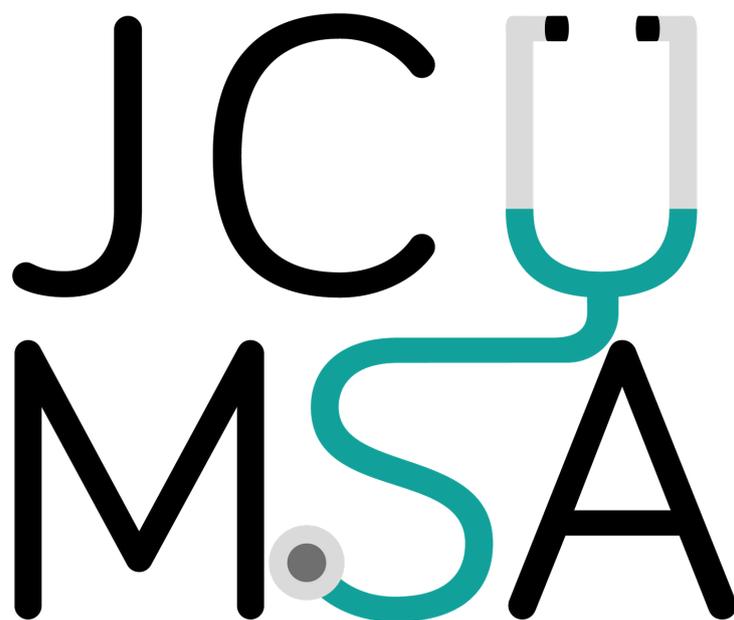


Pre-clinical Handbook

A JCUMSA Publication



JAMES COOK UNIVERSITY
MEDICAL STUDENTS ASSOCIATION

2021

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From The President



Sachin Joshi
President 2021
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Hey everyone,
First of all, I'd like to welcome you all into the MBBS program on behalf of the James Cook University Medical Students Association (JCUSMA). You made it! All that hard work and preparation to get here in one of the most challenging academic years, has substantially paid off. I want you all to remember this as you begin your journey as a medical student. When you inevitably face challenges on this path you must remember that you were selected to be here, therefore, you have what it takes to succeed and become a Doctor in six years' time. The College of Medicine and Dentistry (CMD), JCUMSA and your peers will all assist you along the way. I implore you to approach those who can help you when you need it, as medicine is not a journey designed to be walked in isolation. In this career you will find there is an emphasis on teamwork and its merit. The earlier you understand this the more that you and your future patients will benefit from it.

COVID has undeniably transformed the landscape of how the MBBS course is delivered to students. The advent of online

learning has revolutionised this process and dominated aspects of the 1st Year MBBS learning experience. However, while this may be the case for now and years to come there is a plethora of opportunities to meet, collaborate and celebrate with other students. JCUMSA is dedicated to ensuring you have the optimal medical school experience, in every possible way. We are your voice and reveal the opportunity to advocate on your behalf. So if you ever feel that you need to talk to us about absolutely anything, please do not hesitate to contact myself or any of the JCUMSA Family. At the end of the day I want you to remember that you have now entered a family at JCU. We are here for each and every one of you and will not hesitate to assist you wherever possible.

Rest assured, despite the chaos that still plagues our world right now JCUMSA will do our absolute best to provide you with fantastic events and opportunities from now until you finish your degree and beyond. If I may I would like to leave you with some closing advice in addition to the aforementioned:

1. Make the best of your university life, creating long-lasting memories and relationships. You never know where you will end up with your colleagues in future and may come across them in the same hospital or health service one day. Embracing your new family will build a long-lasting support network that you can always approach in the years to come.
2. Be prepared to engage with as many opportunities as you can manage. There are some truly unique extra-curricular and

curricular prospects that are accessible to you throughout your time at JCU. One day you may receive an email asking if you want to travel to a different country as part of a global health expedition. You might see a flyer on the notice board about presenting health policy at Parliament House or the United Nations. A week of fun and networking in Adelaide as part of the Australian Medical Student Association's National Convention. A prize or bursary to undertake international research projects that may one day shape the way healthcare is provided, in a discipline of your choosing. Or even a chance to advocate for and lead your fellow students. There are a plethora of these opportunities and as JCUMSA President I would be remiss for not encouraging you to join the JCUMSA team as an academic or event representative this year. Having been involved with JCUMSA for the last 3 years both on the executive and subcommittee, I have found it completely rewarding and an unforgettable experience.

3. Believe in yourself and remember that you are not here by chance. You have been individually selected through a rigorous process as someone that the University believes will be a skilful medical student, and one day an accomplished clinician. The journey can be tough but reach out to those around you and you will find there is support to help you reach the other side. You are not alone and you can do this.

I wish you all the very best in your endeavours, present and future. May you all be blessed with success and an exciting start to your medical careers.

With my warmest regards,

Sachin Joshi

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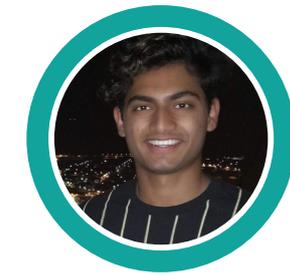
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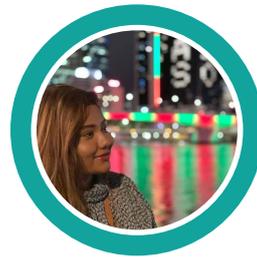
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Some Med School Tips

1. Make sure you know where you are going

You will be spending the vast majority of your time this year online or at the College of Medicine area of the Douglas Campus. Google 'JCU Campus Maps' to find an interactive map of the Townsville campus. Make sure you check your timetable for the online sessions - is it Blackboard Collaborate? Zoom? etc. When it comes to finding physical rooms, asking other students can help - but there is logic behind the building codes. For example, 46-104A refers to Building 46, a room on the first floor (not ground floor), in quad room 4, which is subdivided into room A. The most important one to know is 45- 002, this is the big lecture theatre with the red seats where most of your lectures are - you can't miss it!

2. Know how you are going to get there

Usually you are required to pay for parking, but luckily this year parking is free! Be aware that in future years when teachings return to fully on campus, make sure to get there early as parking is limited and you don't want to be late. This still applies to clinical sessions, home groups and the occasional GLS this year.

3. Know your JCU Login Details

Your login name / number is 6 digits and starts with 'jc' e.g. jc123456. It is not your student number which is 8 digits: 12345678. Your JCU login is your all-access pass to LearnJCU, StudentsOnline, eStudent, the new JCU App & all other applications using the JCU Central Authentication Service (CAS).

4. Make yourself familiar with the computer facilities

LearnJCU? StudentsOnline? eStudent? No idea what these are and what they do? Hop onto the JCU website and take a look to see where they can be accessed. LearnJCU is where you will find all of your lecture notes, important forms and updates - make sure you know how to navigate your way through it. eStudent is for enrolment, paying fees and requesting an academic record. StudentsOnline is used mainly for exam timetables. Equally important is checking your emails - but more on that later.

5. Ensure you complete the required forms on time

You will need to have all of your pre-placement requirements (PPRs) completed to go on placement and progress to the next year. To find out all about it, go here: <https://www.jcu.edu.au/professional-experience-placement/preparation-checklists/medicine>

Some of the documents will need a witness, so be sure to read through all of the requirements. If you have any trouble, email the placement office on: DTHMplacements@jcu.edu.au or go visit them in person. Their office is near the coffee cart

6. Stay updated by following JCUMSA on social media

JCUMSA hosts a number of social, academic and community events throughout the year. These are not to miss!

Follow us @jcumsa on Snapchat, Facebook & Instagram



The STAR Project

What is the STAR project?

The STAR Project is about health students and staff Standing Together Against Racism in health care. The STAR Project supports Australia's new Anti-Racism Strategy

Racism: It Stops With Me, by taking on racism inside health.

STAR was inaugurated by students and staff at the School of Medicine and Dentistry at James Cook University, Queensland. They had come across many fellow students and colleagues who wanted to show their opposition to racism. So they initiated the STAR Project as a way that students and staff could show that they Stand Together Against Racism.

Racism in health care affects our most vulnerable people. It remains common in Australian health studies and health care. Many health students and staff have reported that they would like to respond more positively to racism.

The STAR Project does not ask much of the participant – but many people feel they can make a quiet and dignified statement.

You can be a little, twinkly STAR by wearing a badge or putting up a sticker and getting others to join you. STAR can also help you to become a big, bright STAR by doing something active about racism when you come across it.

For more information, please visit: <http://www.starproject.me/>

The Star Symbol

The golden STAR represents hope. The stethoscope is a universal health tool used by many health professions. Most importantly, it is a meaningful symbol of anti-racism, that will become more potent the more health students and staff who wear it. It does not hurt the anti-racism cause in that it is also a discrete and elegant little badge! Visit SEPU to get your badge now!



Tips for Emails

Logging In

- Head to <https://my.jcu.edu.au> to access the JCU App. You can then click on the emails link
- Your log in will be `firstname.lastname@my.jcu.edu.au`
- Sometimes you may not be the only person with that awesome name, in which case your email may be something like: `firstname.lastname3@my.jcu.edu.au`.
- Have a look into downloading the App too, instant notifications make life a lot easier

Check Your Emails Regularly

- We can't stress this enough! It's a known fact that we receive a lot of emails, many of which can contain important information about room changes or cancellations/additions to the timetable.
- Consequently, it is really important that we check our emails regularly - which means at least 4 - 5 times a week. A super easy way to stay up to date is to add your JCU email account to your smart phone.
- Be sure to check your spam/clutter once in a while too, important emails often slip away to this folder.

