

MD_I SUPPORT GUIDE

2023



Disclaimer

This guide has been constructed in 2022 by the Flinders Medical Students' Society for students entering MD1 in 2023. The information provided in this guide is from students, not from staff in the College of Medicine and Public Health. Once you start the course there will almost certainly be changes and we cannot guarantee that everything will align perfectly with the contents of this guide. Still, we believe that this guide will provide a strong foundation and introduction to what your journey will be like in the first year of MD.

Enjoy scrolling through!! 😊

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Welcome from FMSS



48 years of...

Advocacy | Culture | Education | Support

A huge welcome from the Flinders Medical Students' Society to all you MD1s joining us on this incredible journey! The Flinders Medical Students' Society was established in 1975 and is the peak organisation representing medical students at Flinders for issues affecting students such as curriculum and teaching, internship places, and student wellbeing. 2023 marks FMSS' 48th year representing the medical student body.

We would strongly encourage you to sign up to become an FMSS member during Prep Week. We are proud to have 95% in each cohort every year. Perks of membership include:

- Access to peer teaching and mentorship
- Save \$30 on Med Ball tickets each year
- Save \$5 on Med Revue tickets each year
- Access to many online educational resources
 - Discounts on coffee at UpCo
 - Much, *much* more!

From the President: Christine Mausolf

Congratulations class of 2026 and welcome to Flinders Medicine!! My name is Christine and I'm the President of FMSS this year. Before medicine I studied Chemistry at Adelaide Uni, growing up on Kaurna land. I am going into my final year of the MD, just returning from the Northern Territory where I spent my third year on placement (but mainly exploring, camping, and crocheting).

We are all super excited to have you on campus for 2023, and start your journey towards becoming a doctor! The first few weeks of med school are very exciting and you've all worked so hard to be here, so enjoy it!

Looking back on my medicine journey, I am so grateful for the people I have met and the opportunities made available to me. I have learnt a lot about myself and I'd love to share 4 tips to help make your first year the best possible:

1. Have a chat with the people around you who will soon be your mates. Post-grad means there is a diverse range of people from all ages and careers, allowing you to learn so much from each other. Remember, these people are not your competition! They are your support and you theirs. We're all in this together and when you bring the people up around you, they bring you up with them.
2. The focus of med school is not getting the best grades, but becoming the best doctor. Develop the skills that you value in a doctor and really take advantage of the clinical opportunities you have. The first two years are non-graded-pass for a reason. Remember you are here because you are intelligent, capable people.
3. Focus on the things in life outside of studying! Develop these in a similar way to your studies and you will find that is when you do the best academically. Whether that's a hobby, gymming, sports, or being a part of one of the many clubs here at Flinders, focusing on your whole self will allow you to be your best self.
4. Don't be afraid to reach out for help when you need it! This can be from your peers, students in the year above or from one of the many counselling services available to Flinders students and medical students. No problem is too small.

A bit about FMSS, it is a student-run organisation with a fundamental position in the ecosystem of MD. As the peak advocacy body, we work closely with the College of Medicine and Public Health to ensure that you are well represented. Additionally, we write guides like this, run a full calendar of social, musical, sporting, academic and professional development events, supporting you in pursuing your hobbies and interests within and outside of medicine.

I'm very excited to meet you all and if you have any questions or are just after a chat, my inbox is always open!

Senior Vice President: Jordyn Tomba

G'day everyone,

First and foremost, a huge welcome to the Flinders University Doctor of Medicine program, we are so stoked for you on conquering yet another challenge on your journey to becoming a Doctor. It's important to stop and reflect on your efforts so far that have got you to this point, it has been no easy feat, so well done!!

My name is Jordyn Tomba and I am the Senior Vice President of the Flinders Medical Student Society (FMSS) for 2023. My role, along with the rest of the FMSS, will be to support you and advocate for you throughout your first year as a medical student. Anything and everything you have an issue with or a question about we are your go-to people for assistance.

The beauty about studying at Flinders University is that everyone's journey into medicine is so diverse due to the experiences and opportunities given to us through our undergraduate studies. At one point I found myself studying in a group with an ED nurse, a paramedic, an optometrist, a medical science graduate, an arts student majoring in language, a podiatrist and a clinical psychologist, how's that for diversity!

My experience so far studying medicine has taught me that it is not sustainable to only focus on study, study, study. There is so much more to medicine than what grade you get. I can unequivocally say that the most rewarding part of my journey so far has been meeting some incredible people that I will have as friends and colleagues for life. Your friends are the ones that will be with you through all the highs and lows that come with studying medicine. They will be your hype squad, your people to vent to and everything in between. Find your people and you're already one step ahead.

Immerse yourself in the plethora of special interest societies that exist within the medical school. They offer incredible extracurricular activities that allow you to explore your interests, learn new skills and meet new people.

I am a firm believer in passionate dedication to short term goals so celebrate your wins as they arise and keep moving forward. Know that you have so much support and assistance right at your fingertips, so get in touch with any questions you have along the way, we're here to help.

I look forward to meeting you all during your orientation week. For now, enjoy your summer holidays. We'll see you soon!

Vice President External: Angelina Arora

Hey everyone! I'm Angelina and it is with great pleasure that I introduce myself as your Vice President External for this year, which means I will be overseeing all the social, wellbeing and social justice events for this year.

First and foremost, congratulations on beginning this dream of a journey here at Flinders Medicine. When I first started here, I thought I was just going to be studying medicine. However, what I quickly realised was that Flinders is about much more than medicine – it is about joining the built collegial, inclusive and supportive community where compassion traverses our veins; much more like a family.

Without a doubt, it has taken immense dedication, resilience, sacrifice and commitment to get here. Try not to forget that and remember your 'why' and the reason you started in the first place – this is what will get you through those tough moments. Let go of the perfectionism mindset, it is simply not attainable and is the enemy of completion. Find what works for you and do exactly that. There is no 'magic' method, amount of study, or textbook or resource or Anki deck that will teach you everything you need to know. The honest truth is that you will never know everything you need because medicine is about lifelong learning. You will walk down the corridor and hear many people trying different things and people will always know more than you about a certain area. Learn from that, try ways that you never thought of – but don't compare yourself. You are all on your individual journeys not competing for a mark but learning from each other. Be consistent. Be kind. And never feel the need to hide your enthusiasm for trying.

You might be feeling a little overwhelmed with all the new information and advice thrown at you in the first few weeks. Just remember you have thousands of students that have made it before you, why wouldn't you! Most importantly, remember to have FUN! The medicine experience is all about balance. There is so much time in your week to do what you love and attend events and catch up with your friends. These friends and avenues will be integral to your success as a medical student.

I am very, very excited to meet you all and please remember you are always able to message me for any questions, concerns or just a chat at any time!!

Vice President Internal: Declan Fitch-Woolford

Welcome and congratulations to all students commencing the Flinders medical programme in 2023! My name is Declan Fitch-Woolford, and I will be the Internal Vice President (VPI) for Flinders Medical Students' Society this year. In my role, I will oversee the leaders advocating for our cohort to the College and looking after our education, marketing and publications portfolios.

Having been in your position 12 months ago, I can imagine the nerves and excitement you must be feeling as you wait to meet your colleagues and experience the curriculum. Entering the MD programme is a monumental step in your medical careers. I'd like to congratulate you all sincerely for reaching this milestone and commend the great sacrifices and effort you have undoubtedly made. I strongly encourage you to maintain a sensation of accomplishment over your first year of medicine and let it bolster you in fits of impostor syndrome.

At this point last year, I was eager to meet the unique characters commencing the course with me. Having built great relationships with my peers in MD1, I strongly encourage you to capitalise on our diversity as a cohort by exploring your peers' unique perspectives and backgrounds. Allied health specialists, advanced post-graduates and Clinical Science undergraduates join others with rich and extraordinary life experience in the Flinders programme. There is so much to gain through our diversity community at Flinders – it will do wonders for your perspective as a health professional.

I'm really looking forward to having you all as members of our community. As VPI, I will endeavour to uphold the high standards of FMSS advocacy in 2023. Please don't hesitate to contact me with any questions, comments or concerns.

Student Societies

We strongly recommend all MD1 students purchase membership to FMSS during Prep Week to gain access to the educational resources and social activities provided, as well as to ensure your views and feedback on the course are represented to the College. FMSS membership will automatically ensure your views are represented to and by AMSA – the national student advocacy body.

FMSS – FLINDERS MEDICAL STUDENTS' SOCIETY



President: Christine Mausolf

FMSS is the peak Flinders MD student representative body dedicated to advocacy, education, wellbeing, student culture and engagement. We run many high-quality social, cultural, community, academic and careers events across the year including a mentoring program for all MD1 students, weekly peer-teaching sessions, as well as practice exams for MD2-MD4 students. We run the annual Med Camp, Med Ball, Med Revue and much more! We represent individual student concerns and cohort-wide views to the College of Medicine and Public Health, the Australian Medical Association (SA), the Australian Medical Council and the SA Department of Health. We also contribute directly to the running of the MD program, with independent representation on all College governance committees. Lastly, we offer emergency financial and other support for students experiencing hardship. We are here to help with anything and everything med student related! Like us on Facebook, sign up to be a member, and nominate to become a junior committee member!

Membership fee: \$60 for 4 years of MD

AMSA – AUSTRALIAN MEDICAL STUDENTS' ASSOCIATION



FMSS AMSA Rep: Tom Cliffe

AMSA connects all the uni medical societies, like FMSS, across Australia. AMSA advocates for medical students on a nationwide basis about issues like internships, mental health, discrimination and bullying in medicine, among countless other issues. AMSA organises huge academic and social events across Australia. Read and write policy, become the Flinders Junior AMSA Rep, attend councils, leadership seminars and National Convention!

Membership: FMSS members are represented in AMSA.

Special Interest Groups

We recommend purchasing membership to the Special Interest Groups you are interested in. They offer a great range of social and academic events related to their specific fields.

FUSS – Flinders University Surgical Society



President: Alex Mesecke

FUSS aims to initiate, nurture the development of surgical skills and connect members with surgical experts to provide them with meaningful exposure to careers in surgery. We seek to encourage and celebrate a passion for surgery, and provide opportunities for the graduates of Flinders University. Become a junior committee member or simply sign up through Facebook or at Prep Week.

Membership fee: \$22 for 4 years of MD.

FCCS – Flinders University Critical Care Society



President: Selvia Yousef

Do you have an interest in emergency medicine? The Critical Care Society gives students additional exposure to knowledge and equipment used for the management of critically unwell patients. We will help you gain skills and career insights through a range of academic and hands-on activities such as cardiac nights, quiz nights and paediatric emergency night. We also run social events and “Dress Your Best” Fridays! Sign up during Prep Week and consider joining our junior committee. You can also find us on Facebook and Instagram.

Membership fee: \$15 for 4 years of MD.

HHRG – Health and Human Rights Group



Co-Presidents: Julia Kim and Ritoban Mitra

HHRG are a student group looking to promote diversity, inclusion and equity. We hold a broad commitment to promoting equality and health related issues. We look to empower people to spark change in their world and give people insight into the big social issues affecting people in all communities. Sign up for our membership, attend a number of events and join as a junior committee member if you are passionate about helping other people and our planet. Also like us on Facebook and Instagram.

Membership fee: \$20 for 4 years of MD.

Special Interest Groups

GPSN – General Practice Students Network



President: Patrick Sheridan

GPSN is a national network for medical students interested in general practice. We are supported by General Practice Registrars Australia (GPRA). We work together with other med schools and national training bodies to bring you learning and networking opportunities to further your career development and foster an interest in GP. Come and visit us at Prep Week! Become a junior committee member. Like us on Facebook and Instagram for all GPSN goodness. Be a part of our national working groups.

Membership fee: Free!

FURHS – Flinders University Rural Health Society



Medicine President: Elly Beal

FURHS is a cross faculty society that hosts a range of social and formal events aimed to give you a taste of all the fantastic opportunities and lifestyle rural Australia has to offer. We offer a number of unique opportunities such as RFDS flights and a rural clinical skills weekend. Like us on Facebook, meet us at Prep Week, attend the events and join the committee!

