our mission trips!

Due to overwhelming response last year, this year we have extended our schedule to 5 overseas trips and 3 local programs!

This year SMSV is implementing a short local programs for members who are not able to commit

large chunks of time but are still keen on volunteering. Our beneficiaries for this year is HCA and KKH that you can read up about in the following articles!

While the details of the programs may tentatively change due to flight and organisational availabilities, our team has put in great efforts into securing these dates. When signing up for the programs, we ask that you are available and able to commit to the programs.

The sign up process for this year is slightly different; time-stamping will play a smaller role in the deciding of individuals attending the programs. The sign up form is more extensive and will require answering of questions to let the missions team get to know you better.

Each member will only be allowed to attend one program (excluding adhoc programs) so please take note of this as you fill in your choices.

On confirmation of a spot on the trip, we will require you to pay the trip leaders a AUD \$50 deposit to ensure that students do not pull out!

The content in the newsletter and video are for your perusal to make a decision on which trips you would be keen to join! There is a great deal of information in there and we hope this answers your questions! If any unanswered queries remain please approach the respective trip leaders or can contact us at missions@smsv.sg.

Thanks again for your interest and we look forward to your applications!

-Written by SMSV Missions

CLICK HERE TO SIGN UP FOR 2016 MISSION TRIPS

YUNNAN, CHINA



Trip I/Cs: Xin Min (xmlow1@student.monash.edu) and Jed (jedtanwj@hotmail.com)

SMSV is looking for 12-16 medical students of both pre-clinical and clinical years to form a team up to Yunnan, Kunming, China in December 2015. The main aim of the trip would be health education and screening, working mostly with the Chinese villagers and city slum children.

Tentatively, the trip is divided into 3 portions:

1. Rural village work (first 3-4 days)

- Health education
- Health screening + distribution prescription glasses

2. City slum work (following 3-4 days)

- Health screening and education for primary school children
- Visitation of families + health screening
- Giving out food packages to families
- Helping out at Children Christmas event at Happy Ark (After School Hours Student Centre)
- Refurbish Happy Ark

3. Interaction/clinical attachment with doctors at BCI (bless china international) (1-2days)

Running for the **third** year now, this trip has been improved from past experiences and participants of the previous trips have benefited from patient interactions and opportunities to hone their clinical skills. The trip aims to give the participants a taste of community living in a rural setting, which can then be later on compared to that of the city life in Kunming. In addition, you will get to interact with doctors who have uprooted from their homes in the west and responded to their

calling to serve in the east, specifically Yunnan.

The team will be staying in the village for the first part of the trip, which will then be followed by staying in an apartment in Kunming. More details will be released to the team as the date approaches.

KEY INFORMATION

Tentative Dates:

1st Dec 2016 - 10th Dec 2016

Projected Costs (tentative) = A\$900

Students are welcome to extend their stay in Kunming after the conclusion of the trip at their own expense. Do let the trip coordinators know beforehand.

BATTAMBANG, CAMBODIA



Trip I/Cs: Han Jie (hjs0h1@student.monash.edu) and Karthigha (karthigha95@hotmail.com)

SMSV is looking for 18 participants to join the amazing team that is heading to Battambang, Cambodia for its annual mission trip!

The Cambodia mission is unique and interesting because of the variety of exposure one would get. There are opportunities to vaccinate, dispense medications, assist in clinics and educate the community. We learn about the community's practices, the local's stories and get to interact with amazing people from priests to bankers, engineers and doctors.

Spanning from 3rd to 10th Dec, it is a short but effective trip that aids multiple villages.

Furthermore, with returning participants from last year, it will assure a smoother flow events. Additional R&R activities will also be organised for interested participants and they should notify the trip leaders if they are interested.

We would be joining ACTS, a catholic mission organization and taking part under their medical wing along with other medical students from UNSW.

There will be 2 components to the trip that will be compulsory for all participants.

Medical Work

- Students will participate in one or more of these roles in the clinics – Clinic Assistants, Medication dispensers, Flow Managers, Biometric/Registration Personnel.
- Students will also be involved with generating health education materials and may also get to present their prepared materials
- Students will also be given a chance to vaccinate patients with Hep B vaccines

Non-medical work

- Students will participate in 2 days of non-medical 'expeditions' to remote villages and communities
- Work in the communities involve educating children, painting toilets and distributing food parcels

Although there is morning mass (catholic service) everyday, it is not compulsory to attend. During this time, there are other activities and preparations to be done and thus individuals of any religion are welcome to join the trip.