The Know How

Part One: The Recipient

- One of the most important parts of the email! Always double and even triple check who you are sending the email to - particularly with regards to 'Reply' vs 'Reply All'

Part Two: The Subject

- Student email addresses will be '@my.jcu.edu.au' whereas staff emails will be '@jcu.edu.au'
- To add multiple recipients, separate email addresses with a semi-colon
- E.g. `john.smith@my.jcu.edu.au ; jane.citizen@my.jcu.edu.au`

Part Three: The Attachment

The most important part of attachments: ensure they are relevant, small in size, and in a format that your recipient can open. PDF documents can generally be opened on any computer, so it is often useful to send these. Also ensure that the title of your attachment is relatively comprehensive. For example, 'JCUMSA Med Ball Poster' rather than just 'Poster'

Part Four: The Body

All JCU Medical Students are aware of professionalism in the workplace, however this often is forgotten with emails. Emails are a form of professional communication with your colleagues, lecturers, administrators and other staff. As such, it is imperative to be mindful of a few key things:

- Until informed otherwise, it is always safest and most respectful to address all academic staff and health professionals by their official title, be it Dr John Smith, Professor Jane Citizen or Mr George Brown
- Start your email off with a polite greeting such as 'I hope this email finds you well', 'Thank you for your last email' Professional language is vital, as are basic manner and courtesy - too often are 'please' and 'thank you' left out!

When emailing your lecturers to ask questions, they do appreciate if you have actually had a think about it. Don't email them with a question that you could easily have answered by opening your textbook...

Other important things to remember include: Correct grammar, spelling and sentence structure Avoid ALL CAPITAL LETTERS unless used for an acronym such as JCUMSA, GLS, CTL Politely sign off from your email, with a line such as 'Thank you for your assistance'

We know these things might seem straightforward, but trust us - they are commonly forgotten, and can make a huge difference!

Part Five: The Follow-up Email

Firstly, have patience! Lecturers are busy people and may not reply straight away. It's not recommended to send the same email multiple times to increase your chances of receiving a reply. If you haven't found your answer in the meantime, consider approaching your lecturer in a GLS or after a lecture. Lecturers often prefer to answer questions in person so that they can check your understanding, and explain the question to others rather than answer the same email multiple times.

Part Six: The Reply

The Timely Reply

Not all emails require an urgent reply, or even a reply at all. However some emails are urgent and require a reply ASAP - take note of the priority of the email. In general, personalised emails from a staff member warrant a reply as soon as possible.

The Polite Reply

It can be easy enough to send a reply in the heat of the moment, without taking time to craft an eloquent response. Try drafting a reply in Microsoft Word to double check the flow and spelling, or leave it for a while to gather your thoughts. Never email anything that you wouldn't want everyone to read.

Part Seven: Email Signature

Your email signature is the little blurb at the end of your email. It is a great way of identifying yourself and your position or role. Useful information you might want to have in your signature may include:

- Your name and year level
- University details
- Positions in clubs or committees
- Mobile number if you wish to be contacted in that way

While it is great to have a signature, make sure that it is not too long, and doesn't include any irrelevant information. To set up an email signature, click on the Settings icon in the top right hand corner. Select 'Options', and then once the side menu appears, under 'Layout' will be 'Email Signature'.

Tips for Social Media

'Take this from someone who has made this mistake before you - don't write anything on the internet when you're angry. Never reply to a lecturer who you're annoyed at, don't post on Facebook when you're feeling upset and never write a sharp word to anyone under your own name. Published words have a habit of being copied, pasted and sent to Deans of Medicine!'

'Set up your Facebook profile to private settings and be wary with what you allow everyone to see. Don't add lecturers or accounts set up by the College of Medicine or JCU as your 'full' friends unless you are fully comfortable with any staff seeing what you post on Facebook. Remember: once they are your friend, they will be able to see photos of you having a few drinks 3 days before your end of year exams when you're applying for Supplementary Exams or Special Consideration!'

'No matter how cool the patient you saw today was - never, ever break patient confidentiality. If you must share it with the world, something vague like 'Just had a great day assisting in surgery' is ok, but not 'Am in rural town on placement and delivered my first baby girl this morning!'. Have a think about what the odds are: someone might know someone who knows the girl who had the baby, and she was only 16. Better safe than sorry!'

'The days are gone where our virtual presence is unnoticed in the world. In the future your medical school, scholarship committee and your employers will look at what you write, post, photograph and put on Facebook or send in emails. Be very careful with whom you share your most intimate thoughts. Don't share anything that you wouldn't be happy discussing at a job interview.'

'Professionalism isn't just about acting professional in the real world, it applies in the online world. You might be stoked you got to do CPR on someone in a small rural town, but making it your Facebook status is not necessary. You never know whether one of your friends might know the person and not appreciate you sharing their medical story online.'

'You are entitled to live your own life on Facebook - but always think about how you might be judged as a doctor. Would you like to see photos of your doctor on Facebook entering an all you can drink competition?'

Your cohort Facebook page is a forum for everyone - remember to be tactful when voicing your opinions on this page.



From The Publications & Promotions Officer



Nicholas Williams

2021 Publications & Promotions Officer
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A big part of my role involves managing JCUMSA's social media channels, marketing of all JCUMSA events, as well as creating any publications (such as this handbook). From my experiences, I have learned a thing or two about interacting and sharing information online. In this COVID-19 pandemic, zoom meetings have become a way of life, and like any other online social tool, Zoom is not really that different. I've put together a list of some not-well known tips in addition to some video conferencing etiquette to set you on the right track.

1. Set a professional profile picture

In my experience, seeing video allows better communication as you can see facial expressions, understand when there is sound issues by reading body language, as well as feel like you aren't just talking to a computer screen. Inevitably, we all have to switch off our camera for one reason or another - this does not however mean that you cannot be well represented on the screen. Instead of the gloomy grey person outline, set a professional profile picture that your colleagues will see instead.

Log in to the zoom website -> Click the person icon in the top right and a little dropdown will open -> Click on your name in the drop down and your profile page will show -> Click change below the profile icon and follow the prompts.

2. Create a recurring meeting ID

Have weekly or fortnightly meetings? No need to create and circulate a different link each time. Simply use the schedule meeting feature to automatically create recurring meetings and reduce the number of links you have to deal with.

Click on schedule meeting in the Zoom app -> under Date tick the box called recurring meeting & you are all set! Use the same link every time

3. Draw on a whiteboard together

Easily get your idea across in picture format. Zoom allows you to annotate on a virtual whiteboard. This feature is a little hidden until you go looking.

In a zoom meeting, click share screen -> click whiteboard

4. Avoid the awkward sounds & video

By default, Zoom will connect your video and audio as soon as you join a videoconference. But what if you aren't ready? Don't worry, zoom can take care of that too. Change the settings to turn video and sound off when you connect to a chat, allowing you to turn it on when you are ready.

In the zoom app go to preferences -> video -> click "Turn off my video when joining a meeting". Then go to the audio tab and click "mute microphone when joining meeting". Don't forget to turn your camera and mic on when you are ready!