Membership fee: Free!

SASS – Southern Adelaide Skin Society



President: Marjan Khorvash

Our aim as a society is to provide greater, in-depth level of knowledge in the fields of dermatology and plastic surgery. SASS membership offers exclusive access to dermatology focused Progress Test crash-course sessions, clinical skills workshops and an online classroom with PT and iRAT question packs. Sign up for exclusive access, and like our page on Facebook!

Membership fee: \$10 for 4 years of MD

Special Interest Groups

FPSS – Flinders Paediatric Student Society



President: Maddy Diss

FPSS is the newly formed paediatric society at flinders, that aims to bring together students who have an interest in child and adolescent health, as well as hold events that specialise in providing clinical knowledge on paediatric topics such as pediatric emergency night, child protection education night and CanTeen bandana day. Follow us on facebook for more paediatric content and updates about expressions of interest for committee roles further in the year!

Membership fee: \$10 for 4 years of MD

WHS – Women in Health Society

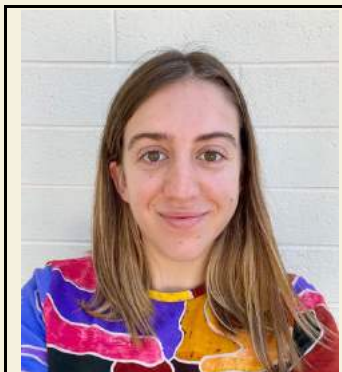

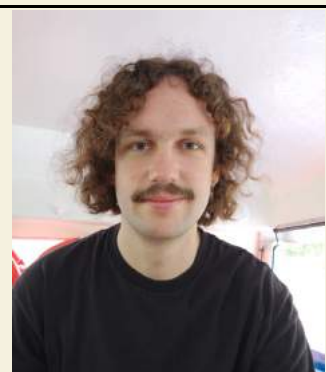



Co-Presidents: Rhea Joshi and Pooja Chugh

The Women in Health student group aims to provide education and advocacy on women's health and women's issues, as well as fostering and supporting women in the field of health. The club is oriented at all students (no matter what gender you identify as) and aims to be an avenue to raise issues and queries regarding women's health issues. Sign up to be a member (it's free!!) and attend our multiple events throughout the year, or if you're really keen on supporting Women's Health, apply to be a committee member!

Membership fee: Free!

Meet the 2023 FMSS Executive Committee

			
President: Christine Mausolf	Senior Vice President: Jordyn Tomba	Vice President Internal: Declan Fitch-Woolford	Vice President External: Angelina Arora

			
Secretary: Benita Rajvi	Treasurer: Chiara Gorlach	Sponsorship Director: Kevin Huang	AMSA Representative: Tom Cliffe

Meet the 2023 FMSS Senior Committee

Director of Education: Alexandra Larke and Lauren Engstrom

Social Directors: Charlotte Sullivan and Anna Sandhu

Director of Marketing: Sanjay Yuvaraj

Director of Merchandise: Kristina Pidd

Directors of Publications: Billy Chapman

Director of Social Media: Kooshan Mazloomi

IT Director: Jerry Cai

Prep Week Convenors: Elly Beal and Ella Anderson

Director Mental Health and Wellbeing: Elisabeth Grande

Community Director: Ritoban Mitra

Equity and Anti-Discrimination Officer: Youssef Tawodros

MD 2 Student Representative: Matthew Makestas

MD3 Student Representatives: Andrea Popa and Darya Ali

MD4 Student Representative: Will Burden and Rachel James

MDRS Representative: Grace Mackenzie

Grad Week Convenor: Tara McFayden

Internship and Training Convenor: Shannon Waters

Clinical Science Representatives: Peter Le and Dongmin Sin

International Student Representative: Bhupesh Nagarathinam

Medrevue Convenor: Trinh Vo

2023 Junior Committee Positions

MD1s have the opportunity to become a part of the Junior FMSS Committee. Read the role descriptions below and contact the senior committee members if you have any questions. More information and details will be provided closer to the election dates in March!

MD 1 Student Representative

As students, if you would like to provide feedback about the course, the MD1 student representative is your point of contact: MD1@fmss.org.au. The MD1 student representative advocates for the views of your cohort, attends meetings with the faculty to represent student views and maintains communication between the College and the student body.

Assistant to Secretary

Sends reminders to each portfolio about upcoming events and ensures that representatives have confirmed room bookings. Sends reminders and posts the agenda prior to committee meetings, takes minutes and updates action items on Google Drive and Slack.

Assistant to Treasurer

Is responsible for maintaining inventory of the FMSS cupboards in the common room and communicating with portfolios to reduce budget spending. Assists the Treasurer in maintaining financial records and communication with sponsors.

Assistant to Sponsorship

Marketing FMSS to potential sponsors, negotiating agreements, and incorporating sponsorship into FMSS events. Maintains a post-event evaluation spreadsheet, reviewing event details, budget, attendance, and obtains feedback from the event organisers. Assists the Sponsorship Director in constructing the Prospectus.

Assistant to AMSA Representative

Maintains a relationship between FMSS and AMSA. Represents Flinders nationally at AMSA councils. Encourages Flinders students to engage with AMSA's national initiatives, such as Convention, Global Health Conference and the Vampire Cup. Responsible for taking photos at AMSA events and writing post-event reflections to publish on social media.

Mental Health and Wellbeing Officer

Assists the Director of Health & Wellbeing in organising FMSS student health and wellbeing events, including: Mental Health in Medicine Evening, MD1 vs MD2 Sports Evening and Random Acts of Kindness Week. Serves as an important point of contact within the FMSS committee for students to voice mental health concerns.

Aboriginal and Torres Strait Islander Officer

Will act as cultural safety liaison and consultant to, and for, FMSS, regarding the views of the Aboriginal and Torres Strait Islander Community within the student body and across our communities. Seeks to support the interests of, and advocate for, Aboriginal communities; running academic and social events. [Open only to students identifying as Aboriginal and/or Torres Strait Islander.

2023 Junior Committee Positions

Officer of Education

Assists in the organisation of a series of events to supplement the MD curriculum such as weekly MD1 peer teaching, Speciality Pathways evening, introduction to dissection for MD1, clinical science step up day and vital signs assessment practice.

Marketing Officer

Creating promotional material for FMSS events. Free creative reign to explore mediums of posters, infographics and videos to market events.

Merchandise Officer

Designs, advertises, organises the production of, and distributes the FMSS merchandise and manages FMSS social media.

Publications Officer

Helping make Placebo is a chance to spotlight whatever themes you believe will enrich the thinking of your peers. Assistant publication director will assist with contacting guest writers and drumming up involvement from your peers for the two issues. Additionally, help with editing and the construction process of the magazine in partnership with the marketing team. There is an expectation that this individual will move from assisting to leading in with second issue of the year.

Social Officer

As social officer, you get to work alongside the MD2 social directors to help bring about the premier event of the FMSS calendar - Med Ball, as well as contribute to many other exciting events. FMSS Social gives you the platform to unite new students to help form what will be your MD family for the next four years.

IT Officer

The IT officer works with the IT team in maintaining the FMSS website, drive access, email access and society forum pages. We also work closely with other portfolios by helping create excel macros and maintaining the MD Drive.

Community Officer

Being a Community Officer as part of the FMSS team involves engaging and supporting community events including Vampire Cup and Daffodil Day. Contributing to the promotion, encouragement and spirit of volunteering is a great way to stay involved with the world beyond the books! Community Officers are always happy to help out with other FMSS roles, and play a part in the organisation and planning of other FMSS events.

Equity and Anti-Discrimination Officer

The equity and anti-discrimination portfolio aims to provide a platform to discuss medicine in the context of social justice and equal access to health services. There is a lot of scope in this role to promote equality in medicine, particularly for minority groups, and provide a space for students of all diversities to feel safe and empowered.

AMSA

AMSA is the Australian Medical Student Association. We represent Australian medical students! AMSA:

1. Advocates for medical students' rights.
2. Organises events for medical students to connect nationally such as Convention.
3. Projects to inform about key issues such as Queer, Mental Health and Indigenous Health.

AMSA provides medical students with leadership opportunities including advocating for medical students nationally, organising national events and pursuing own interests such as Queer, Mental Health, Indigenous Health and Global Health. It also provides an opportunity to connect with medical students from other states. You can follow the AMSA Facebook page to obtain more information what AMSA offers.

What is the AMSA Council?

AMSA Councils are held three times a year and each over 3 days in different cities in Australia. AMSA Councils provide a platform for medical students to review, discuss and pass policies, which provides the foundation that the AMSA National Executive can advocate nationally on behalf of all Australian medical students. Anyone can attend the Council and you will have an opportunity to attend if you are elected as a junior AMSA representative in the first year. If you are interested in advocacy, you can be the one writing a policy or providing feedbacks to proposed policies. The policy author recruitment will be advertised through AMSA Facebook page and more information of policy review will be provided by AMSA representative of FMSS before each Council.

AMSA National Convention

AMSA National Convention is the largest student-run event, hosting over 1000 medical student delegates from across Australia and New Zealand. The convention is held once a year in one city over a week, usually in July during the semester break. During the day, delegates enjoy a rewarding academic program with a wide range of speakers all around the world and hands-on experience. During the night, delegates have an opportunity to attend a social program with unique themes which provide opportunities to connect with other medical students nationally. The convention provides an enriching experience to upskill medical students in a wider scope and meet other medical students in Australia. Any medical student can attend Convention. The registration date opens in April and the registration tickets sold out extremely fast!

AMSA Vampire Cup

Vampire Cup is AMSA's annual blood donation competition run between all Australian medical schools over eight weeks to increase blood stocks over winter and emphasise the importance of blood donation in the community. Each whole blood, plasma or platelet donation counts as 1 point to each university tally. There will be various prizes available when you donate blood including gift vouchers.



2023 Term Dates



Note that the Examination Board dates are not confirmed so it is important that students refer to the official communication for final dates

6 February: Prep Week

13 February: Semester 1 commences (Week 1)

10 April: Break (one week)

17 April: Semester 1 Term 2 (Week 8) starts

26 June: Remediation week (if required) *

27 June – 16 July: Break

17 July: Semester 2 Term 3 (Week 17) starts

18 September: Break (one week)

25 September: Semester 2 Term 4 starts (Week 25)

27 November: Remediation week (if required) *

4 December: Holidays

** If you are required to do remediation work or supplementary assessment you must present in these weeks. If not, enjoy your holidays! **

Progress Tests are not part of MD1 summative assessment anymore:

2023 Progress Test Months

February: PT 1

May: PT 2

July: PT 3

October: PT 4

Getting Around Flinders

Flinders University has a big and beautiful campus! MD students are mainly located in the Flinders Medical Centre and Health Science Complex, but the university also consists of the Main Campus where you will find the hub, plaza, central library and some amazing food locations and study spots! The Sturt Campus is located close to the on-campus accommodation.

Click [HERE](#) to access the full campus map.

FMSS Common Room

The FMSS common room is a space used by all the medical students at FMC, as well as a number of other disciplines. It is a centre of activity at lunchtime and throughout the day as a hangout space, with the added benefit of quiet study space out the back. Many students use the multiple microwaves, sandwich makers, and fridge space that FMSS provides for student convenience. Find a supply of bread, milk, coffee, tea and peanut butter in our common room, and be sure to make use of the couches and TV to chill out during your breaks!