Key Information

Dates: 3-10 December 2016-05-14

Estimated Costs: A\$800 (Including food, lodging, airfares)

MYANMAR



Trip I/Cs: Shin (shinninwai@gmail.com) and Zainul (az.zainulabidin@gmail.com)

From 10th to 19th December 2016, SMSV will be going on the first ever Mission Trip to Myanmar. SMSV is looking for 10 medical students of both pre-clinical and clinical years to participate.

The main objective of the trip would be to experience and learn about the local health practices and facilities in various settings as well as population groups.

As part of that, we will be doing both medical and non-medical activities.

Medical

We will be doing health screening, clinics and vaccinations in regional Yangon as well as rural Yangon. We will also be joining the Noble Hearts Ambulance Services and conducting health education program at Homes for HIV infected children.

Non-Medical

A host of unique activities awaits – from visiting and conducting a donation run at the Yangon's Children Hospital, attending a funeral service and joining the Noble Hearts Ambulance services. You will also get a chance to do some volunteer work at the Home of the Aged.

In preparation for the trip some fundraising activities will have to be undertaken.

Key Information

Date: 10-19 December 2016

Where: Yangon, Myanmar

Estimated costs: A\$800-1000 (Including accommodation, flight, local transport and food)

HOSPICE CARE SINGAPORE



Trip I/C: Ee Jie (eejie18@hotmail.com)

Hospice Care Singapore (HCA) is an organisation aimed at improving the quality of life of patients who are receiving palliative care. HCA day care not only provides daily activities (eg. Karaoke, breathing exercises) and meals, but also provides an opportunity for patients to make friends with each other.

For this local mission program, the activity will be carried out over 2 days. SMSV is looking for 18 keen beans that are interested in planning activities for the patients. The first day will be at the day care centre and involves throwing a Christmas party for the patients. This would involve organising games for them and the possibility of making a Christmas lunch for them. The second day will involve an outing with the patients along with the social workers at HCA tentatively to the zoo or the aquarium. There will be some fundraising involved to help cover the cost for the program. More details will be announced at a later date.

At some point in our medical career, having patients at death's door is inevitable. The aim of this program is to allow participants to be provided with an opportunity to interact with individuals facing mortality. This can also help us try and improve the quality of lives for our future patients. You can find out more about HCA at <https://www.hca.org.sg/hospice/about/history-of-hca>

Key Information

Dates: 22-23 December 2016

Where: HCA Hospice Care (Headquarters)

12 Jalan Tan Tock Seng

Singapore 308437

Cost (per participant): \$50 SGD

NEPAL



Trip I/C: Sabrina (sleo15@student.monash.edu)

Bhaktapur (which means the City of devotees), is the smallest district out of Nepal's 75 districts. Otherwise known as "Nepal's Cultural Gem" because of its ancient arts and cultural practises, it is located 18km east of Kathmandu and is home to 304 651 Nepalese.

This year, SMSV would be visiting Bhaktapur, along with a team of Singaporean doctors and healthcare professionals, as part of a medical mission trip. SMSV would like to invite 10-12 enthusiastic medical students to join us as we conduct health camps aimed at helping those Nepalese with minimal access to healthcare. This would be a great opportunity for medical students to learn more about providing medical care in a rural setting, under the guidance of experienced doctors. Students would also be practising their clinical skills (with the help of the Nepalese translators) and be involved in running the pharmacy.

This trip is aimed at clinical year students but pre-clinical year students are welcomed to apply as well

Key information

Tentative dates 2- 8 January 2017

Estimated costs A\$1500 (inclusive of roundtrip airfare, VISA, accommodation)

Students are welcome to extend their stay in Nepal after the conclusion of the trip at their own expense.

LOCAL MISSIONS



Trip I/Cs: Laura (smlim27@student.monash.edu), Melissa (wyho15@student.monash.edu)

SMSV is looking for 15 medical students to participate in our local missions program.

The Local Missions this year will be held in Singapore from 4 January 2017 to 10 January 2017. It will encompass a whole range of activities targeting different communities - the migrant worker population, the elderly population, and children!