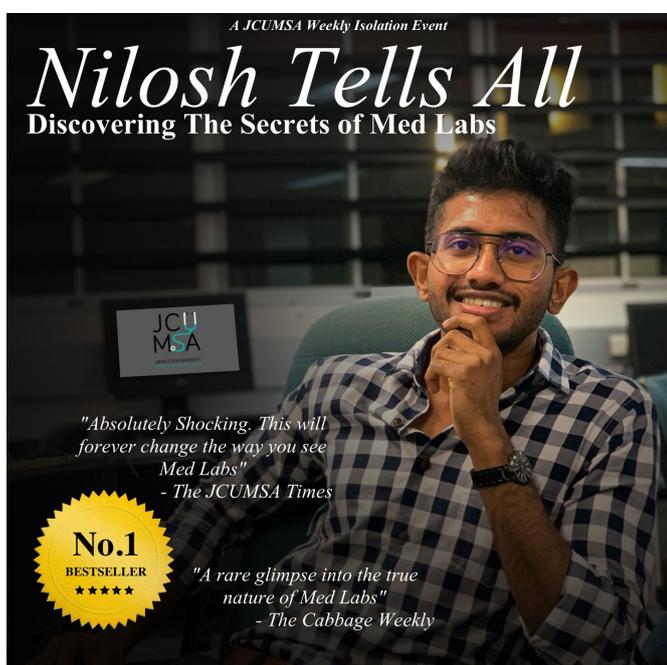
5. Videoconferencing Etiquette

Ensure when someone else is talking, you are muted

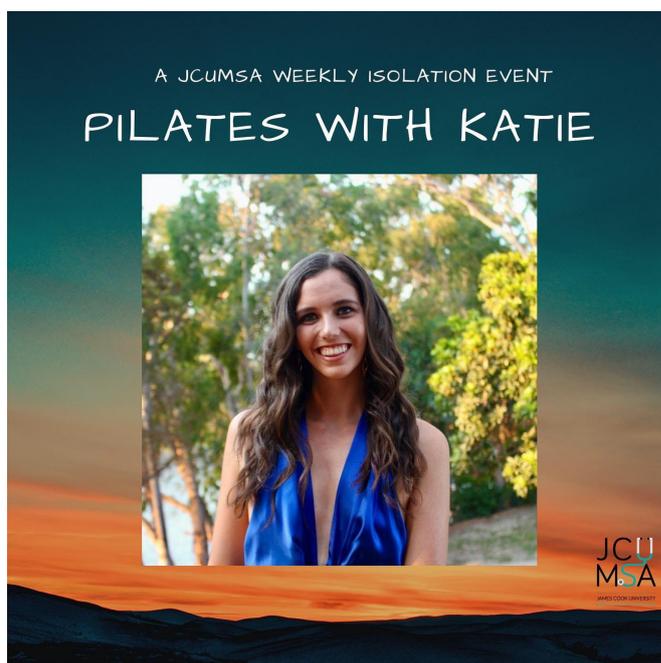
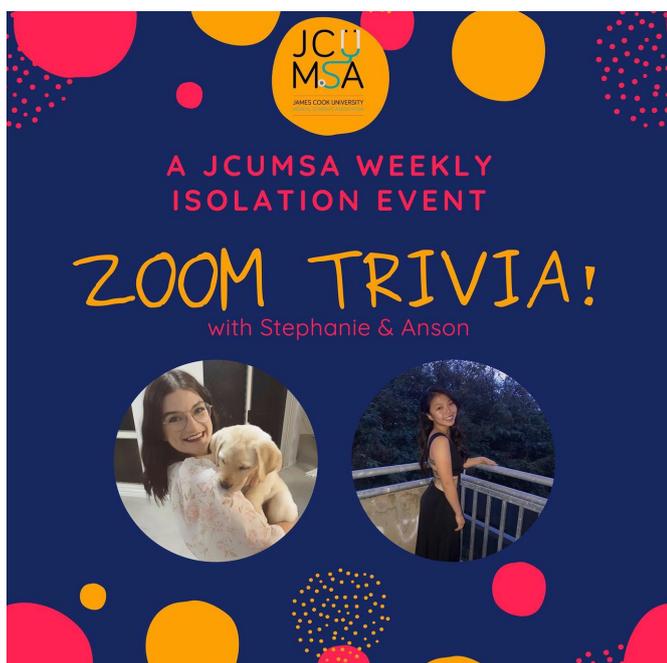
Use more overt body language to show if you understand, can't hear, etc.

Allow extra time when finished speaking to allow people to un-mute their microphone & respond (The silent pauses seem awkward at first but you will quickly get used to it)

- Dress appropriately (Including pants even though it can't be seen - until the doorbell rings and you accidentally get up in front of the camera)
- Be careful of what you say - The conversation / video can be recorded without you even knowing
- Use a virtual background if you are in a place you do not wish others to see



Some of the 'JCUMSA Weekly Isolation Events' held during the 2020 Coronavirus (COVID-19) Pandemic Restrictions. These were streamed online to bring entertainment to all.



Tips for Clinical Dress

General Advice

The best clinical dress is subtle -- you can still show people who you are, but keep your presentation low-key and tidy. Modesty is key (as well as a good iron). Invest in: black slacks, formal/dress shoes and a shirt that leaves your arms bare below the elbow.

Top tips for clinical dress

- If you grow facial hair, groom it to a professional standard. If that isn't achievable, shave.
- Jeans are not considered clinical in any circumstance. Just because doctors dress a certain way doesn't mean it is acceptable.
- Dress pants and a buttoned shirt with formal shoes are a safe bet. Please note that QLD Health requirements are for "bare below the elbow".
- High heels are generally a no go, as are: short skirts/dresses, see through blouses, singlets and low cut tops.
- Don't go overboard with makeup also
- Take note of how older students dress. If you're unsure:
- Button up shirt with black slacks and shoes is always a safe bet. Please note that QLD Health requirements are for "bare below the elbow."
- On placements, dress more formally at the start and then take cues from other staff about the local dress code.
- Don't hesitate to check with your supervisor.
- You should be comfortable and able to rush around if the situation requires. If you would feel uncomfortable wearing this in front of your grandma or constantly need to adjust - wear something else.

DOs:

- Dress like a professional - and you will be treated like a professional
- Consider purchasing JCU College of Medicine and Dentistry shirts - they are a handy back up when you're not sure what to wear, and are a great way of identifying your position and where you are from
- Wear something comfortable. Pockets often come in handy too!
- Consider the impression you give to others (patients, colleagues, superiors)
- Dress like a medical student should - just because your supervisor dresses in jeans and crocs does not mean it is ok for you to!

Tips for Textbooks

MED ONE

Note: The textbooks mentioned below are ones which lecturers often refer to in weekly overviews and/or in the lecture slides. It is not compulsory for you to have a copy of these textbooks, but it is recommended. Relevant textbook excerpts are often made available on LearnJCU under the 'Readings' section, otherwise, pdf versions of some textbooks can be found online or through peers. You may wish to purchase the physical textbooks if you prefer working with a hard copy, but keep in mind that this is the most costly option.

Principles of Anatomy & Physiology - Gerard J. Tortora, 2nd Asia-Pacific ed.

Many diagrams from the CTL lecture slides are from this text, so it can be of great use to read the corresponding sections for further explanations. Referred to often in MSS in Semester 2.

Functional Histology - Jeffrey B. Kerr, 2nd ed.

There is no pdf or online version available, so if you do decide to purchase a physical copy of a textbook, make it this one. Referred to often in CTL and MSS (Semester 2), and comes in handy for REPRO (Semester 2). Histology comes up throughout the medical course, so you'll be able to hang onto this one for years to come.

Essential Cell Biology - Bruce Alberts et al, 5th ed.

Great supplementary resource especially for MTC, but also for CTL and G&H (Semester 2).

Mark's Basic Medical Biochemistry - Michael Lieberman & Alisa Peet, 5th ed.

The only prescribed textbook for MTC--Lionel will ask you to read a few chapters from this text prior to each lecture. A lot of students get through without ever reading this text, but it will probably make your life easier if you do actually complete the pre-reading.

Human Genetics Concepts & Applications - Ricki Lewis, 12th ed.

The only prescribed textbook for G&H (Semester 2). Referenced often in this subject and can be great for supplementary information. Gray's Anatomy for Students - Richard L. Drake, 3rd ed. Highly recommended for MSS and REPRO in Semester 2 as it is often referenced in the lecture slides and given as readings.

McMinn and Abrahams' Clinical Atlas of Human Anatomy - Jonathan D. Spratt et al, 8th ed.

Can be used in conjunction with Gray's, or as an alternative if you prefer a different approach; hence, may not be essential.

Guyton and Hall Textbook of Medical Physiology - John E. Hall, 13th ed.

Prescribed in future years of medicine, so you will need to get your hands on it at some point. Can come in use for CTL and MSS (Semester 2). It is a very comprehensive text so be careful not to get too lost.

Essential Reproduction - Martin Johnson, 8th ed. Recommended by Damien for REPRO (Semester 2), but not prescribed. May be of benefit if you seek alternative explanations of the concepts covered in this subject.

Clinical Examination - Talley & O'Connor, 8th ed.

Referenced in the Clinical Skills workbooks, but not essential to read. This book is required reading in Clinical years.

MED TWO

Hoffbrand & Moss Essential Haematology 7th Edition

This textbook is excellent for an introduction to haematology, it has very clear and easy to understand language. However, it is only useful for a couple weeks and ideally should be bought second-hand if at all.

Guyton & Hall Medical Physiology 13th Edition

Cannot recommend this book enough, you need to add it to your collection if you have not already. It is essential for second year – it provides that perfect level of detail that you are expected to know and a bible for answering GLS questions.

Talley & O'Connor Clinical Examination: A systemic Guide to physical diagnosis 11th Edition

Basically, the bible to acing second year clinical skills. All the answers to clinical skills related questions are found in this book. The JCU guides are fairly comprehensive, this text however provides extra levels of details and this text will be used for the rest of medical school.

Gray's Anatomy for Students 4th Edition

Not to get confused with the TV show 'Greys Anatomy.' Gray's Anatomy is the single most important text in medical school, particularly in second year. If you did not get it in first year, I highly recommend you add it to your collection.

Kerr's Functional Histology

Excellent guide to understanding histology, a good resource to keep from first year. However on utilised in selected weeks of few modules in second year.

Lilly's Pathophysiology of Heart Disease

Perfect guide to understanding the pathophysiology weeks of CVM. However, many students got by just utilising lecture slides, but very useful resource for those interested in CVS.

West's Pulmonary Pathophysiology: The essentials

This text provides excellent and easy to understand explanations of respiratory pathophysiology and links the relevant physiology very well. But, many students got by purely using Guyton and Hall's but I recommend this book to those who want a deeper appreciation of RM

Ganong's Review of Medical Physiology

More in depth, but similar information to that presented in Guyton and Hall's. However, the language can be a bit more difficult to understand compare to Guyton Hall's. But an excellent book on physiology particularly cardiac and renal.

Smith's Australia's Rural, Remote and Indigenous Health

Available on LearnJCU to supplement weekly content, realistically only useful for those that want to excel in RRITH.