Food and Coffee Places

Main Campus

UpCo	Located on the ground floor of the hub, this is most medical students' go-to-place for coffee! Discount available if you are an FMSS member and present your key ring - \$3 for a small coffee and \$4 for a large coffee!! Opening in 2021, there is also an UpCo (often referred to by students as "DownCo"), located near the flinders railway line!
Flinders Tavern by Burger Theory	A wide range of food options with daily specials including chicken wings, wedges, pizza and burgers. Go-to-place after iRAT every Friday for a quick drink.
Toly Vietnamese	Most students' go-to-place for lunch including noodle salad and Bahn Mi.
Café Alere	If you're feeling fancy, Alere is the place to be!! Enjoy the beautiful view from Alere and some delicious brunch or lunch.
Mr Wuhu	Delicious sushi with a wide range of cup noodles available.
Grind & Press	Simple sandwiches with vegetarian options, coffee, smoothies and baked goods!
Subway	Nothing beats Subway cookies! Visit Subway for all your lunch needs. Located on the ground floor on the hub!
Zambrero	Enjoy your delicious Mexican food with a mission for helping those in need. For every burrito or bowl you purchase, a meal is donated to someone in need. Located in the Plaza outside the hub.

Flinders Medical Centre

Market Cafe	Located in Level 4 next to the FMSS Common room! Most medical students' go-to place for lunch and hot food FMC. There is a different menu and lunch specials every day. Food options include fish and chips, burgers, curry and soup. Additionally, SASS membership offers you 50 cents off each coffee!
Theo's Coffee Lounge	A wide range of delicious food including panini, sandwiches and pasta near the FMC ED.
Hudson's Coffee on Level 2	Located at the entrance to Flinders Private from the overflow car park.
Volunteer's café on Level 2	Different menu every day including burgers.

There are also vending machines throughout FMC if you are in need of a quick snack!

The Flinders University Gym

The Flinders University gym, located close to the medical centre (next to the hub and above car park 1), is open 24 hours a day, 7 days a week, 365 days of the year! The 12 month upfront cost for student members is only \$199 and other membership offers are also available. There is a bright, sun-filled fitness room for classes, a fully equipped cardio room and a separate ladies gym. Fitness programs include Zumba, Yoga and Boot Camp. There is also a café with coffee, healthy snacks, fruits and nibbles to fuel your day! Find more information [HERE](#).

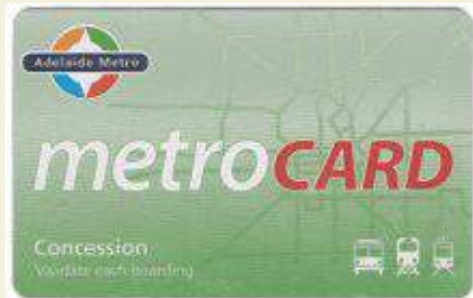
Parking on Campus

If you drive to university, you will need to purchase a parking permit in order to park on campus. Further information about costs of parking on campus and instructions for purchasing a permit can be found by clicking [HERE](#). The parking permits use licence plate recognition technology hence, there is no need to display physical permits or tickets.

The best parking spots are Carpark 1 for access to 1st and 2nd year lecture theatres and labs (and main campus). Carpark 12, 21 and the overflow parking on the sports oval are good alternatives if car park 1 is full or you want access to the hospital. The carparks fill up fast, especially early in the semesters, so getting to the carparks before 9am is strongly advised, otherwise the carparks further up main campus have a 10-15 minute walk to FMC.

Public Transport

There are a number of buses that come to Flinders University (Main Campus and Sturt Campus) and Flinders Medical Centre. Adelaide Metro will help you [plan your journey to Flinders University](#) and provide you with [timetable information](#). Services from the southern suburbs and the Marion Access Service connect with the University's Loop Bus service at the Flinders Medical Centre. There are also connecting services from railway stations and Marion Shopping Centre.



Full-time enrolled students are entitled to concessions on public transport. You can purchase this Metro Card from most newsagents and post offices, and they are rechargeable at the Campus Store or the Post Office in main campus. Many students prefer to purchase the [28 day student concession pass](#) which offers unlimited travel for 28 days. You must carry your Student ID card with you at all times to use concession tickets.

Flinders University operates 2 free loop bus services, operating Monday-Friday 8.15am – 6.00pm during the semester: the University loop bus which links the main University, Sturt and the Flinders Medical Centre (FMC) bus interchange, and the Tonsley loop bus which links Tonsley campus, Bedford Park campus, carpark 15 and Sturt campus – operates all year round.

For more information on getting to Flinders University (public transport, cycling, walking, access cab and the loop bus), please click [HERE](#).

NEW Train Line

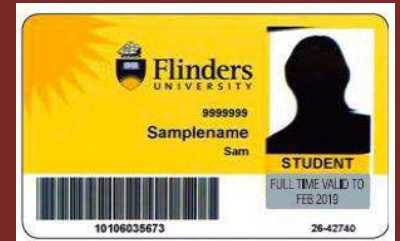
The new Flinders train line and new Tonsley and Flinders Railway Stations is now open.

The new Flinders train line is a 650-metre extension of the current Tonsley rail line including an elevated single track over Sturt Road, Laffers Triangle and Main South Road, linking Flinders Medical Centre and Flinders University to the passenger rail network. Find out more [HERE](#).

Getting Ready for MD

Student ID Card

Get your Flinders University Student ID card by following the instructions found [HERE](#). Alternatively, student ID cards can be organised in person from Connect (main campus at the Hub).



Locker

We recommend you rent a locker as you are not allowed to take your bag into CSSU (where you will have both Clinical Skills tutorials and BLS), onto the wards or in labs. The cost of a locker is \$20 for three years. You can get your locker number allocation from the CMPH Office on Level 5 of FMC.

Stethoscope

We recommend purchasing stethoscopes from [Med Shop](#). A popular model students purchase is the Littman Classic III and you can also get your name engraved for free! There are, however, many other online retailers you may choose to purchase your stethoscope from. We strongly recommend purchasing stethoscopes for Semester 1, as you will be using them in your vital signs practice sessions and assessment. It is compulsory to have stethoscopes in Semester 2, as you will use them weekly in Clinical Skills tutorials to practice physical examinations.

Clothes

CLINICAL

You will need to wear clinical clothes (business casual) in the first year for ward visits and standardised patient examinations. This includes closed shoes and clothes that are below the knee, have high necks and bare below the elbow. Avoid overt jewellery or anything that can hang down over a patient during examinations or pose an infection risk such as necklaces, bangles or ties. No fake nails on nail polish are allowed for hand hygiene! You'll see upper years dressed clinically quite often, and this will give you a fairly good idea of 'medical student' fashion. Remember to always have your medical student ID on you when you are visiting the wards – this will help both the staff and students identify who you are.

LAB

You will need to wear laboratory suitable clothes for histology, pathology, anatomy and CSSU classes as they are held in operational laboratories. You will be asked to leave if you are dressed inappropriately. Specifically, you must wear closed shoes and tie long hair back. We would also recommend purchasing a laboratory coat (particularly useful for dissection in semester 2).

Compliance Documentations and Immunisations

Submitting documentation evidencing student compliance and immunisation is compulsory and necessary to enable you to visit the wards as a part of Clinical Skills. Our advice is to get your compliance and immunisation documentations sorted as early as possible (start in the holidays!), as often the application process and receiving the documentation takes time. We recommend you access your immunisation records (you may need to visit your GP for this!). Get onto this early, particularly if you are an interstate student, as it may be difficult to contact your GP once you have moved to Adelaide.

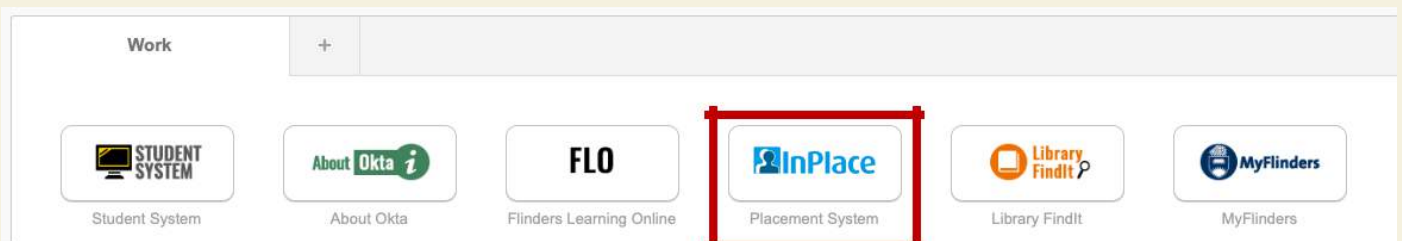
As advised by the Work Integrated Learning (WIL) team, students should access pre-placement information using the following link: <https://students.flinders.edu.au/my-course/placements>

Compliance and immunisation requirements, information and forms specific to the Doctor of Medicine can be found here: <https://students.flinders.edu.au/my-course/placements/compliance/medicine>

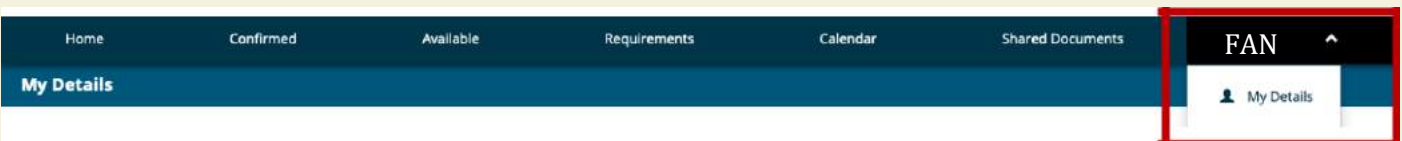
Please also keep an eye on your Flinders University emails for any information the WIL Team may send you about compliance. If you have questions regarding compliance or immunisation documents, a useful contact is: cmph.compliance@flinders.edu.au.

Compliance and immunisation documents should be uploaded onto InPlace, which can be accessed via Flinders okta (more information about this on pg. 21). The InPlace user guide can be accessed by clicking [HERE](#). You may also find the following screenshots helpful in accessing and navigating InPlace.

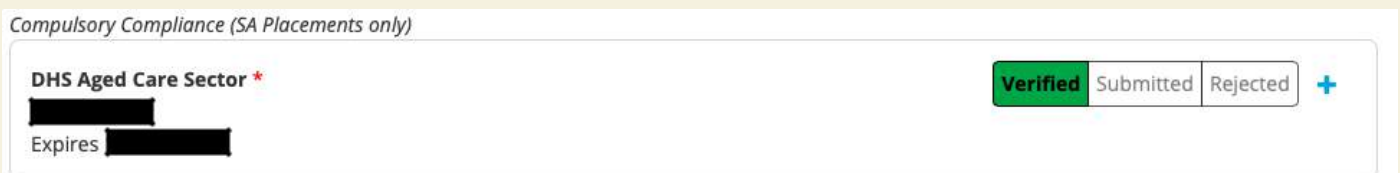
After logging into your Flinders okta dashboard, select the InPlace icon:



Upon opening In Place, your student FAN will appear in the top bar on the right hand side. Click on your FAN and then select 'My Details.'



Clicking on the above link will take you to the page on which you will upload your compliance and immunisation documentations from MD1 through to MD4. Some of the documents will expire in 1-2 years, so please keep track of this ensure timely renewal. Upon submitting your documentation, the 'submitted' box will be highlighted in green. Once WIL has reviewed your document, it will either be marked as 'verified', meaning your document has been approved, or 'rejected' in which case you should contact the WIL team to resolve the issue.