This will involve the following activities:

- Giving a health education talk (Chronic Disease & Mental Health education)
- Basic health screenings
- Gaining insights into the life of a migrant worker through interactions and activities
- Helping out at a not-for-profit Healthserve clinic for migrant workers
- Teaching primary school and kindergarten children basic medical diseases, surgery using a teddy bear as the "patient". (Teddy Bear Hospital)
- Distributing food packages and befriending the elderly @ the Hope Centre (Breakfast with Love)

These programs aim to expose participants to communities that they would otherwise have little contact with, as well as to provide an opportunity to use their clinical skills and knowledge to serve the community.

Do take note that some of these sessions (e.g. education sessions for the migrant workers and work site visitations) will take place at night and attendance to all of the activities are compulsory if selected for the program.

We strongly encourage you to sign up for this program to do your part for these communities in Singapore and we look forward to working together with you.

THAILAND



Trip I/Cs: Natalie (nataliesaerian@gmail.com) and Mayank (Mayank_vasudeva@hotmail.com)

SMSV is looking for 13-16 medical students to embark on a medical trip to Chiang Rai, Thailand from 7th-17th January 2016. This medical trip will focus on helping the hill tribes at the Chiang Rai Border, which is at the northern tip of Thailand.

This trip involves a significant amount of pre-trip preparation. This preparatory phase involves raising between S\$1000 – 1400, which will be done through a variety of means. This money will be used to purchase the requisite medication and other equipment. We will also try and seek out donations for medical equipment, used clothes and toys for the villagers.

Prior to departing for Thailand, we will prepare the participants with sessions on basic Thai medical phrases. There will also be a revision of practical skills (e.g. injections and vital signs) that may be required on the trip.

During the trip we will be involved with setting up clinics in different villages (2-3 days per village) and seeing between 60-90 patients a day. This will involve general consultations and examinations as well as basic investigations such as blood glucose readings. Some medication may also be dispensed at the discretion of the resident doctor.

Every 2-3 medical students will be hosted by a family in the village. This will involve sleeping on mats and will require sleeping bags.

Following the 7 days in Chiang Rai, we will have a 2D1N R&R in Bangkok.

The estimated cost for the trip is about A\$800.

KKH PAINTING

SMSV is looking for 10 medical students from both pre-clinical and clinical years to beautify the

walls at the operating theatres at KK Women's and Children's Hospital.

This is full day event that will take place tentatively on the 13/14 January weekend. It will involve drawing and painting a mural of sorts on the walls leading to the theatres.

No fundraising is required for this project, and no costs will have to be borne by participants. Light snacks and refreshments will also be provided for the participants to quell any hungry tummies.

We welcome students of artistic levels to take part in this project. However, we do recognise the differences in abilities and are looking specially for individuals that would like to come forward to be involved in the planning of the design of the wall as well.

This is also a good opportunity to network with some of the consultant doctors at KKH.