Goldberger's Clinical Electrocardiography: A Simplified Approach

Explains the fundamentals of ECG interpretation and underlying rhythm disorders. However, JCU guides are very comprehensive and basically all you need. So only get this text if you are super keen on ECGs.

Ayer's Psychology for Medicine

Great foundation to provides a foundational understanding of psychological medicine. Particularly useful for students who enjoy and are interested in the psychological aspects of medicine.

Rang and Dale's Pharmacology

Great guide to pharmacology, has awesome pictures and drug tables. Can also be a great reference if you are after more detail, however you can get by without it. It is frequently referenced by lecturers in lectures. But, if you are particularly keen on pharmacology or want to ace it, Goodman and Gilman's 'The Pharmacological Basis of Therapeutics' is far superior text. It is the best and most complete pharmacology book; however it is a 'thicc boi' so only get Goodman and Gilman's if you want to smash MP. (Contains a lot of underlying biochemistry and physiology that not required for MP)-

Neuroscience

Many students have got through Neuro without the text (Because Naga's lectures are AMAZING). Provides superb extension on neurology for those extra keen students. Worth the investment if you love neuro, otherwise second hand or not at all is the way to go.

Human Nutrition

You can get by without purchasing it, however it is very useful in understanding select weeks of GIMN. Relevant readings related to this text are provided in the materials for the relevant weeks.

MED Three

By now, you're probably feeling pretty weary about purchasing texts unless you absolutely have to. While some choose to collect them all (in a Pokemon like fashion), it is possible to get by with a few key texts and access to the JCU databases.

MED Three - Prescribed

Janeway's Immunobiology (Murphy)

This text provides an amazing amount of detail about all things immunobiology, but sometimes its explanations of concepts can be a bit confusing. It may be best to use the lecture slides provided by the lecturers as a guide as to which sections to read.

Robbins Basic Pathology (Kumar)

Provides a great explanation for all things pathology, with a relevant overview of relating medical conditions. This is also referred to as 'Baby Robbins', and it is a matter of personal preference whether you use this text or 'Daddy Robbins' for your studies

Mims' Medical Microbiology (Goering, Dockrell, Zuckerman)

While it does provide some fantastic information, some students prefer to use different resources and have gotten by without this text. Other recommendations include hiring MIMS from the library or using journal articles based on the amount of time and depth you want to study in.

MED Three - Recommended

Clinical Examination (Talley & O'Connor)

And for the 3rd time, if you don't have this already - it is a must have. Although the JCU guides are fairly comprehensive, this is a text that you will use for the rest of medical school.

Management of Alcohol and Drug Problems (Hulse)

This is a relatively new recommendation, and we don't have a lot of feedback at this stage

Emergency Medicine: Diagnosis and Management

While this is a good text which goes through emergency presentations in a systematic manner, some students prefer to use online sources and have gotten by without purchasing this text

Tips for Subjects

MED ONE - Semester One

Ecology of Health 1 (EH1)

Upon first impression, it is easy to fall into the trap of passing off Ecology of Health as the easy subject that doesn't require much love and attention. However, it could end up literally saving your marks if you put in the time and effort to understand and learn the concepts discussed. You'll notice that the lecturers put in a great amount of effort to teach you all about the social side of medicine in hopes that you become socially responsible doctors.

The weekly overviews and learning objectives are pretty spot on, so if you follow these, you should be all set. Make summaries of the main points from the lectures, add in any new information discussed in the synthesising sessions and memorise key definitions. Don't get too caught up in filling out every question from the GLS workbooks as these questions are not always relevant to exam content--still try your best to get the workbooks done though.

Pay close attention to the Medicare and PBS content as this is always assessable and will come up again in Ecology of Health 2.

Cells to Life (CTL)

The first two weeks of CTL are spent covering cell biology that many of you would have learnt in high school biology. Brushing up on your knowledge of mitosis and meiosis will certainly come in handy. Don't fret if you didn't do biology at school--hit up some youtube videos or Osmosis, and don't be afraid to let your friends and lecturers know if you're feeling lost.

From weeks 3-6, you'll learn all about the types of tissue--epithelial, connective, muscle and nervous. It helps to make up your own charts or diagrams to help you learn all the different cell shapes and arrangements i.e. stratified squamous, simple squamous etc. Being confident in setting up a microscope and identifying the slides in front of you will really help you for the end-of-year MSAT.

Start to take note of how the latin derivatives of biological terms can help you figure out where they are located and what their function is. Some examples are: "epi" means around, "myo" refers to muscle, and anything "chondro" is cartilage-related.

Weeks 7-12 are spent exploring topics of pharmacodynamics, pharmacokinetics, immunology and pathology.

Molecules to Cells (MTC)

The first two weeks will be daunting--especially if highschool chemistry wasn't your strong suit. Lucky for us all, the content from these two weeks are hardly, if at all, tested on the exam--be sure to check with the lecturer if this will be the case for your cohort though.

Once you start learning the biochemical pathways, be sure to first conceptually understand the content and then DRAW OUT the pathways! This is one of those times when you must rote-learn and memorise the content. A whiteboard is a great tool for this. Make sure you are also memorising the enzymes, regulating factors and inhibitors for each pathway. You can find songs on YouTube if you want to take a different approach and/or are more of an auditory learner.

Don't discount the non-pathway weeks as content from molecular biotechnology and DNA replication, translation and transcription will likely come up on exams too.

Endocrinology (ENDO)

ENDO is one of the subjects where studying and learning the actions of hormones will definitely reap rewards in your exams and will help you in future years. Marking is quite fair, so be sure to make good notes and give this subject the time it requires.

The summaries provided at the end of semester along with the 100-slide summary are a literal godsend. If not anything else, refer to these and passing is likely on the cards. In regards to learning the actions of all the hormones, hormone tables are quite a popular method, and we'd recommend working with a friend or making your own.

Ninja Nerd on YouTube does a fantastic job of walking you through the actions of each of the hormones in great detail. Osmosis is also great for this, but does so in less detail.

You can look at the GLS questions for ENDO diseases, as similar questions will appear in the KFP, as well as in MSAT. In particular, know Diabetes Mellitus, Addison's, Cushing's and the Thyroid conditions inside and out.

Clinical Skills (CS)

Take the time to read through and take notes on the Workbook before the Workshops, as this will help you get the most out of your session and prepare you in case you get called on to demonstrate. Be sure to arrive at your session on-time and in clinical dress, as latecomers are usually not allowed in and may need to attend another session or submit an assignment on professionalism. Check the online timetable each week to see if your homegroup has a Clinical Skills session scheduled. Clinical Skills theory will be tested in the KFP exam paper.

MED ONE - Semester Two

Ecology of Health 2 (EH2)

Remember, it's weighted equally to your other subjects, so give it a good amount of love and attention. Try your best not to slack off in the last weeks of EH2, as the content from the Coping Mechanisms & Strategies, Medication Use & Society and Determinants of Chronic Disease weeks all make for great exam questions. You may find it of great benefit to pay close attention to the Health Behaviour & Behavioural Change week before your MSAT.

Musculoskeletal Systems (MSS)

Stay on top of the content from the very start of the semester and try your absolute best to stay afloat throughout the semester. Make sure you watch the lectures and read the prescribed resources before anatomy lab, as doing so will allow you to make the most out of your sessions and ensure you are well-prepared for MSAT. Anki is a great program for memorising a large amount of terminology.

Innervation, arterial supply and important plexuses, tunnels and sites of crossover should definitely be areas to focus on. Origins and insertions are usually less important, except for notable muscles such as SCM.

There are usually additional sessions scheduled where you can go into the lab, which is a great opportunity to solidify your understanding and to ask for clarifications. Use the tutors to your advantage, as they can teach you acronyms such as "Smash My Ribs" (Deeper Intrinsic Back Muscles = Semispinalis, Multifidus, Rotatores) and other study tips.

Genetics and Health (G&H)

Conceptual understanding is key to doing well in this subject, but make sure you spend time memorising information associated with the genetic conditions mentioned in lectures and GLS workbooks. Also take the time to learn the chi-squared/Hardy-Weinberg equations as well as how to draw pedigrees.

Reproduction (REPRO)

The first week is overwhelming as you will go through reproductive anatomy--get this under your belt as soon as you can and the rest should be smooth sailing. Some GLS sessions will be spent back in the histology lab to look at ova and testes slides. Be sure to understand the content surrounding embryology, stages of labour and even lactation (mentioned in one of the GLS workbooks).

Cardiovascular Medicine (CVM)

- Introductory lectures are a must, the lecture slides have the exact information you need to know to ace CVM.
- Drawing out diagrams of electrophysiology and the cardiac cycle are very useful in connecting concepts.
- YouTube has several great videos that make difficult concepts easy to understand. Armando Hasudungan is a legend – check him out! And of course, Khan Academy never steers you wrong.
- Remember: VEINS carry blood TOWARDS the heart, and ARTERIES carry blood AWAY from the heart.
- When trying to understand ischaemia, think of it as an issue between supply and demand - when oxygen demand is high and supply is low, it causes the cardiac tissue to become ischaemic
- Learning objectives, GLS questions and SS are good guides to getting the key points for the weeks.
- The delivery of CVM is quite simple and straight forward, you get told exactly what you need to know in lectures. However, it does not delve into more detail, so if you are interested in CVM you will need to read further.