Okta, FLO, OCF, and the MD Timetable

- (1) Navigating Flinders Learning Online (FLO)
- (2) Online Curriculum Framework (OCF)
- (3) Flinders Dashboard
- (4) Accessing your timetable

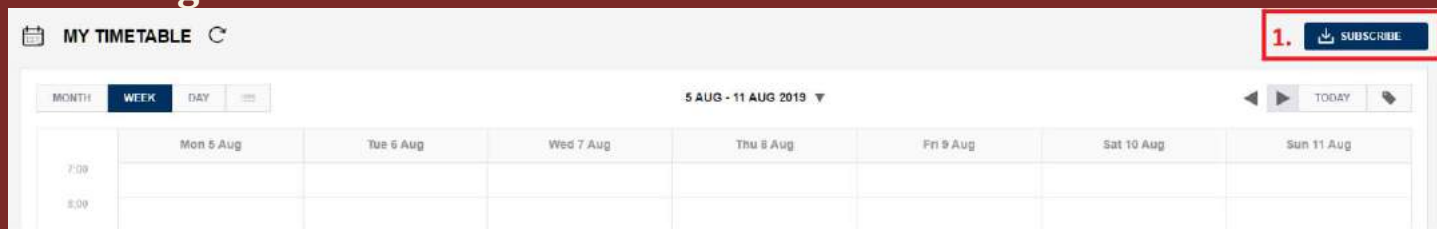
The Flinders Dashboard (Okta)

Link: <https://flinders.okta.com/app/UserHome>



This is a preview of the Flinders Dashboard. Here, you can access many Flinders-wide oriented programs and online systems. But for us, the most important are going to be (1) FLO, (2) Outlook, (3) Student System, (4) MD Timetable, and (5) the Mahara ePortfolio.

Accessing Timetables



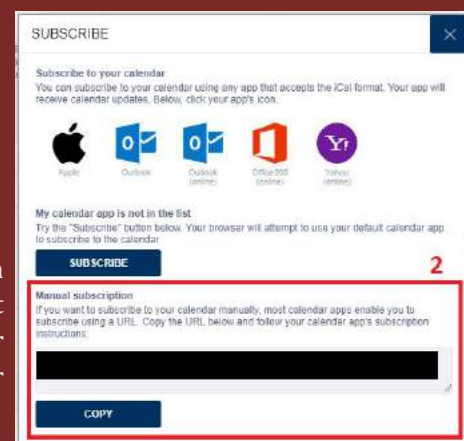
Accessing timetables in the MD program is a little different than what you would be used to if you're a Flinders undergraduate. This is because the timetables change quite often and it's our responsibility to keep on top of these changes. As a result, a more dynamic solution is needed for us! We have two options to access our timetables:

1. THROUGH THE FLINDERS DASHBOARD

Log into <https://flinders.okta.com>. Click on the "MD Timetable" icon, and you will be directed to the timetable.

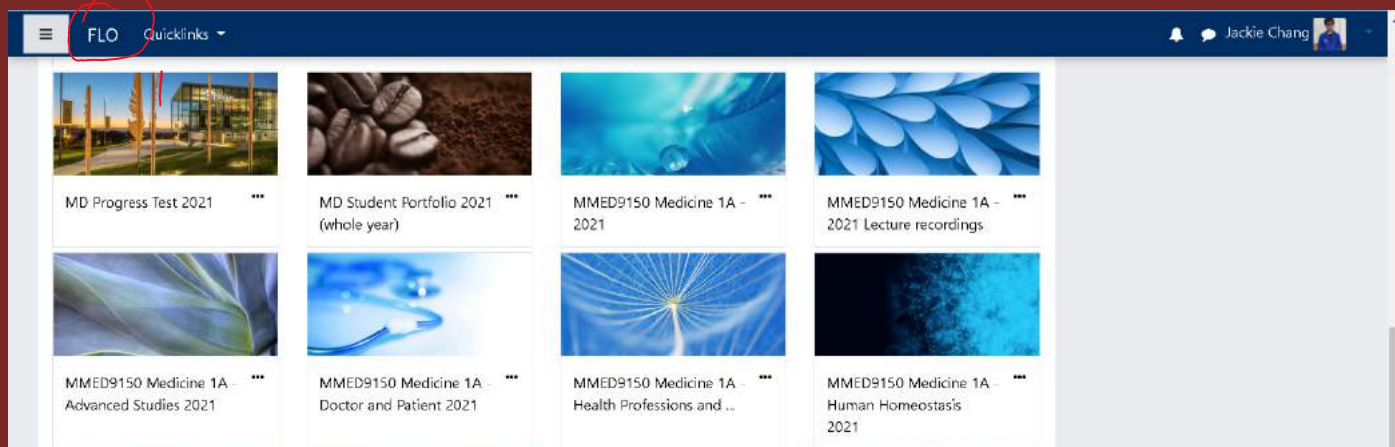
2. UTILISING ICS/iCAL FILES

By far the most popular option is to integrate the online MD timetable into your own preferred calendar application (e.g. google/outlook/iCloud calendars). To do this, just simply click 'subscribe' (1) and paste the ICS link (2) into your preferred calendar program. A google search will provide you the directions needed for whichever calendar app you need to use.

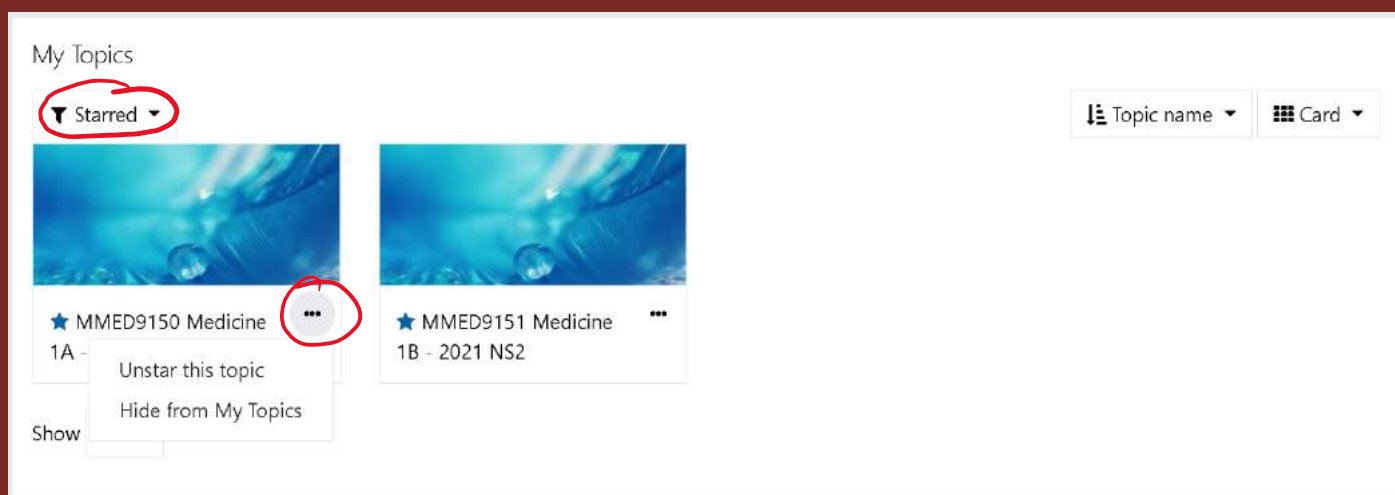


Flinders Learning Online (FLO)

Most of your course activities will be done here. You can access lectures, download and upload assignments, take exams etc.



If you find that there are too many items on your FLO page, simply “star” the most important ones and choose the option to display only those starred topics, as suggested below.



Click on “MMED9150 Medicine 1A”. You will be taken to the page shown below, here you can find a convenient directory where you can access all of your course themes: Doctor & Patient, Human Homeostasis, IMD, Health Professions & Society, Personal & Professional Development, Advanced Studies, and more.

Doctor of Medicine Course Site						
MMED9150 Medicine 1A Admin/Communication/Final Grade						
MMED9150 Lecture Recordings	Doctor & Patient (D&P)	Human Homeostasis (HH)	Identity, Microbes & Defence (IMD)	Health Professions & Society (HPS)	Personal & Professional Development (PPD)	Advanced Studies (ADV)
Basic Life Support (Whole year)						
Student Portfolio of Evidence (Whole year)						
MD Clinical Skills Resources (Whole year)						

Let’s click on the Human Homeostasis (HH) component of your topic. In your first semester, you’re going to spend quite a bit of time here. This page contains most of the assessment and lecture information you need for Human Homeostasis (e.g. iRAT, assessment drop boxes, module resources and practical/lecture slid

MMED9150 Lecture Recordings	Doctor & Patient (D&P)	Human Homeostasis (HH)	Identity, Microbes & Defence (IMD)	Health Professions & Society (HPS)	Personal & Professional Development (PPD)	Advanced Studies (ADV)
<p>Basic Life Support (Whole year)</p> <p>Student Portfolio of Evidence (Whole year)</p> <p>MD Clinical Skills Resources (Whole year)</p>						

This site includes

- Team-based Learning (TBL) learning resources
- TBL Assessments

Lecture recordings can be accessed in the *Medicine 1A Lecture recordings* site on your [MyFLO](#).

 Collaborate - main portal to all scheduled sessions

 Workshop companion forum

This forum is a place to lodge questions and comments on the week's curriculum content and activities both **in advance of** and **after** the workshops.


The link numbered "1" will take you to a portal where you can join scheduled lectures online. You can also access lecture recordings through this link. Most scheduled lectures are streamed online through Collaborate, but tutorial and workshop sessions may require your attendance in person.

Let's scroll down the page and open up your first module of the course, "Introduction to the Cardiovascular System"



▼ Mod 1 | Introduction to the Cardiovascular System

MODULE 1





Clinical Leads: Dr Buddhika Weerasundera (Darwin), Prof Bill Heddle (Adelaide)

 Cardiovascular System activities and resources **2**





Resources

-  Online recording: PA Chest X-ray
-  Questions for the Drop-in session on Thursday

Practicals

-  Introduction to the Cardiovascular System (presentation)
-  Introduction to the Cardiovascular System (anatomy)
-  Introduction to the Cardiovascular System (anatomy) quiz
-  Introduction to the Cardiovascular System practical checklist 17.5KB Word document

TBL activities

-  TBL session
-  Cardiovascular System iRAT **4**
-  Cardiovascular System tRAT
-  Questions for clarification

Please enter any questions you may have from the tRAT here.

i Items labelled (2) and (3) contain the resources you should study this week, in order to adequately prepare for the weekly iRAT quiz labelled (4). This quiz will be held every Friday. Results for these quizzes will not count towards a grade, it is only meant to help you stay on track and prepare for block tests (BTs).

Let's check out the resource link (2) and see what it looks like!

Introduction to the Cardiovascular System

This is the first week of the Human Homeostasis component as part of the first year of the Medical Course. The aim is to generate an understanding of the gross structure of the cardiovascular system, the microscopic structure of blood vessels and the mechanisms that control heart rate and blood pressure.

1 Module Resources

🔍 Module resources

Learning Activities

- Module Introduction
- Online: Radiology PA Chest X-ray
- Lecture: Basic Cardiac Physiology
- Lecture: Blood pressure
- Practical: Cardiology - Gross Anatomy
- TBL Intro/01

[Reset activity detail](#)

2 Activity Detail: Lecture: Blood pressure

TEACHING TYPE: PRESENTATION

This lecture will deal with basic concepts concerned with arterial blood pressure and its regulation.

Activity Information & Resources

📄 Blood Pressure Feb.pdf

Tags

Learning Objectives & Alignment Show/Hide Print

3

	LO1	LO2	LO3	LO4	LO5	LO6	LO7
Module Introduction	✓	✓	✓	✓	✓	✓	✓
Online: Radiology PA Chest X-ray						✓	
Lecture: Basic Cardiac Physiology	✓	✓	✓	✓	✓		
Lecture: Blood pressure	✓						✓
Practical: Cardiology - Gross Anatomy	✓				✓		
TBL Intro/01	✓	✓	✓	✓	✓	✓	✓

LO1 Describe the gross anatomy, microscopic structure and functional features of the heart, blood vessels and coronary circulation.

This page shows you the most important learning materials you need this week. Clicking on one of the items under (1) will show you the resources associated with it, such as lecture powerpoints or PDFs, in the box to the right (2). Click on the resource in box (2) to download it. Below that, see a table (3) outlining the learning outcome “LO” associated with each resources provided to you.

Prep Week

FMSS organises a range of activities for you during orientation week! The full plan for Prep Week will be released closer to your start date; however, here is a list of some of the activities we are planning for you!