Key Information

Date: 13-14 January 2017

Location: KK Women & Children's Hospital

Cost (per participant): Free

CLICK HERE TO SIGN UP FOR 2016 MISSION TRIPS

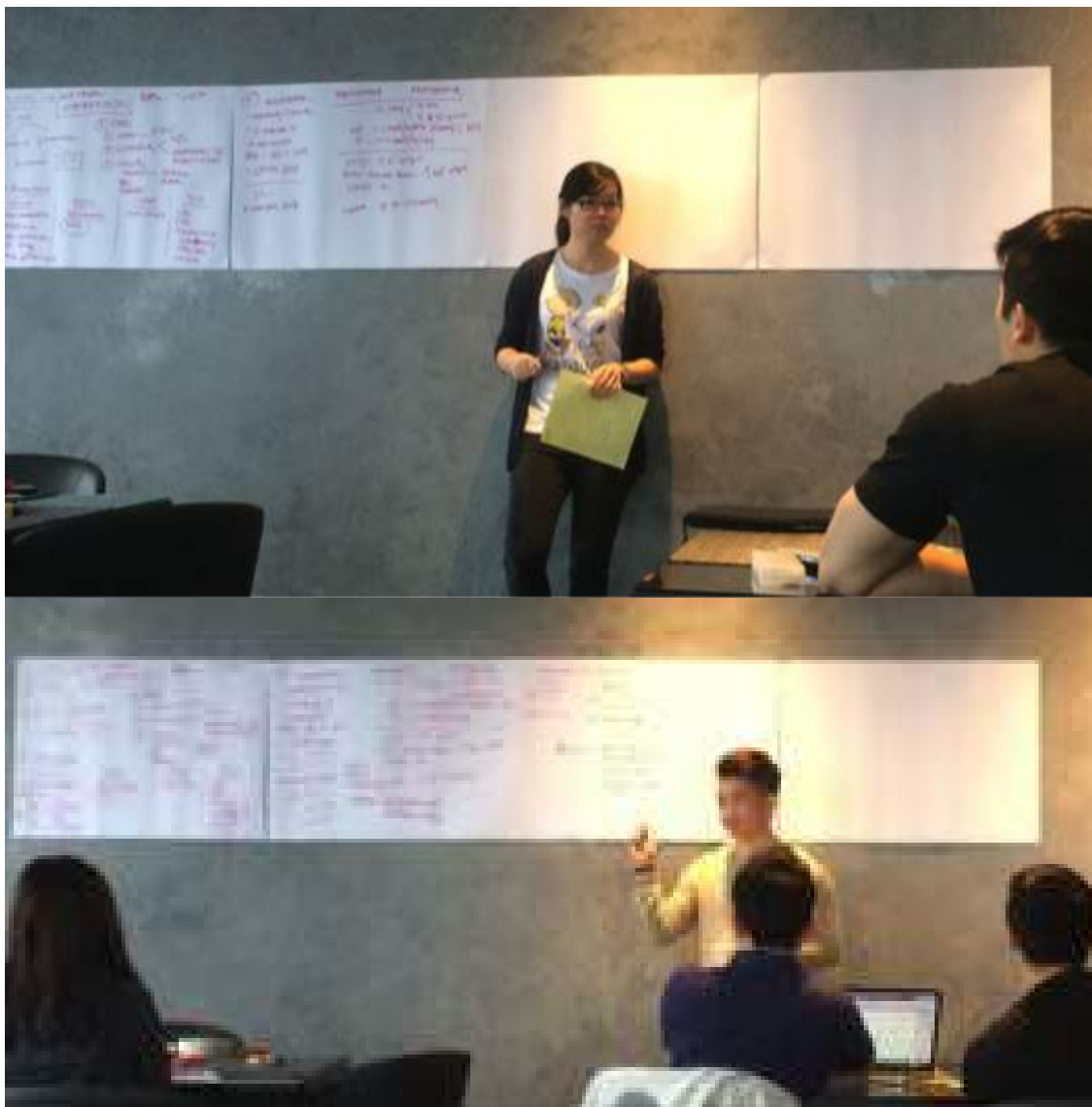
SMSV MELBOURNE UNIVERSITY COMMITTEE



MELBOURNE UNIVERSITY UPDATES

The Melbourne University branch of SMSV has been growing with every new batch of MD students since the course started in 2011. This year with Sean Seow at the helm flanked by Shane and Bing Jian, we've been holding our regular events as well as a few new initiatives.

It has always been an ongoing tradition for us to hold mock OSCE sessions for our members. Every year, we organise a full day of intensive history and examination training just a few days shy of the actual exams, so that members can gauge how well-prepared they are and work on areas needing improvement. Feedback from our members have always been positive, with many attributing it to the opportunity to fine-tune their OSCE skills with the help of their seniors' valuable and individualised feedback.



This year, we have also started something new and exciting. Some of the MD3s have stepped up to become lecturers! The first of our Small Group Lecture series took off with awesome fervour. The lecturers did a great job elucidating and clarifying the vital concepts of fluid resuscitation, shock and anaphylaxis management to the MD2s. These lectures were instituted to help our fellow junior SMSV members navigate important or tricky concepts, or fill in the gaps in knowledge that may not have been well expounded on in the course. Senior SMSV lecturers put in great

effort to come up with the lecture topics, structure and content. It was great to see that the participants found the lectures useful and enriching. We hope to keep this initiative going and make it even better with every lecture.



Every week, the seniors impart medical wisdom and tips on surviving clinicals to the juniors. During these casual tutorials held in various parts of the city (usually someone's couch), mentors go through theory, examinations, long case presentations and of course, the usual lively banter. These mentorship sessions not only benefit members academically, but also help foster a sense of community and fraternity amongst our members.

At the end of the day, SMSV is not all work and no play. It is a tradition to kick off the year with our annual welcome-back potluck, an event that allows us to catch up with our peers and also an opportunity for our members to show off their fine culinary skills, ranging from herbal Bak Kut Teh, apple strudels to homemade Tau Huey. This year also saw our inaugural Freshies Dinner, where our committee got together with new members to get to know each other over some good food in the midst of their grueling pre-clinical year.



-Written by SMSV UniMelb committee

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