Respiratory Medicine (RM)

- There are some very difficult to grasp concepts, however Suzy Munns explains key topics well so ensure you attend every lecture, or you be playing catch up early on.
- It is important to link anatomy and physiology to understand how everything works.
- Cannot stress knowing common respiratory conditions inside and out, such as emphysema, chronic bronchitis, and asthma (asthma is a very important one).
- Suzy is happy to answer any questions and clarify any issues. Utilise your time with the lecturer wisely.
- Attend every session, Suzy has amazing lectures, GLS and SS. There is a lot of content to cover and additionally necessary information are presented in GLSs and SS.

Haematology & Renal Medicine (HRM)

- Attend Naga's lectures, GLSs and SS – he often highlights the key points and depth to know.
- Shashi's lectures are hard to follow, content heavy and goes into considerable depth. Ensure you listen, everything he say is important. Take as many notes as you can during the lecture and watch lecture recordings to fill in the gaps.
- Know the material for blood group week quite well (blood groups, blood grouping and donation ability, HDN, RhD)
- Naga provides excellent summaries, however, also make your own summaries using all the materials available to you.
- YOU NEED TO KNOW HISTOLOGY – don't neglect it.
- Know the different types of anaemias inside out (Iron deficiency anaemia, haemolytic anaemia, megaloblastic anaemia (sickle cell isn't as important in HRM)) and be able to identify key features.
- The coagulation cascade is an essential part of HRM. You may not be asked to draw it, but you must be able to answer specific questions.

- Renal can be a bit tricky, but ultimately know the sections of the nephron (PCT, Loop of Henle, DCT, CD) and the transporters in each. Additionally, how specific hormones affect filtration and urine concentration. Know the renal weeks well, there are some difficult concepts but Naga delivers them well.

RRITH

- Don't neglect RRITH – its very content heavy and cannot be crammed in SWOTVAC whatsoever (still some students try and don't succeed).
- Guest speakers are important to attend and can be examined.
- Tropical diseases can be daunting but organise them into tables or flashcards and they all come together.
- Learning Objectives are the best for this module. So, group discussion and study is the most effective method to determine the key points.
- Attend the GLS sessions, many questions in the exams are based on activities from GLSs, for that reason GLS booklets are a good resource for SWOTVAC.

MED Two - Semester Two

All the modules in MD2012 link together quite well and so there's some concepts like depression or Parkinson's that you revisit many times.

Neuroscience (Neuro)

- One of the most content heavy modules in all of medical school. So it is essential to use resources wisely and find resources that explain concepts the way that you best understand.
- Anatomy labs are essential to attend, the tutors are amazing and give excellent tips on remembering the key points to know for neuro anatomy.
- Draw out the blood vessels of the brain, until you know them off the top of your head. The Circle of Willis is an important concept know it so you're not going in circles in SWOTVAC (all puns intended)
- The special senses (taste, hearing, sight) are taught in much greater detail in third year, but the basics are still important for MD2012. Naga usually highlights what's important so don't stress out too much
- Know neurotransmitters, their formation, path in the CNS and receptor types that they act on.
- I highly recommend knowing the Basal Ganglia Pathway and how defects lead to Parkinson Disease.

Gastrointestinal Medicine and Nutrition (GIMN)

- GLSs provide a comprehensive every view of what the key points for each week. Use the readings that the lecturers supply you and focus on the concepts covered in each GLS.
- Some of the concepts are hard to understand, try drawing them out (e.g. hormones of the stomach, stimulatory and inhibitory hormones). Know the identifying histological feature of each section along the GI tract.
- Know your anatomy - the gastrointestinal tract is relatively straight forward, and unlike some other things in the human body it makes a lot of sense!
- YouTube is an excellent resource and has videos on every concept, I recommend using it if you're having trouble.
- Donna's content is quite straightforward, but there's a decent amount of it and contributes to ~half the exam so don't neglect her weeks!

Psychological Medicine and Human Development (PMHD)

- Learning Objectives are the ultimate guide to approaching PMHD. Tables can also be quite useful to organise key concepts and ideas.
- Connect disorder in a chronological order of human development (developmental disorders in childhood and so on).
- List of definitions are also very useful and know some strengths and weaknesses of each theory of development.
- Know the psychological disorders and timing of each. YouTube videos are also a good resource for furthering understanding.
- I highly recommend going to the GLS! A discussion with the tutors/class is a very good way of making sure you understand the content the way the lecturers want you to and clear up any confusion.
- Using imagery and examples to understand conditions is another great way to go about learning. For example, link up each Personality Disorder to a Harry Potter character, e.g. Hermione is obsessive compulsive – is excessively devoted to work, rigid and has inflexible ethics which can lead to the detriment of her personal relationships.

Medical Pharmacology (MP)

- Flashcards can be a useful tool, but do not get lost in making them, instead of learning the drugs first.
- There is no way to cram MP in SWOTVAC, there is just too many drugs to remember to remain sane.
- For each drug understand the basic principles and mechanisms (What drugs can be used for a specific condition? How do they work? What are some potential side effect?)
- Distraction can be very easy when revising MP, just due to the sheer number of drugs. Try and stay focused, incorporate different learning aids such as drug tables, flashcards and white boarding to add variety to your study.
- Again, don't leave all of your pharmacology to the last minute. Reviews, no matter how brief, throughout the semester will help you to understand and retain the information better (and can help to reduce the stress of learning or memorising what feels like a million different drug names and mechanisms of action!)

MED Three - Semester One

Infection, Inflammation and Immunology (III)

- Be on time to class!
- Beware of Janeways. It is a fantastic book (and can be quite useful in preparing the GLS answers or synthesis sessions) but contains a lot more depth than you generally need to know in this subject. Focus your reading on the broader concepts discussed in class, rather than the additional fine detail explained in Janeways
- To get a better understanding of III - link all concepts into one process, this makes it easier to learn and understand. Link pathophysiology/diseases where the process fails.
- Do not underestimate simple things like percentages in the differential for blood cell counts, conversions from L to mL etc. They are easy to learn, but also easy to make mistakes with, and are frequently seen in exams
- A few common and big topics that we would recommend knowing include titres, IgM and IgG graphs.
- Similar to other modules there is a lot of new vocabulary, so it might be beneficial to write up a list of definitions to avoid confusion!

Tissue Injury and Neoplasia (TIN)

- Know your cytokines and chemokines (it will also help you with III)
- Some of the GLS sessions will involve patients coming in to talk to you about their experiences with cancer. It is always worth attending these, as these patients have extremely valuable insight into the more human aspect of cancer
- CTL comes back to haunt us in TIN as histology is very important (visually recognising the signs of tissue injury and neoplasia) - and in saying that, TIN comes back to haunt you in Clinical years!
- Try to link the process of tissue injury to its histological representation to increase comprehension
- Baby Robbins is a very helpful book to use for TIN (take advantage of the easy to read diagrams and definitions)

Preventative Medicine and Addiction Studies (PAS)

- Do not dismiss PAS. It is a subject that has a significant amount of content that you will need to learn (and you can't just rely on common sense for), and it is a subject which will be extremely useful to you in your clinical years
- As some parts of PAS are steered towards clinical medicine, it can be beneficial to integrate PAS teachings with MP, TIN and III
- Motivational interviewing and brief interventions are essential life skills to have
- Take note of the different clinical tools (screening tests, Lifescripts, decision-matrices) mentioned in this module. It is expected that you will know which screening tests are used for each particular addiction. In addition, this holds relevance to clinical practice
- Statistics (like PPV, sensitivity, specificity) can be tricky, but it is worth spending the time to understand them and doing the practice exercises. These terms get thrown around in clinical practice and knowing what they mean will make you that much more the competent doctor!
- Practice the clinical/hands-on aspects as many times as possible with your family/friends, using different pretend cases each time.
- Finally, ask Julie questions! She's a fantastic lecturer and you will end the year loving her dearly

Selective Subject

- This semester is the one time you get to feel like a normal uni student choosing your own subjects!
- Everyone approaches the Selective differently
- Some take the opportunity to upskill and do College of Medicine provided subjects, while others branch out completely and do that subject they always wanted to, from Maths and Astronomy to French and Effective Writing. Then there are the strategic types who choose an easy subject or block subject that allows them more time for Med!
- Another option is to apply for an International course to complete in your holidays that can then be counted as your Selective
- Ask older students what they have done and then make a decision for yourself

MED Three - Semester Two

Infectious Disease (ID)

- Really obvious point - but make sure you understand Ill as it will help you understand the pathogens and their resulting infectious processes
- Categorise all the pathogens to make the differences between them clear. Link the pathogen and its virulence factors to the pathogenesis of the disease, which you should then link to the clinical presentation and laboratory tests.
- Be able to describe the bacteria based on description, features and location inside and outside the human body
- Do not neglect lab sessions - they are easy to forget, but contain really useful practical information which is examinable

Emergency Medicine (EM)