From FMSS

- Multiple FMSS welcome BBQ lunches
- Welcome lunches by special interest groups
- Free sign-ups to medical indemnity insurers
- Lots of freebies
- Meet and greet drinks
- Live music and picnic night
- Quiz night
- Friday post TBL drinks and nibbles
- Pub crawl

From the Staff

There are also some important classes during Prep Week which you must attend to understand how the course works. Classes include:

- Welcoming ceremony – an interactive, outdoor session introducing students to Aboriginal communities and cultural practices.
- Dry run through TBL – this does not count, the point is just for you to understand the structure of TBL and how it will work in subsequent weeks .
- Setting up your Mahara portfolio session and introduction to reflective writing.
- Meeting your learning coach – throughout MD, one of the staff members will be your learning coach Your learning coach is an amazing source of support and one of your go-to people for advice. During Prep Week you will be assigned a learning coach and will have the opportunity to meet them for the first time.
- ID photos – this is your hospital ID (different from your Flinders University student ID card) which will allow you to access wards in the hospital.
- Introduction to Progress Test – introduces what the progress test is and how it is graded.
- Introduction to Clinical Skills – how to safely communicate with patients and how to conduct yourself on the wards.
- FLO quizzes – you will have the opportunity to familiarise yourself with how FLO works and how to complete quizzes and submit assignments.

The MD1 Timetable

The timetables below are only a rough indication of what your year will look like. There will certainly be changes in the scheduling and timing of the classes in 2023 so please do not organise your commitments (e.g. work availability) around this.

Semester 1

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Lectures	Clin Skills	HPS/AS	Practicals	TBL Peer Teaching
10:00					
11:00					
12:00					
13:00					
14:00		Advanced Studies	Basic Life Support	Drop-in Session	TBL (iRAT, tRAT, clarification and application session)
15:00					
16:00	Mahara				
17:00					
18:00					
19:00					

Students are given 'Learning Objectives' (LOs) at the start of each week outlining the points you should cover in your weekly learning. The lectures, practicals and drop-in sessions are all there to cover these LOs. However, you may need to utilise other resources (refer to module resources on FLO) to cover all of these points. Try not to narrow down your study to only the learning objectives, but include your lectures in your study, and read widely. A common adage is "lectures provide an insight into the depth to go into, and LO's are the breadth". Fundamentals of Biochem and Cells lectures occur in the first 6 weeks but are optional. These lectures are there to assist the students who do not have a background in science to catch up on some of the basics of biochemistry. Furthermore, TBL peer teaching on Friday morning is a time set aside on your timetable for you to meet with your TBL group members. However, you may choose to meet at another time that better suits your TBL group members. On Thursdays, you'll notice a time allocated for 'Mahara.' This is not a class, rather just a reminder to take out some time in your week to reflect in your Mahara journal.

Semester 2

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00		Epidemiology	Dissection	BLS	
10:00					
11:00				KHI prac	
12:00					
13:00	KHI lectures				iRAT/tRAT TBL application session
14:00		Mahara	Clinskills		
15:00					
16:00					

In Semester 2, dissection is added to the timetable (first six weeks of S2).

Weekends

Due to the way the MD is structured, the weekends are for you to relax! You finish your weekly test (iRATs) on Fridays, and there are no lectures to worry about until Monday. Most students choose to spend the weekends relaxing and not stressing out about med school. Resilience and self-care are as high-priority as everything else. Strive for a healthy balance between medicine and the rest of your already-interesting lives! Taking on medicine and nothing else alongside will most likely lead to burnout.



Themes in MD1

Instead of having individual 'subjects', the content in the MD is divided up into several themes. The major themes (topics) of the MD program are Knowledge of Health and Illness (KHI), Doctor and Patient (D&P), Health Professions and Society (HPS), Advanced Studies, Self-regulated Learning (Mahara), and Personal and Professional Development (PPD)

Knowledge of Health and Illness (KHI)

Focuses on the knowledge of the core medical course content – physiology, anatomy, cardiology, respiration, homeostasis, genetics renal, and all other fun things are in this theme. In semester 2, there will also be 6 weeks of dissection.

Doctor and Patient (D&P)

This the main topic for learning how to communicate and interact with patients. Largely consists of teaching on how to take a medical history (semester 1) and do physical examinations (semester 2). The assessments in this topic include Standardised Patient Assessments (SPA).

Health Professions and Society (HPS)

Addresses the knowledge concepts which underpin socially responsible health practice. It deals with the aspects of the role of a healthcare professional inside Australian society. Themes include Ethics, Law, Professionalism, Public Health, Psychology of Health, Aboriginal Health and Cultural Safety.

Mahara e-Portfolio

Mahara is an online portfolio for you to reflect on MD's eight course learning objectives: scholarship, learning, leadership, knowledge, society, skills, professionalism and communication. This is your evidence that you are building a professional identity and learning from your experiences throughout your degree, so make this a priority as it is an integral part of your overall assessment. Mahara is where you go when things go well or badly and write about what happened and how you feel about it. "Close the loop" is a statement you will hear regularly, meaning that if you set a goal and construct strategies to achieve it, reflect on these and let your learning coach know what worked or what you will change. You will meet with your learning coach 2-3 times per year to discuss your interactions with Mahara and how you are progressing throughout the year.

Personal and Professional Development (PPD)

PPD was first introduced in 2017, as a result of feedback that students required greater opportunity to explore some of the more elusive learning outcomes of the medical course, such as those relating to professional identity formation and leadership. Student well-being is at the core of the PPD theme. Offerings aim to develop and/or support positive study habits, professional identity formation and personal health, all of which are vital for your success in the course and the profession.

Advanced Studies

Advanced Studies is a research and scholarship theme which extends across all four years of the MD program. In first year, you will receive lectures on a variety of concepts, such as research ethics and methodologies, and will study modules on epidemiology and biostatistics. In semester 2, you will also have the opportunity to select the Advanced Studies pathway (research or coursework) that you will follow throughout the remaining years of the program.

TBL

Every Friday there is a 4-hour block which is dedicated to the iRAT and TBL application session. This is the end of week block that is designed to test and consolidate the weekly content.

iRAT (15 minutes)	This is the formative end of week assessment that occurs every Friday. This is a 10-question multiple choice test that covers the weekly learning objectives. You will then sit the same test as a team - known as the tRAT.
tRAT (20 minutes)	The tRAT is your chance to discuss why you selected your answers and any differences that arise in your group. Use this as an opportunity to learn from your peers – we cannot stress how valuable the tRAT is (your peers are one of the BEST learning resources).
Clarification (20 minutes)	Still have questions that require clarification following the tRAT? Never fear, you will then have a clarification session run by your lovely academic who will address any further queries you may have and discuss the questions that caused most TBL groups issues. Please remember to be respectful to the academics in this session as this is an opportunity to discuss questions rather than challenge the staff on the way a question is worded.
Application (2.5 hours)	Now time to apply all the knowledge you have worked to gain throughout the week in (you guessed it) the application session. This is a session run by a clinician who specialises in the area that you have addressed during the week, and you and your group will work through questions together in a game show style setting. You will share this session with the Darwin cohort via video conference, so remember to learn from them and share your knowledge with your interstate friends!

Standardised Patient Assessment

These are the assessments for 'doctor and patient' where you interact with actor patients (standardised patients). In first semester, all of the 3 SPAs you will do will be based around assessing patient history. They are approximately 20 minutes each where you will go through a history checklist with a patient coming to you with an unknown problem.

Basic Life Support

In BLS, you will learn the high level first-aid and resuscitation skills needed by a healthcare professional in a medical emergency. Over the course of the year, you will have 4 x 1 hour lessons for basic life support, which you learn about the steps to follow during cardiac arrest, how to do cardiopulmonary resuscitation (CPR) and how to use a defibrillator.

Semester 2 – Dissection

Dissection is an absolutely incredible opportunity where, in groups, students are given the unique opportunity to dissect a cadaver. Flinders is lucky to be the only medical school in the country that uses cadavers as part of our core anatomy learning. Throughout the week, students are also given key words and learning objectives based on the parts of the bodies which they have dissected. During the dissection class time, a number of students will be quizzed on your dissection for that week!

Tips for when things aren't going great!

All the assessments in MD are to ensure you are keeping up to date with the content and if you do not perform well, use this as a learning tool. We understand that everyone wants to do their best and poor performance in assessments can be disheartening, but make this an opportunity to complete remediation. Remediation is not a bad thing; it is an opportunity for you to improve on your knowledge, and you will likely end up learning more and remembering it better. You can always self-remediate, you don't wait for teaching staff to contact you! Lastly, it is certainly not the end of the world if you perform poorly in an assessment.

Assessments

Below is an indication of the assessments for the themes in MD1. Most of your assessments will be graded as an NGP or on scale of 'unsatisfactory', 'doubtful', 'satisfactory' or 'exceeds expectations.' Please note, these are the assessments as of 2021; however, there may be some changes in 2023.

Themes	Classes	Assessments
Knowledge of Health and Illness (KHI)	Lectures (~6 hours/week) Drop in session (optional, 1 hour/week) Practicals (2 hours/week)	iRATs (weekly formative) BT (end of block) PT (formative , 2 per semester) Dissection (Semester 2)
Doctor and Patient (D&P)	Clinical skills (3 hours/week)	SPA (2-3 per semester) Physical exam (1x semester)
Health Professions and Society (HPS)	Lectures (variable) Workshops (~1.5 hours/week)	1 x Ethics assignment 1 x Aboriginal Health Assignment 1 x Law Assignment 1 x Public Health Quiz
Self-regulated Learning (Mahara)	Meeting with your learning coach (twice in semester 1, once in semester 2)	3 x Student collection submissions 3 x Learning coach meeting Summaries 2 x semester summaries of progress 1x Biostatistics quiz

Block Test

A block test is an assessment sat at the end of each module/block within Knowledge of Health and Illness. It represents the summative grading of the understanding and application of the subject material in that block. Some questions in the block test may relate to other themes e.g. HPS. The block test questions are most likely to be MCQs, but may include some SAQs. Question difficulty and subject-matter are similar to those in weekly iRATs. Grading is pass-fail with the pass grade being 60% of the cohort 95th percentile. Students who fail block tests are afforded a supplementary exam at the end of the semester.

Educational Resources

Below are a list of resources we as medical students have found extremely helpful to support our learning
– some are paid and some are free!



Osmosis – Osmosis is a medical education website with a large number of clear, concise videos which teach many areas of medicine. They are dumbed down to a level that is perfect for learning all the first-year content. They also have lots of free YouTube videos so you can get a taste of what they're all about.

Website: <https://www.osmosis.org/>

YouTube: https://www.youtube.com/channel/UCNI0qOoipkhsUtaQ4_2NUhQ



Khan Academy – free resource which has some amazing videos with transcripts and explanations of concepts you may have struggled to grasp on the first go. We LOVE this one!

Website: <https://www.khanacademy.org>



Armando – if you are a visual learner this the resource to visit! Armando Hasudungan is a doctor who creates hand-drawn tutorials, combining art and medicine in the perfect way.

YouTube: <https://www.youtube.com/user/armandohasudungan>



CV physiology – Web based resource on the cardiovascular system. Very useful for physiology in the first week of HH and Cardiovascular block!

Website: <https://www.cvphysiology.com/>



MedEd – This educational resource is run by AMSA volunteers and is free to sign up. It contains a helpful question bank and clinical resources!

Website: <https://amsamoodle.org.au>

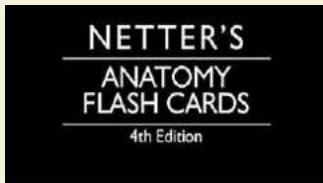


Complete Anatomy – This is an app you can purchase on your laptop/phone. We would strongly recommend purchasing a subscription for this when you start dissection in semester 2. The app contains 3D anatomy models and all the details you need to remember before your dissection quizzes.



TeachMe Anatomy – comprehensive encyclopaedia for all things anatomy. This is another helpful source for dissection in second semester. **Kenhub** and **Anatomy TV** are also useful anatomy resources.