- ABCDEFG!
- Go to lectures!
- Following a structure when considering every case and patient can be extremely helpful to guide your thoughts, and make sure you don't forget anything. For example: ABCDEFG, observations and examination, investigations
- Ensure you know your ECGs, especially common ones such as normal sinus rhythm, AF, VT, STEMI and their different locations. Books such as 'ECGs Made Easy' and many similar websites can help give you extra practice
- Have a systematic way of going over chest x-rays: it doesn't matter which one you use, pick one you are comfortable with.
- There are lots of different websites which have some great images to practice with
- There are many helpful textbooks around, but these are not necessarily essential to complete this subject

Skin and Special Senses (SSS)

- Learn the online study guide and the topics that your lecturer recommends first - only expand your learning to other topics once you have covered the basics.
- Create a logical framework that you can use in almost every situation to identify and distinguish the diseases. Practise using this framework with every case that is presented, so you have a consistent way of thinking about the diseases and the differences between them - it makes it much easier to diagnose the conditions.
- Some of the guest lecturers will go into a lot more detail than you necessarily need to know

- Definitely attend the last two GLS sessions - these often cover Snellen, Rinne and Weber's tests which you need to know and are really useful for clinical years.
- Refer to clinical skills workbooks and online resources for clinical application of SSS
- Note: the answer is almost always "all of the above" except on the actual exam!
- Brennan's lectures don't have to be a waste of time if you've taken the time to go over the content beforehand - keep in mind that he's actually just a lad and likes to sneak in Dad jokes

Global Health (GH)

- Millennium Development Goals are essential knowledge! Do your wikis on time each week - it is much easier than having to do the makeup exercises
- Try to vary the types of questions you do for the wiki each week, and don't be tempted to only pick the easy questions. Come exam time, it is much better to have experience in answering different types of questions
- Practice causal chains each week - even if it isn't your turn for the wiki, at least think about what you would have written- the more you practice, the more confident you will be by exam time
- Engage in the practical teaching sessions and peer presentations by asking questions - it helps to keep you on-task during the presentations and helps you to consider connections between the content, which helps your learning and understanding and makes it easier to apply your knowledge to specific cases.

Tips for Studying

Lectures

Scan through the lecture slides beforehand to get a general overview of what you'll cover in the session. During the lecture, you may wish to add handwritten notes onto the printed-out slides (an iPad is a great alternative to printing) or to a digital version of the slides (you could copy and paste the text onto a Word document or add the slides to OneNote).

While in-person attendance is encouraged by the university, you may instead wish to watch the lecture recording after it has been uploaded (which is usually same-day).

Guided Learning Sessions (GLS)

Look over the workbook before the session to see where you may need help from your peers or discuss with tutors. Some students prefer to start answering workbook questions prior to the GLS session, though you will get the most out of your learning if you work together with and discuss with your peers as you go.

Use the GLS time to your advantage--ask questions and take your time to understand the concepts. Make the most of the tutors there, they have a good idea of what is expected and can help you head in the right direction. These sessions are a good indication of the depth of study you should do.

Don't be afraid to switch up who you sit with in the GLS sessions if you find that you don't work at the same pace as those around you or don't work well together.

Synthesising Sessions (SS)

The lecturer will often take this opportunity to go over some of the GLS answers and/or add in any extra content they didn't have time to teach in the lecture. Make sure you've finished the GLS workbook before the SS so you can take this chance to ask any last questions you have about the content.

Getting Organised

- Check out the JCU Academic Calendar for key dates
- Check out the Online Timetable prior to the beginning of the week and either add relevant information to your own calendar or download the weekly timetable as a pdf
- Check out the Subject Overview for Assessment Due Dates
- Make a start on assignments as soon as you can--you will not be told when you should start or where you should be up to
- Set deadlines for what you would like to have done, and when
- Schedule in downtime, social activities, exercise and time for your interests outside of medicine

Digesting the Content

- Previous students notes are available, however, don't rely on these as your only resource--everyone understands and summarises information differently.
- Rely on high-efficacy study methods such as active recall, spaced repetition, teaching others and practice questions
- Study groups and team-based learning is a great and enjoyable way to get through study, especially for Clinical Skills and MSAT
- Don't be afraid to ask for help above all else— all the older grades would be happy to answer your questions, and ease your journey
- Refer back to the learning objectives to check you've covered everything for that week
- Learning how to study is a personal, long-term and ever-evolving process so don't feel pressured to follow a certain method or to stick to just one method
- Do not leave the bulk of your studying to SWOTVAC--also, be sure to factor in content learnt in Clinical Skills and Integrative Sessions

The Exams

- Make sure you double check when and where your exam is (and what you need to bring)--they are not always held in Building 46
- The night before, gather all the permitted materials you need to sit your exam, don't forget your JCU Student ID card!
- Use the calming strategies that work for you and don't worry about what anyone else is doing--you deserve to be here just as much as anyone else
- During exam week and in between exams, motivation can be at an all-time low, but remember it's only for a few more days - as is SWOTVAC! Make sure you make the most of it
- Once you're out of the exam room, you may wish to let your friends know that you'd prefer not to discuss your answers as what's done is done. Appreciate all your hard work and recharge your energy :)

Tips for Assignments

On Starting

- Get it done early. It's much easier to write an essay if you have something to work with. If you're struggling to start, jot down your ideas and key points that you need to have in the assignment.
- Do a skeleton of the order of your assignment, and then expand from there.
- Don't be fooled by starting with the intro - it is often the hardest part to write so it can be best to leave to last!
- Check your references' references - there may be other great articles you can use.
- Do a bit of background reading before starting to get a feel for the topic.

On Technicalities

- Make sure you note down the URL or some other piece of information about each source you have used as you go along, otherwise you may not remember how to find it again when you go to reference it!
- Take note of the session you have about how to use the JCU databases and journals - JCU pays for our access to these journals, so don't just rely on Google Scholar!
- Always try and save the articles so you don't have to search for it each time you want to reference it.
- Save the links to journals for future assignments - future you will love you for it.
- If you're having trouble finding information on the internet then be sure to seek out Stephen Anderson - he's a librarian specifically there to help medical students so utilise him!

On Format & Referencing

- It can be quite time consuming to become familiar with a program like Endnote to keep track of references, but it will be well worth your time in the long run. Say goodbye to the days of manually adjusting your references! The library will run workshops using Endnote (they go for about an hour) - sign your name up for one to make sure you're on the right track!
- If you are going to need a key reference textbook from the library to write an assignment (one that everyone else in your class is likely to want as well eg Principles of Biomedical Ethics for an ethics assignment), get on the waiting list early.
- Find the JCU CMD Referencing and Style Guide before you start. There's nothing worse than consulting it just before you hand in your assignment, only to realise that you have done it all wrong
- Not sure how many references to use? Aim for at least 10, but make sure they're relevant.

On Submission

- Don't forget your JCU CMD Assessment Cover Sheet - this can be found on LearnJCU - 'Medicine Course Site -> Assessment -> Assessment Forms'
- Be sure that you have submitted the assignment physically to the correct box at SEPU if required, as well as online (I have had friends submit to the incorrect dropbox and they were penalised even though the physical copy was submitted on time).
- Note the requirements for naming your assignment when you are submitting it to the online dropbox.

Tips for Placements

Before You Start

- You will inevitably feel nervous and uncomfortable arranging and organising placements. However, this is a skill that is best learned early in your career! Make your objectives clear with your supervisor. E.g. 'I would really like to improve my history taking skills' or 'I would really like to learn how to take blood'.
- Be on time, interested and polite. You do not have to be a brilliant HD student to do well and be liked on placement! You may feel like you are getting in the way - simply ask if there is anything that you can do to help, and you will soon find out. Have a small notepad and take notes - you will be amazed in future years looking back on the cases that you have previously seen.
- Thank everyone and show your appreciation! Chocolates or cake never go astray.

When You Get There

- Be polite. Always introduce yourself when you meet someone new, and on phone calls. Ask what their name is and what they do - it will show you are interested.
- When asked 'have you XYZ before?' reply with 'No, but I would love to learn!' or 'Yes, a few times, but I would always love more practice!'.
- Don't be afraid to ask questions, but do this in conjunction with your own study and Googling outside of placement hours.
- Don't always follow the doctors - you can learn a lot from nursing staff and allied health. If you don't know something when asked, be honest - it is ok to not know.
- Ask if you can examine the patient while a supervisor watches. It is great to get feedback from someone experienced and you will improve your skills immeasurably.
- Always ask for feedback on your clinical skills and where you can improve.
- Don't skip things that may seem boring, like handover. You will learn useful tips about what makes a good patient presentation and what doesn't, which in turn will help you become a competent doctor as you progress through the clinical years.
- Ask and thou shalt receive - you may never know what you are allowed to do unless you ask! Just ensure that you receive informed consent from both patient and doctor.
- If you want to find out more about your placement site, head to the JCUMSA website (www.jcumsa.org.au) and check out our Placement Database, which is a compilation of information from previous students and their experiences. Find it under 'Academics' -> 'Placement Database'.
- Then, after you've completed a placement, be sure to add to it for future students!

Tips on Work / Life Balance

Study Expectations

You are starting a demanding but rewarding career. Work hard now, and you will thank yourself later. It might seem like everyone has a better idea of what's going on than you do - trust us - the vast majority are in the exact same boat. Take a bit of time to experiment with study strategies. Paper notes vs typing notes, flashcards vs mind maps, recordings vs pictures... There is no right or wrong answer, and we all learn differently! Set realistic study goals. There is nothing worse than sitting down to do some study when you know you will never be able to achieve what you have set out to do. It's easier to take little bites out of study over a longer period of time. Utilise your free time productively - this can help free up some weeknights and weekends. Even those 1 hour breaks between classes can be used to smash out a surprising amount of content. Don't feel that you need to give up other commitments entirely in order to study. You may need to compromise, but you don't have to completely cut yourself off from other activities. It's a common trap for young players to drop everything in first year to study all the time; it's much better to see what you can handle before cutting back on commitments. And bear in mind, having an activity that you really enjoy is an excellent way to unwind after a busy day of Medicine. However, make sure that your outside-uni activities do not take over your life! You can still work part time and study medicine, and many people do. Consider jobs which fit your university schedule better, or jobs through the university such as tutoring. Yet again, you are the best person to decide if and for how many hours you are able to work and study. It's really helpful to use a diary or lists to keep track of what needs to be done each week, and what particular areas you struggled with. It can also help you to plan your time better.

On Balance

Don't expect to have the same balance as someone studying a different degree. Don't even expect to have the same balance as other people in Medicine! Just because that bloke in Home Group 5 seems to be able to go out every weeknight, save dolphins on a Saturday, run half-marathons on a Sunday and is still able to understand CTL, doesn't mean that you are a failure or doing it wrong if you aren't the same. Likewise, even though that chick from HG 18 seems to have it all together, studies for 15 hours a day and can ask questions in lectures without sounding like an idiot, it doesn't mean that you are behind or at the bottom of the class if you aren't exactly the same! Finding a study-life balance that works for you is so very important.

1. Exercise is key; it's an important part of a healthy lifestyle, and keeps you covered for all those not-so-healthy study snacks. It's also a great way to work out the stress of study.
 2. Get involved in student clubs, social sports, and other fun things! Make friends in class, waiting for the anatomy labs and outside Uni hours. You'll be surprised to find how many kindred spirits are lurking in the corridors of your cohort and beyond.
 3. Give blood, or volunteer if you can. You don't have to be a doctor to be able to save and change lives. Many of us come from volunteering backgrounds; why not keep up the tradition and give back to the community?
- Vampire Cup is a blood donating competition between Australian medical schools, so roll up a sleeve for JCU and be a bloody legend!
 - Sleep is NOT for the weak! Most of us need between 7 to 9 hours of sleep daily.

- Getting a good night's rest can make the next morning that bit easier to focus, improve your memory and increase your energy levels. Try find the amount of time that allows you to be operational for the whole day without relying on caffeine.
- Try steering clear of caffeine and sugar for a few hours before bed
- Limit using electronic devices in the lead up to sleep (difficult, I know)
- Separate "study space," from "sleep space," to make it easier to relax and go to sleep
- Eat well. Your gut bugs will thank you for it. Just because you CAN live on Pringles and coffee, does not mean that you should. Without writing an essay, here are three simple rules to avoid "The Fresher 5."
 - Steer clear of excess processed foods and simple sugars.
 - Eat a variety of food types.
 - Throw in vegetables, fruits, nuts and seeds wherever possible* *and no, McDonald's fries at 2am do not count as vegetables.
 - Eating well, sleeping well and exercising will bolster every aspect of your physiology and psychology, and will correlate with improved performance in medicine and other ventures.
 - Amidst all this, remember to make time for yourself. Relax, go for a stroll, spend time with friends, and enjoy life.

Good To Know

Please know that if anything terrible happens - a family emergency, situation or you are in distress - there is always support from the medical school and JCU Student Counselling.



From the Community & Wellbeing Officer



Roisin Lyons
2021 Wellbeing Officer
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Hey guys! My name is Ro and I'm so excited to be your Community and Wellbeing Officer for 2021. As medical students, our lives often revolve around helping other people out; whether these are our patients, colleagues, friends or families. This often leaves very little time to nurture our own mental health and wellbeing, and we can quickly become burnt out and at an increased susceptibility to mental illnesses such as depression and anxiety. As a result, it is super important to constantly check in with ourselves and our peers. If I was asked to summarise med-school in a phrase, I would say it's like one big juggling-act! We're always either juggling study, friends, relationship, college, our social lives, hobbies, family, health, fitness, leadership roles, part-time jobs... the list goes on! It truly is all about balance, and this means learning to prioritise. Here are some tips on learning to maintain a healthy work-life balance:

1. Sleeeeeeeeeeeep! – getting those z's in is crucial in maintaining concentration, keeping your mood stable and allowing your body time to process and recover after a big day... they say we should be

sleeping for 7-9 hours a day, which is much better spent in bed and not in building 46!! If you're having a tough day and everything's feeling difficult, why not reset with a 20 minute nap? We all need our beauty sleep ;)

a. Keep in mind, however, that both difficulty falling asleep and excess sleeping can be a sign of mental illness, so if you have concerns about your sleeping habits this might be worthwhile mentioning to your friendly GP :)

2. Food <3 – don't forget to eat! Although some people (including me!) can't understand how one could 'forget a meal', it certainly is a regular occurrence as people race from college to the med school to make that gnarly 8am lecture. A good tip is bringing healthy snacks with you to uni – this could even be a banana or a bag of nuts! A happy belly will help you focus during class and fight the dreaded 'hanger'. Make sure you're getting in all your food groups, and try and avoid simple sugars where you can!

3. Exercise – whether it's running, cycling, yoga, walking or Bollywood dancing, getting your blood pumping is super important for a healthy brain, mind and heart. If you're nodding off halfway through a study sesh, why not break it up with a quick workout? Even better, why not use exercise as an excuse to catch up with a mate? – going for a walk on the strand with a friend will get both the blood and dopamine pumping, hitting two birds with one stone!

4. Friends – commonly believed to be the best part of med school, the friends you make at JCU will be beside you for the highs and the lows...

many of the people you sit beside on your first day of med school will be friends for life! If you develop a strong and loving group of mates early on, you'll not only look back on your med school years as being a ripper of a time, but you'll have a sturdy support base for when things get tough. In the same breath, the social aspect of med school can become overwhelming at times (especially if you have college events to balance too), and so learning how to say 'no' and prioritise self-care is a lesson best learned early on! A good balance of socialising, studying and most importantly self-care is the recipe to success.

a. If you're like me and you've moved away from home for med school, don't forget to keep in touch with your fam and friends! Your previous support network is just as important as the new one you'll develop in med school, and facetime and phone calls can help bridge the distance. Be proud of where you've come from, and don't forget the people that have helped you get here today :) In saying this, balancing keeping touch with your support crew can become difficult, particularly as exams approach. The best way to tackle this is identifying how much contact is best for YOU, and always allowing for YOU time.

5. Hobbies – many of you guys will be talented pianists, runners, gymnasts, horse-riders, artists and singers... so why stop now?? Your hobbies form a part of who you are, and continuing your fave activities will not only be good for your mental health, but will contribute to a well-rounded professional identity. There's always time for YOU in med school, and whilst study becomes more important in exam time, the best doctors are real people with real interests. Check out the extensive list of clubs on offer both in the med school and the wider JCU community! There's truly something for everyone :)

6. A regular GP – having a go-to GP cannot be understated, and building a relationship with them before times get tough will make the tough times far easier. Doctors were once were in our shoes, and are well-aware of the challenges we face as med students... in fact, many of the docs at JCU health are JCU grads! Find more info here: <https://www.jcuhealth.com.au/>

7. Keep an eye on yourself and your mates – medicine is a team sport; we're all in this together. As a result, we all have a responsibility to look out for ourselves and our mates. If you're worried about yourself or a friend, never be afraid to ask 'RUOK?'. If the answer is 'no', encourage them to follow up with their GP or the med school, or call for help if they are at an acute risk. Signs of mental illness in yourself and others include:

- a. Difficulty sleeping or sleeping too much
- b. Regular unhappiness or irritability
- c. Loss of interest in things you usually enjoy
- d. Not coming to class
- e. Making jokes about suicide
- f. Signs of self-harm
- g. Loss of appetite or significant weight gain
- h. Frequent fretting or worrying
- i. Withdrawing from family or friends
- j. Drinking more alcohol than usual, or using illicit drugs
- k. Decreasing academic performance
- l. Significant personality change
- m. Physical symptoms such as headaches, digestive issues, nausea, muscle tension, loss of energy

There's a quote that says 'before you can give someone a hand up, you've got to get up there first'. How on earth are we supposed to help people in our careers if we've got nothing left to give?

The key trick to surviving med school is making sure we make the trip. Take time for YOU amongst all the craziness, and don't forget to breath – there's always time to breath. I'm so excited to meet you guys and help make JCU an even more wholesome place to study <3 If you have any queries, concerns, or are in need of a listening ear (or just want to say g'day!), don't hesitate to contact me on wellbeing@jcumsa.org.au, or shoot me a message on face :)



Blue Week 2019

From the Academic VP



Bianca Johnson
2021 Academic VP
academicvp@jcumsa.org.au

Hey everyone,
Welcome back for 2021 and a massive welcome to the class of 2026! I hope you're all excited for the year ahead and ready to start your medical school journey. The JCUMSA team have been working hard to ensure that this year will (fingers crossed) run smoothly and will be full of exciting events!