Website: <https://teachmeanatomy.info/>



Netter's Anatomy Flash Cards – detailed flash cards with accurate information and great visual diagrams with labels and in multiple views.

You can purchase these flash cards online or from any educational bookstore!



MedEd – an online resource with free videos helping students understand theory and how to apply their knowledge clinically.

Website: <https://onlinemeded.org>



Radiopaedia – This is a resource mainly for anatomy and radiology. Super useful for everything imaging, the pages are nicely organised, contains useful information on how to interpret imaging (such as x-rays and CT scans). It also has good summary pages and mnemonics.

Website: <https://radiopaedia.org/>



AMBOSS – medical education website with distilled content that targets the clinical aspects of medicine. Learn about the presentation, clinical features, diagnostic tests and treatments for different medical conditions. This is very clinically focused and is perfect for your PT revision. They even have a question bank of questions which are similar to the PT type questions. They are also a sponsor of FMSS so watch out for their 30 day free trials & deals!

Website: <https://www.amboss.com/us/>



UpToDate can kind of be likened to medical Wikipedia (without the negative connotation), it's written by doctors and has a page on just about everything. However, if you're looking for a quick answer it might take a while to find what you're looking for just because UpToDate gives you so much information. Newbies can also find the language quite technical at first. If you see a medical abbreviation and you're not sure what it is, typing it into UpToDate will often give you the answer. This is an American resource so some of the treatment recommendations do not match practice in Australia.



The Therapeutic Guidelines (eTG) - This will give you an itemised list of the drugs given to treat all sort of conditions along with an explanation of why they make those recommendations. These are Australian guidelines and while some guidelines you'll find online or from hospitals might differ sometimes, the TGs should be the first place you look to understand how we treat various conditions in Australia (especially seeing as guidelines between countries often differ significantly). Want to know what antibiotics we give for pneumonia? Look in the eTG.



The Australian Medicines Handbook - This is an excellent all-round resource. It gives you an overview of pharmacology, indications, precautions/contraindications, dosage, side effects and other information like interactions for each individual drug. This should be your first port of call for looking up information about a single drug. (AMH also has volumes specifically dedicated to medication use in the elderly and in children)



British Medical Journal- A good resource for a complete overview with quick answers. It gives you a good look at the complete picture (e.g. epidemiology, prevention, prognosis etc.) without being as dense as UpToDate.

Helpful Textbooks

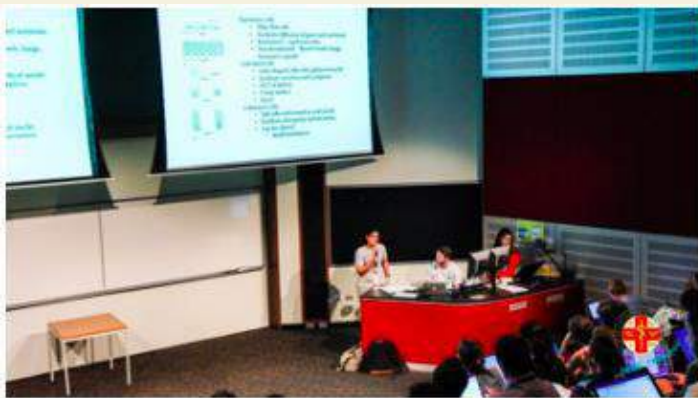
Both digital and hard copies of textbooks are available through the library; however, if you would like to purchase your own copy, this is up to you. Below are some of the recommended textbooks. To access the full FMSS textbook guide, please click [HERE](#).

Anatomy	Clinically Oriented Anatomy/Moore
Physiology	Medical Physiology/Boron, Boulpaep
Medical dictionary	Oxford concise medical dictionary
Histology	A Text and Atlas/Pawlina
Pathology	Robbins & Cotran Pathologic Basis of Disease
Immunology	Cellular and Molecular Immunology/Abbass
Biochemistry	Principles of Biochemistry/Lehninger
Medical history	Skills for Communicating with Patients/Silverman, Draper, Kurtz
Medical examinations	Clinical examination/Talley, O'Connor
Pharmacology	Pharmacology for Health Professionals/Bryant, Knights Rang and Dale's Pharmacology Goodman and Gillman's The Pharmacological Basis of Therapeutics

FMSS Peer Teaching

Each week, a group of second year medical students who have demonstrated academic excellence in each particular field give an hour-long lecture to the first-year students to reinforce their weekly content. The lectures specifically address each individual learning objective and are quite helpful, whether you're filling in gaps to your knowledge or last-minute cramming for the iRATs. The content delivered are targeted and high-yield, giving the first-year students a distilled resource for their weekly content study. PowerPoints from peer teaching with notes are made available to FMSS members. This reinforces a proud tradition within the medical school of assisting fellow colleagues.

Put your competitive pants on, because at the end of it all, there is a Kahoot!™ Quiz with prizes to be won!

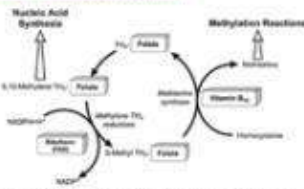


ACUTE KIDNEY DISEASE AND CHRONIC KIDNEY DISEASE

Liam, Sam, Rick (Leah helped with slides)

Folate and B12 DNA synthesis

Figure 3. Vitamin B₁₂ and Nucleic Acid Metabolism



5,10-Methylene tetrahydrofolate (MTHF) is required for the synthesis of nucleic acids, while 5-methyl THF is required for the formation of methionine from homocysteine. Methionine, in the form of S-adenosylmethionine, is required for many biological methylation reactions, including DNA methylation. Methylene THF reductase is a B₁₂-dependent enzyme required to catalyze the reduction of 5,10-methylene THF to 5-methyl THF.

If do purine synthesis (DNA)

- B12 deficiency diminishes the activity of methionine synthase.
- Traps folate in unusable state causing symptoms of folate deficiency
- Impairs DNA synthesis leading to macrocytic & immature RBCs

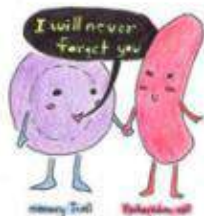
Peer Teaching: Lung Cancer



Presenters: Phil, Bella, Nick and Ricki Biased



The Immune System



Presenters: Louisa, Emerson, Phil, Sam



LO2: List the common causes of glomerulonephritis and the syndrome they present with.

Glomerulonephritis can be categorised in terms of nephritic and nephrotic syndrome

- Note: this is not a black and white categorisation, there is sometimes overlap and people can present with elements of both!

Nephritic syndrome

- Haematuria (with RBC casts) "cola coloured"
- Oliguria
- Azotemia
- Hypertension
- Mild proteinuria (0.5-3.5g/24 hours and mild oedema)

Features of Nephritic Syndrome

- Hematuria
- Oliguria
- Azotemia
- Hypertension
- Mild proteinuria



Nephrotic syndrome

- Proteinuria >3.5g/day → foamy urine
- Hypoalbuminemia
- Hyperlipidemia and Hyperlipiduria
- Peripheral oedema
- Prothrombotic state (loss of anticoagulating factors antithrombin & plasminogen in urine)
- Increased infections (lower immunoglobulins)

Features of Nephrotic Syndrome

- Proteinuria
- Hypoalbuminemia
- Hyperlipidemia
- Hyperlipiduria

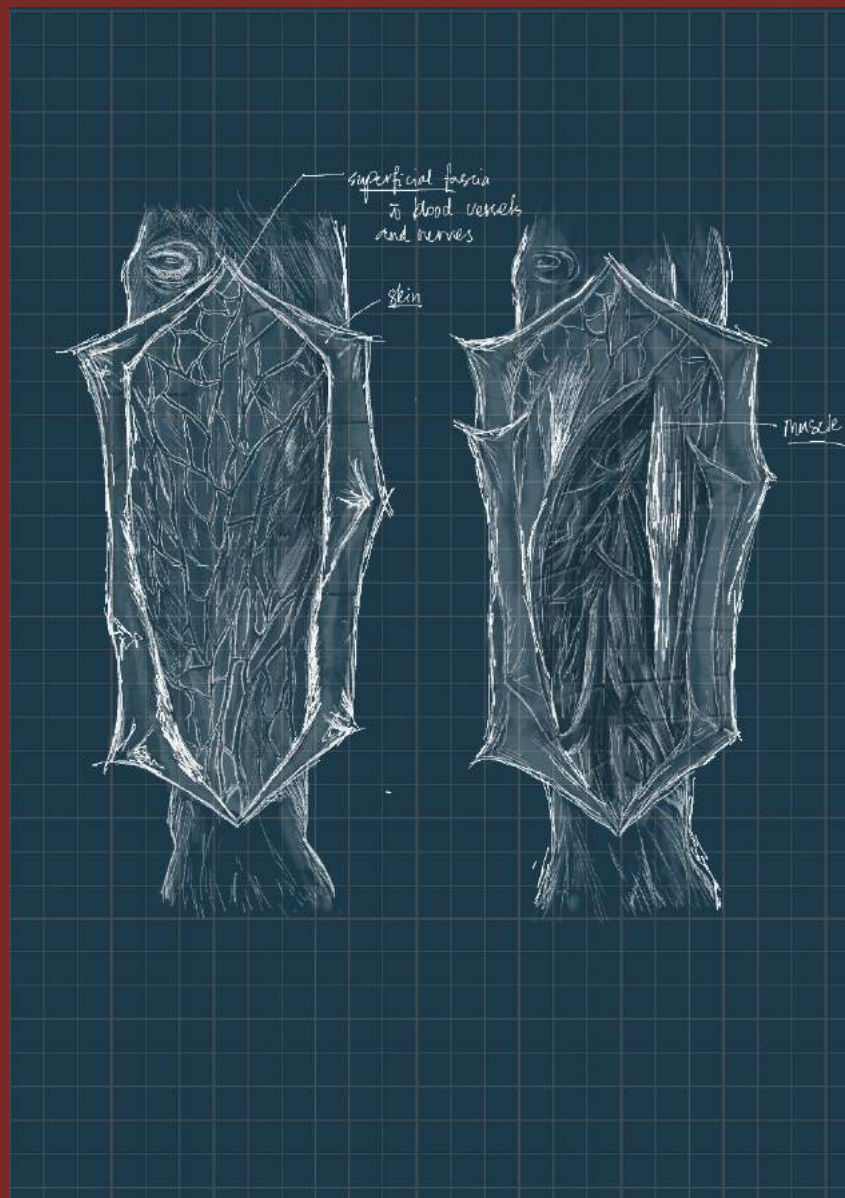


FMSS + FUSS

Intro to Dissection

The dissection program of the Flinders MD is unique amongst medical programs in Australia. We as MD students are incredibly fortunate to have the opportunity to not only observe but uncover anatomical structures on donated cadavers. That being said, the skills to dissect fat, muscle and nerves are quite specialised and picking up a scalpel can be intimidating enough – to say nothing about dissecting an entire muscle group within a week!

FMSS and FUSS are here to help! Near the beginning of your first dissection block in semester 2 you will be given the opportunity to attend the intro to dissection event and be introduced to dissection instruments and techniques as well as some time to practice this new skillset before taking on the human body.



FMSS Specialties Pathway Evening

While medical school is a lot of work, one of the most amazing things about medicine, as a profession, is the sheer scope of the amazing areas and fields that you may decide to dedicate yourselves towards. Surgeon or physician? Cardiology, endocrinology, nephrology, the choices go on and on. At times, the seemingly innumerable choices of which of the fascinating areas of medicine to choose can seem overwhelming.

The FMSS Specialties Pathway Evening is your opportunity to peer through the looking glass and hear from a selection of specialists about their chosen fields and how they got there and inquire to your hearts content about fields we may dedicate our lives towards. Endlessly entertaining, informative and inspiring, this is a must-attend event in the FMSS calendar!



FMSS Mentorship Program

At the commencement of each academic year, FMSS coordinates the mentoring of first year students to aid their transition to medical school. This program ensures each new student has at least one contact upon beginning medicine and fosters a greater sense of community amongst students. Students are matched for the entirety of their medical school journey.