My role as the Academic Vice President of JCUMSA is to work alongside students and the academic staff to advocate our rights and voice students' concerns, while organising fun and exciting events. This year I'm excited to work with an incredible team of academic reps who play an integral role in representing each cohort. We will be looking for two 1st year reps so stay tuned and apply to join our team!

Firstly, congratulations on your well-deserved position in this program. You were selected for a reason so remember to not doubt yourself and know you're capable of achieving great things. The next couple of years will be full of highs and lows,

from celebrating the end of exams to late-night coffee runs and stressful SWOTVACs, but you will meet incredible people throughout this journey and make lifelong memories.

Being a good medical student isn't about studying for hours on end or being the last person to leave the library. It's more about learning how to balance your studies and personal life while looking after yourself. No doubt at some point we all feel stressed, burnt out or even like we don't belong here (hello imposter syndrome). But during these moments is when it is most important to take time out for yourself to recharge and enable you to keep working at your best.

Unfortunately, it doesn't get easier once you finish medical school, so it's important to learn how to manage your time and take care of your own needs early. Your physical and mental health should always come before the demands of this degree and know that the entire JCUMSA team and myself are always available for you to reach out to if you ever need any help or advice.

Once again congratulations and all the best for the year ahead!

Yours truly,
Bianca Johnson

From the Events VP



Remi Sayre
2021 Events VP
eventsvp@jcumsa.org.au

COVID-19 may have been a bit of a dampener for JCUMSA's event schedule in 2020, but in 2021 we are back baby!! We want to make sure that you all have ample opportunity this year to party just as hard as you work. JCUMSA's events will provide the perfect opportunity for you to set down your books and let down your hair with your classmates. So, what do we have in store?

Welcome BBQ

- An introductory event for our first year med students, but all year levels are welcome to pop in!
- Explore what our sponsors have to offer – including free indemnity insurance for placement, and tons of great freebies (water bottles, bags, pens, coffee travel mugs and more!)
 - Tip = if you stock up on enough free pens at welcome BBQ, you won't need to buy any extra for the rest of the year!
- Eat your weight in free snags at the servery
- Meet the JCUMSA team! We will be the friendly faces in the black scrubs

Med Camp

Another traditionally first year orientated event (but again, all are welcome!)

- A one-night camp filled with profound thinking and self-reflection (perfect to get you in the mood for your Professionalism Portfolio reflective tasks)
- Be sure to ask an older student to share their fond memories (or lack thereof) of their own Med Camp
- A fantastic way for the first year cohort to bond and mingle

Med Ball

- JCUMSA's premier event for the social calendar
- Dress up even fancier than you would for clinical skills
- Enjoy some top-notch food and bevies - Get that new profile picture for Facebook to remind everyone that, yes indeed, you study Medicine

Clinical Cocktail Parties

- For the clinical year students (years 4, 5 + 6)
- Held at each of our clinical sites
 - Mackay, Cairns and Townsville
- For mingling, networking and comparing aseptic field horror stories

Year Level Mixers

- Casual evenings for our pre-clinical students to get to know each other
- See sides of your classmates that you may have not yet uncovered
- Flirt with older HD gunners to get all of their notes (BYO USB stick)

Med Revue

- Another opportunity to cry about med, but this time from laughter
- Get abs of steel from laughing for 2.5 hours straight
- Support a great cause – all funds raised by med review are donated to charity

From the Events VP

- Get involved to showcase your talent! If you are a singer, dancer, actor, musician, have a flair for tech/video editing, or just enjoy making a fool of yourself on stage, keep an eye out on the JCUMSA Facebook pages for more information about Med Revue rehearsals.

We look forward to seeing you all soon! For dates and more information, visit our website at www.jcumsa.org.au



2019 Med 2 Wine & Cheese Night

Introduction to AMSA



Tanish
AMSA Liaison Officer
liasonofficer@jcumsa.org.au

Hey all,
your friendly neighbourhood AMSA guy Tanish here. Firstly I just want to say a massive congratulations to all of you for making it into the number one medical school in all of Australia (see Pete Johnson for reference).

So you're probably wondering... What in the world is AMSA? The Australian Medical Students' Association (AMSA) is the peak representative body for Australian medical students. AMSA is a vibrant student-run organisation that represents, informs and connects all of Australia's 17,000 medical students. Hundreds of medical student volunteers work together to run our professional-standard events, advocacy campaigns, special interest groups, community and wellbeing initiatives, projects and publications. Each of the 22 medical schools in Australia elects an AMSA Representative to represent them at AMSA National Council (that's me!), which is the primary decision making body of the Association. Copy paste is a wonderful thing – if you want to find out where I plagiarised that from head to www.amsa.org.au or to their facebook page @yourAMSA.

In simple terms, AMSA does the following (well they normally do the following, short of a pandemic that is):

1. Advocacy – covering everything from medical student internships to the funding of medical school programs. These policies are taken to the federal parliament!
2. Projects – including AMSA Mental Health, AMSA Mental Health GP Map, AMSA Gender Equity, AMSA Queer and of course AMSA Vampire Cup
3. Publications – to inform and connect Australian Medical Students
4. Events – Some of the largest student run events in the world! They've also sorted us all out this year with a bunch of new and improved online events should COVID

Whether you're passionate about medical advocacy, want to improve your leadership skills or just want to hang out with the Whopper Junior (@Stephanie Sullivan) AMSA has you covered. If you want to join the clan of AMSA enthusiasts here at JCU, join our facebook group AMSA @ JCU or send through an email: tanish.john@amsa.org.au or liasonofficer@jcumsa.org.au

JCUMSA
amsa^x

The Contributors Over The Years

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Remi Sayre - Events VP

Bianca Johnson - Academic VP

Roisin Lyons - Community & Wellbeing Officer

Tanish John - AMSA Liason Officer

Eliza Dalziel - 2020 Year 1 Academic Rep

Ayra Kassam - 2020 Year 1 Academic Rep

Blair Shearwin - 2020 Year 2 Academic Rep

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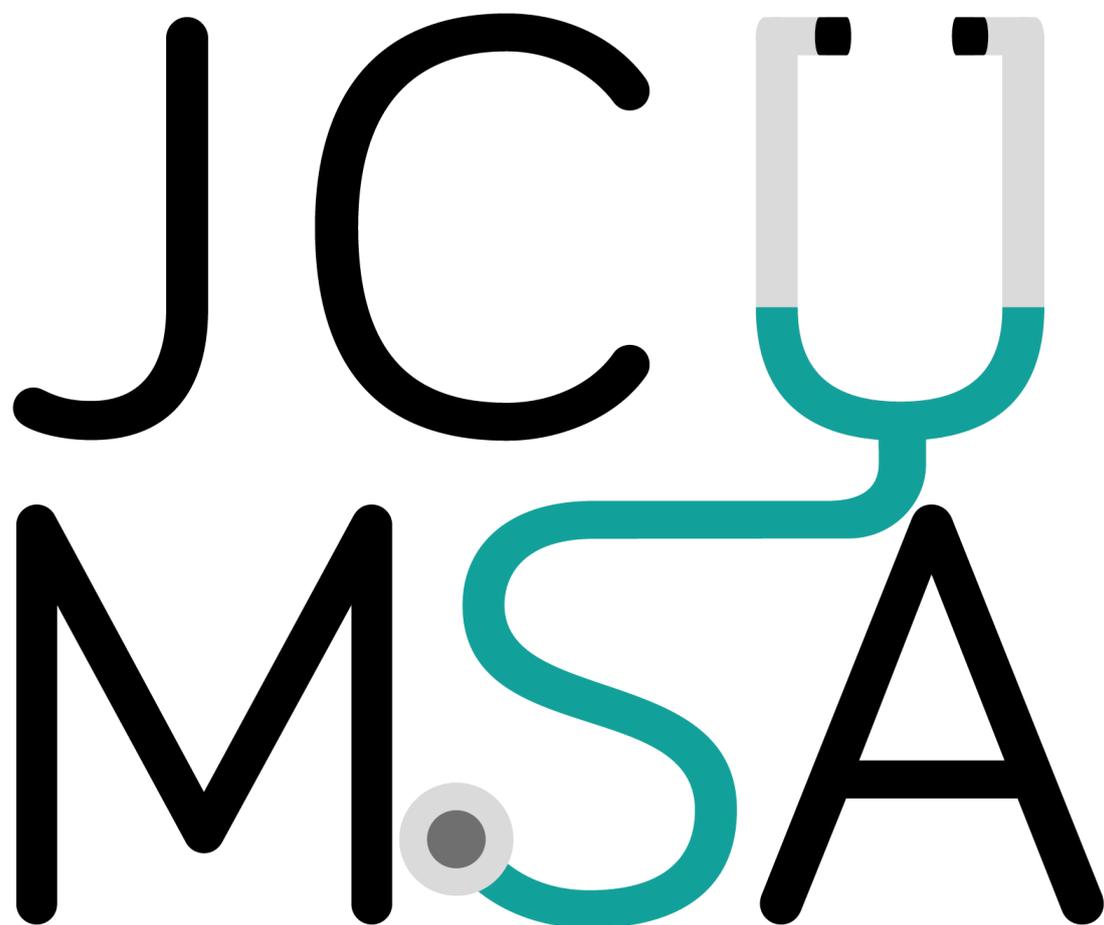
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JAMES COOK UNIVERSITY
MEDICAL STUDENTS ASSOCIATION