Advice from Students

The beauty of MD is that all of us are from very different backgrounds. MD at Flinders truly allows you to become friends with the most diverse group of people – and this is certainly unique to our university.

However, as you all come from different undergraduates, family backgrounds and places around the world, your experiences of settling into the MD may be quite different. Please don't hesitate to contact us if you have additional questions!

Clinical Science Students: Blessing Nyoni and Kritika Mishra

Congratulations on completing Clinical Science – you are one-third of the way to your dream! We hope you have used these two years to form an amazing network of friends which will be instrumental in getting you through the years to come. MD comes with a whole new set of challenges and expectations and it can be easy, and is only natural, to feel overwhelmed. As a clinical science students especially, it can feel like you don't have many life experiences or as much knowledge as everyone else, but the truth is you have been well prepared for the challenges to come and your work ethic and determination will see you through the ups and downs of MD. Instead of comparing your life to others, focus on the different aspects people can bring to the table (including yourself!) and what you can learn from your peers. Remember that you are incredibly capable (being here is testament of that), believe in yourself, surround yourself with people that can support you. Know that you have what it takes to be a competent and confident doctor!

Some tips:

- Try and make as many new friends as possible. During your two years of clinical science you will have formed some life-long friendships, but it is equally important to develop the same bonding with others and welcome new members into your cohort. There will be so many people with such diverse backgrounds who you have so much to learn from!
- Keep your notes from physiology and immunology – they are incredibly useful for Semester 1.
- Watch your lectures and keep in mind that you are learning to be a competent doctor, not to pass a test. Try and avoid cramming and focus on long-term learning and retention.
- Strive to maintain the right balance between your university work and extracurricular activities. It is true that you will have less time than you did in your clin sci years, but it is all the more important to maintain the right balance, find time to do what you love, find time for the people who value and support you, and keep your mind healthy. Try not to get caught up in trying to achieve 100% in every single assessment (there are too many to keep up!). You may find this hard at the beginning, because you are used to achieving such high grades, but you need to actively stop yourself from work, work, working *all* the time – this is not sustainable for four years and you will realise it very soon!
- When you have a holiday, please actually have a holiday. Your brain needs a break!
- You will mostly likely have to re-do at least one thing at some point during this degree. Learn how to deal with it and grow from it. Failure is part of life; how you deal with it is what matters.

From us clinscis to you all - good luck (we believe in you!!) and remember to have fun. You are well on your way to fulfilling what you set out to achieve.

Medical Science Student: Elise Newman

- Medical science is one of the best backgrounds to have going into MD1 - back yourself and share your knowledge with others; they will repay you later with their own backgrounds!
- Don't compare your undergrad with others - everyone's experiences are different so learn from your peers (study groups are great)
- Don't miss the opportunities you'll get to refresh the basics - make a strong foundation because you'll be continually building on it
- Think about your knowledge in a clinical context - you need to learn how to integrate the physiology and pathophysiological concepts into how you will help your patient.

Non-science Background Student: Loyola Jane

- The first few weeks might feel overwhelming, don't stress about being behind.
- Upper years run peer teaching sessions every week covering and summarising the content of that week, so attending is a great way to reinforce your understanding and ask questions.
- Form a group and support each other.
- Utilise your lecturers and subject coordinators. They are more than happy to help and would prefer you let them know early you struggled to understand a concept than leaving it too late.
- Many of the textbook suggestions will be complex, so don't feel silly to start with basic physiology and anatomy books, or the wonderful 'Crash Course' or 'At a Glance' series. Layer your knowledge like a fine wedding cake.
- Science can be very specific. Think of the big picture and don't overwhelm yourself with the details.
- Find how that bit of science is clinically relevant, textbooks often have little side boxes or 'clinical focus' pages. That will let you know which parts are important to remember.

International Student: Navya Jain (India and USA)

As any international student, I was apprehensive about making this big move- starting medical school in an unknown country. However, the adjustment period was not that long. As soon as I was done with immigration, I was received by a Flinders' University representative at the airport. I thought this was an excellent service as you are greeted by a current student and are taken to your housing (there is no charge for pick up). I chose to stay on campus for the first year and I'd recommend this to all international students as this gives you a chance to be a part of a community and engage in activities within the Flinders Living. Friends, friends and more friends. Building friendships is the best way to adjust in a new environment and get over home sickness. Moreover, the international representative of FMSS was extremely helpful and responsive to any of my queries during the initial few weeks.

Soon after arriving, I realised that the staff and students at Flinders were so kind and accepting of me. Dr Jordaan responded to every email and helped me along the way. There was a special orientation for international students where I met other international students from my cohort and got a chance to interact with them. This meeting eased the first few days of classes as I saw some familiar faces amongst 180 of us. I would also recommend going to most of the social events during the initial months as this helps you to know people outside of the classroom and gives you a chance to narrate your story!

International Student: Ying-Ann Gn (Singapore)

Hi there, I'm Natanya and I'm an international student from Singapore! I've stayed off campus since the start of university and this has both pros and cons. I had to get used to cooking, cleaning and figuring out living costs and transport by myself. I am very fortunate to live with two other Singaporean BCS/MD students, who are amazing housemates. Housing tends to be expensive in Australia, with rent charged by week and utilities like internet, gas, water and electricity are charged on their own scheduling, making it a mess to calculate "weekly costs" if you're weighing the price of living on campus or outside. On average, I pay about \$152 weekly for rent which includes internet, gas, water and electricity. These prices do fluctuate as I do pay for utilities separately from rent. Transport is another cost that must be factored when living off campus. If you aren't living too far away, the buses here are sufficient in getting you to and from school (just be aware of the time-tabling! If you miss a bus it takes a while for another to appear!). If you're going to school every day by bus, it is best to invest in a 28 day pass. Driving to school is another option, but I personally prefer to take the bus as if you are driving, you need to reach school much earlier in order to get a good parking spot that is a reasonable distance from the location you need to be at.

Learning to cook some comfort food is a must, regardless of if you're living on or off campus. You can cook to survive, or you can cook to live. Do not underestimate the power of eating comfort food to keep your motivation up. If you're lucky enough to live with housemates, consider creating a weekly cooking roster and eat shared meals, rather than each person cooking for themselves. This is an arrangement that I've had with my housemates since I first moved in and this gives me so much more time to study when I only need to cook one week out of every three.

With cooking comes cleaning, and this is where I think the pros and cons really stand out when if you stay off campus. Living in the village, there's a check every week to ensure that your living space is neat and clean. Living off campus, at least for me, means that all rules go out of the window. When I'm stressed and busy and have no time to clean I don't have to worry about getting a \$50 fine, so long as the house is clean and pristine whenever the landlord visits, that's fine. I'm not implying that living off campus means that you shouldn't clean up after yourself, but if keeping things neat and tidy on a regular basis isn't your forte, this is something you should consider when making your decision. Living off campus means living more freely, but also means you need to take charge of every aspect of living.

Investing time in creating a support network is important, especially when living off campus. On campus living provides an environment where it's easier to meet up and form relationships with other international students, which is truly helpful in finding people who understand and share the same struggles. Living off campus, you might find that you may have to invest a bit more time making sure you build relationships with other international students. I have my social support in my family, housemates and a few other Singaporeans.

Paperwork is inevitable and something that comes with being an international student. For banks, each have their pros and cons and you will need to see which one is right for you. When it comes to having proof of age (for adult drinks or other purposes), unless you buy and apply for an SA Gov issued proof of age card, many places will ONLY accept your actual passport if you're an international student. For living expenses related paperwork, it would really depend on who receives the bills, I do recommend an excel sheet to ensure transparency. I know my advice is a little scattered, but I hope you'll find this useful! All the best to you new MD students!!

Interstate Student: Sophie Clare (Melbourne)

Hey guys! Moving interstate for university can be a daunting yet very exciting experience! For myself, moving to Adelaide was full of uncertainties. Now, after almost the first year of MD has passed by, it is hard to imagine my life without all the wonderful, supportive people I have met throughout the way, and all the experiences, both good and bad.

This year was a lot of firsts for me – moving out of home, moving to a new city and starting a new course. I moved up from Melbourne, initially into the College (great for not having to cook, not so great for peace and quiet), and then into the Village (the best combination of location, convenience, social life and studious conditions). Now I live with some of my closest friends which is great. I would recommend moving into the Village if you like the convenience of living on campus and also as an opportunity to get to know others before venturing out from university. When I look back, I think one of the most important things that helped to keep me sane this year was getting to know and being able to rely upon the most thoughtful, kind and lovely group of friends. This would not have been possible without getting involved with university life as much as possible as I did. Therefore, even if you are nervous or unsure about how to get involved, I really recommend attending as many social events as possible. Make sure to make the most of all the O-week events at the beginning of the year, the camps, and post-iRAT celebratory drinks at the Tav.

Another tip would be to sign up for all the med societies (there is something to suit everyone), and even sign up to be a committee member. I am currently on the SASS (dermatology) committee, and I have had lots of fun helping to organise and take part in our society's events this year. One of the benefits of participating in lots of university activities is that you will meet many people from different year levels, and different walks of life. If they are local, they can also help to give you tips on the best brunch or winery spots to check out on the weekend! Getting out and about with friends as well, whether they are local, interstate or from overseas is another very fun way to explore the new city. One great aspect about studying at Flinders is that there are many people coming from interstate or overseas, so you will be in the same boat and be able to gain a greater perspective.

Therefore, my main tips for moving to and settling in Adelaide would be: getting involved with university life as much as possible, explore Adelaide, seek out your own favourite spots - coffee, cafes or views, talk to lots of people, consider activities outside of university and overall, make the most of your time here as it will fly by!

Students with Families and Children

You are probably wondering how you are going to manage studying medicine while also having a (relatively) normal family life, or you are probably wondering 'what have I got myself into?' (Or both!) These are pretty normal thoughts for parents starting medicine. After the euphoria of being accepted into medicine with a non-science background, finishing another career and moving my young family interstate, I started first year with these exact thoughts. I won't lie, I felt very overwhelmed and had a rocky start, but with a little planning and diligence, I was able to move forward and start thriving. These are some of things that I found helpful and hope you do too.

COMMUNICATION - The single most important thing I found was communication. Being able to communicate to your partner (or other family members if you're single parenting) will help them understand what your daily school schedule is like and also what assessments are on the horizon. You'll need to have an honest discussion about how little free time you'll have to do the things you used to do with your family.

Since starting this course, I have had less time to do the chores around the house for which I'm normally responsible. I cook dinner less, do less clothes washing and less shopping. That can take a toll on your partner and you don't want them resenting you. Be upfront with them, have the discussion early and work on a plan together. Adjust the plan as needed as you progress through the semester and work as a team.

I also found talking about the next fortnight gave enough warning to make changes to family routines (such as collecting children and arranging different dinner/night times or a spouse away for work) reduced some friction. Your family won't necessarily understand what all the assessments will mean but if you include them in your schedule and the decision-making process early, it will reduce some of the anxiety you may be feeling knowing that they have your back. The earlier you can inform them what's happening, the better. They don't like surprises and it will only distract you from your relentless study schedule.

MAKE TIME - be sure to make time for your partner and organise regular nights out. Arrange a babysitter and get out of the house without your children. I found that having something regularly organised gives you both something to forward to and means you get to explore Adelaide a bit more. The time will fly by and before you know it, it will be the end of semester. If you're lucky to have family nearby, use them as much as possible to share the load. When your study has a quiet patch organise for your partner to go and do something by themselves without you or the children (organising a massage, drinks or brunch with friends work well). They'll thank you for it and it'll give them some sanity as well.

STUDY ROUTINE - As you're already aware, having a family basically means you don't have much personal free time at the best of times. Studying medicine will ultimately consume what spare time you do have. I have found that the time you have available once all your family/life tasks are done is all the time you have left to study. Basically, you can't put anything off because you won't have spare capacity and the pace of the course will get away from you. For example, after dropping my child off at day-care near the uni, I'll go and attend lectures and remain at uni all day. If there aren't any lectures on, I'll study in the library and make the most of the day to get through the course content for the week. Depending on where you live and your personal circumstance, you can always head home to do some study (or watch online lectures) but I find being at uni cuts out the distractions. For me, I've treated studying like a normal job and 'work' each day to maintain that routine. The weekdays are wholly my time to get things done because children can get sick and your nights can soon be taken up caring for them, particularly if they're young.

Student with Family and Children (continued)

On the weekends, I've got Saturday allocated as a 'family day' (children swimming lessons, gardening, shopping, visiting wineries(!) etc), and Sunday afternoon as my preparing for the week ahead with some online lecture watching and exam revision. You'll be able to figure out what works best for you once you get started. Having a clearly defined study routine has helped me manage expectations at home with family (and also friends when they visit). If you have a hobby, keep at it. If you like working out or playing sport, allocate time in your schedule and blow off some steam.

EXPECTATION MANAGEMENT - You'll get caught up in the weekly spin of the assessments and will probably fail some along the way. This is normal and you will not be the only one to go through this. Pretty much most of the people studying medicine haven't failed anything in their lives – for some, it comes as a complete shock. I've failed a few things along the way, but it will be fine. Figure out where you went wrong, talk to the staff and work out a plan to get past it. The moment will pass. Break the problem down into smaller parts and then work through each of them methodically. This has helped me get through some challenging aspects of the course. As the course progresses, you notice a few concepts repeat over a few times and this detail will stick. You will also bring a raft of skills and experiences to this course that some of your peers won't necessarily have. You can help them by demonstrating your strengths and they'll be able to help you. That's one of the good things about this course, the diversity of people and knowledge.

You have commenced a really exciting journey and one that I know you will enjoy. At times, it's going to be difficult – but that's normal and the same for everyone! Take each week (or day) as it comes and strap in for an incredible journey. You'll look back at the things you've learnt and before you know it, you'll be in the swing of things. The study can get pretty full on but you'll get through it with a bit of planning, good communication with your family and methodical study. Just chip away at it. Above all, keep a healthy sense of humour and don't sweat at the small stuff. All the best and, again, congratulations!

MDRS Student: Abby Dawson

How does being a PRCC student make my MD1 experience different from any other MD1?

The only difference is really the two x 1-week placements in April and September, and the options which are available for Advanced Studies.

What does the rural placement involve?

- 1 day of clinical placement (nursing shift or GP observation)
- Bonding time with fellow PRCC students
- Opportunities to meet and chat with current PRCC 3rd years
- Tours of your selected region
- VC access to all regular lectures/practicals which are running in Adelaide
- Opportunity to help with 3rd year OSCE practise

What do the other students do whilst we do rural placement?

They have a somewhat normal week back in Adelaide. We VC in for anything which is available. We are provided with a local tutor for clinical skills tutorials.

Do I need to do anything to prepare for rural placements?

The staff which conduct the PRCC are very comprehensive in my experience. You will be emailed all information in the weeks leading up to your placement. The university organise your accommodation, some meals, all VC opportunities and clinical placements. You will be sent a timetable which details the plans for your week. You have to find our own way to and from the rural sites. Obviously you can carpool and the university will reimburse your fuel cost up to a certain value.

What kind of support do we receive from rural staff?

The rural staff, both onsite and in Adelaide, are very supportive. We had an opportunity to meet the Adelaide staff early in the year, and you will meet your onsite staff during your first rural placement.

How does it affect my Advanced Studies options?

You have to choose a project which can be done remotely, or on site, from your 3rd year placement location. When the time comes, the Advanced studies staff will have a list of projects available for PRCC students.

There is also an option to negotiate with Adelaide-based supervisors about conducting their project remotely.

Can I apply to complete placement in a rural location if I am not a PRCC student?

Yes!! Each year, Flinders Rural Health SA offers students the opportunity to undertake their entire third year in a rural community setting. You will be familiarised well with the application process towards the middle of the year. Locations you can apply for include: the South East or Greater Green Triangle (GGT), Barossa Valley, Riverland, Hills Mallee Fleurieu (HMF), Kangaroo Island, and the Northern Territory. More information can be sourced [HERE](#).

Useful Adelaide contacts:

Kathryn Sylvia (Rural Placement Coordinator) - kathryn.sylvia@flinders.edu.au

Social Events



FMSS Med Camp



In March, MD1 students head to Camp Dzintari for a weekend of fun social and academic activities. This is a great opportunity for team building and getting to know your peers! The fun starts with a group bus trip from Flinders to the camp site. Over the weekend, you will be participating in many team building activities, team sports, scavenger hunts and other challenges, in your preassigned group. Learn new academic and clinical skills such as suturing, taking blood pressure and basic life support in peer-run workshops, and have the opportunity to take part in an emergency simulation. Get creative with the themed dress up nights and be ready to boogie on the dance floor. Med Camp is guaranteed to forge great memories and long-lasting friendships. More details to come!



FMSS Wright Evans Med Ball

Med Ball is well and truly the HIGHLIGHT of the FMSS social calendar. This is a great opportunity for students to replace Progress Tests and dissection with fine wine and ball gowns. It is a chance for students to let their hair down for an evening of fun, including a delicious three course meal, open bar, dancing, lots of glamorous photos and mingling with medical students from Clin Sci 1 all the way through to MD4. Definitely not an event to be missed!





FUSS Scrub Crawl



One of the most exciting events of first year is getting involved in the annual scrub crawl between Flinders University and Adelaide University. The scrub crawl is a pub crawl with a twist: you get to scrub up and spend the night in different locations along Hindley street with your peers from all year groups in both universities. The scrub crawl is a great way to get to know everyone in the year group, to solidify the friendships you have already made and is a great way to meet medical students from Adelaide University – who will be your colleagues in the future! One of the highlights of scrub crawl is the annual boat racing contest with Adelaide university – a great opportunity for a bit of friendly rivalry and hopefully Flinders students can win in 2023.

So be sure to attend this fantastic event where you can let your hair down for a night and forget about upcoming assessments and iRATs! If you are interested, there are lots of opportunities to get involved with organising the scrub crawl (with FUSS) and even more opportunities to win free drinks cards. FUSS also hold many other events throughout the year such as suture night, laparoscopic simulation nights, women in surgery panel, breaking bad news and an orthopedics night.



HHRG Heat Night

Heat Night is one of the biggest nights of the year! It involves a night of music, dancing and fun. The Health and Human Rights Group (HHRG) organise this annual cocktail fundraiser which features musicians, dancers and lip-syncers from across the Flinders MD cohort. This is always a night to remember filled with great entertainment and a chance to support your wonderful, talented peers. Have a look at the HHRG Facebook page for an insight into previous years and what the night involves! HHRG also hold many other events throughout the year such as refugee week, eco week, indigenous art workshop, global health short course, everyday sustainability workshop, birthing kit assembly day and the Flinders Global Action Program.



Flinders University Rural Health Society



Riverland Camp



Rural Summit Mackay



Wilderness Night



Plastering



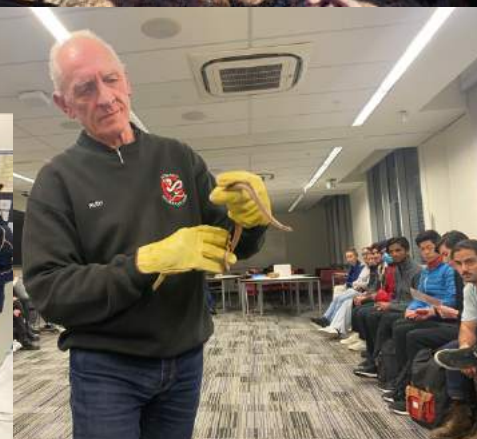
Allied Health Night



Quorn Trip



Emergency Night



Mount Gambier High Schools



Cocktail Night



RFDS Placement



Women in Health



Birth Kit Assembly Day



Yarrow Place Training Session



Pelvic Pain Seminar

Paediatric Society



Paediatric Emergency Night



Child Protection Education Night



CanTeen Bandanna Day Fundraiser

+ Introducing the Teddy Bear Hospital!

Med Revue

If you love musical theatre, Med Revue is for you! Med Revue is a musical production entirely run by medical students. From *Aladdin* to *Fantastic Deans* and *Where to Find Them*, every year has been a fantastic experience where like-minded students have worked towards something great. Not only as main cast and chorus, but you can also be part of Med Revue as: producers, music director, band, writing team, stage hand, tech team, costumes, props, set designs and logistics. Some of these roles do not require much time commitment so if you are interested, don't be afraid to ask and give it a go. Auditions for main cast are usually held in April, main rehearsal starts in May and the show is on in October. Be sure to make yourself a part of this highlight of the FMSS calendar!!

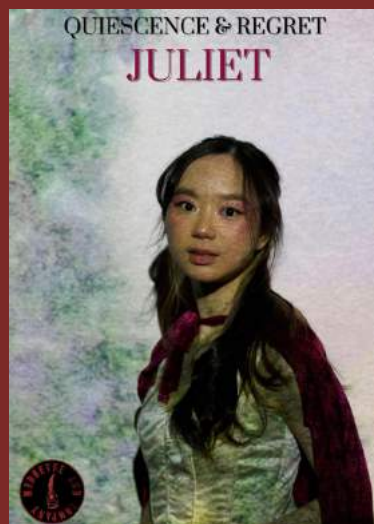
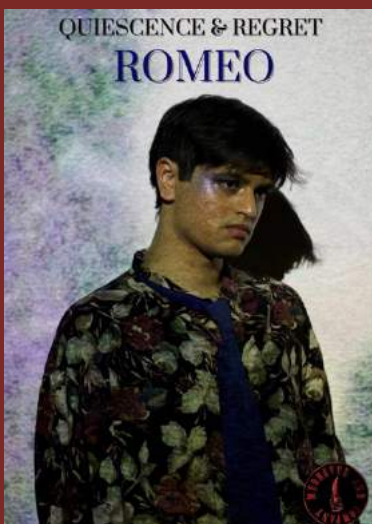
Medically Blonde (2020)



Docules (2021)



Quiescence and Regret: A Tale of Romeo and Juliet (2022)



Mental Health and Wellbeing

Welcome and congratulations from your Health and Wellbeing Team! The Health and Wellbeing team in FMSS is involved in committee events, student advocacy and wellbeing. We provide an important point of contact within the FMSS committee for students to voice their health and wellbeing concerns throughout the course. If you have any ideas about events or activities that you would like to see organised, we would love to hear about it!

Mental Health Awareness Month

The Mental Health and Wellbeing Team run a Mental Health in Medicine Month to help raise awareness of mental health. This month involves a variety of activities such as the Mental Health in Medicine Seminar, MD1 vs MD2 Sports Day and Random Acts of Kindness Week. We also run or help support other fun events throughout the year in collaboration with other committee teams. Mental Health in Medicine Month has traditionally been held in May to align with the national Mental Health Awareness Month but was celebrated in October for 2021.

The Mental Health in Medicine Seminar gives students the opportunity to hear from both health professionals and peers talk about their personal experiences with mental health in a confidential and safe space. The aim of this event is to destigmatise mental health issues, normalise talking about our difficulties and promote students' understanding of the challenges and warning signs they may experience during study and throughout their careers. In 2021, the theme of the seminar was "who cares for the carer", where we explored the importance of looking after yourself with input from professors, psychiatrists, and GP's.

The MD1 v MD2 Sports Day is a fantastic evening of sport at the Sturt Gym. Past sports played include indoor soccer, netball, and basketball. This is a great opportunity for year levels to mix with their future colleagues and to have fun, despite the subtle competitiveness between year levels. In 2021, MD1 reclaimed the title from MD2 after a nail-biting second half. This event provides an opportunity to have fun and socialise with your peers while taking a well-deserved break from study to exercise and socialise during a busy semester. Even if you're not the sporting-type, spectating has proven to be quite entertaining!



Random Acts of Kindness Week

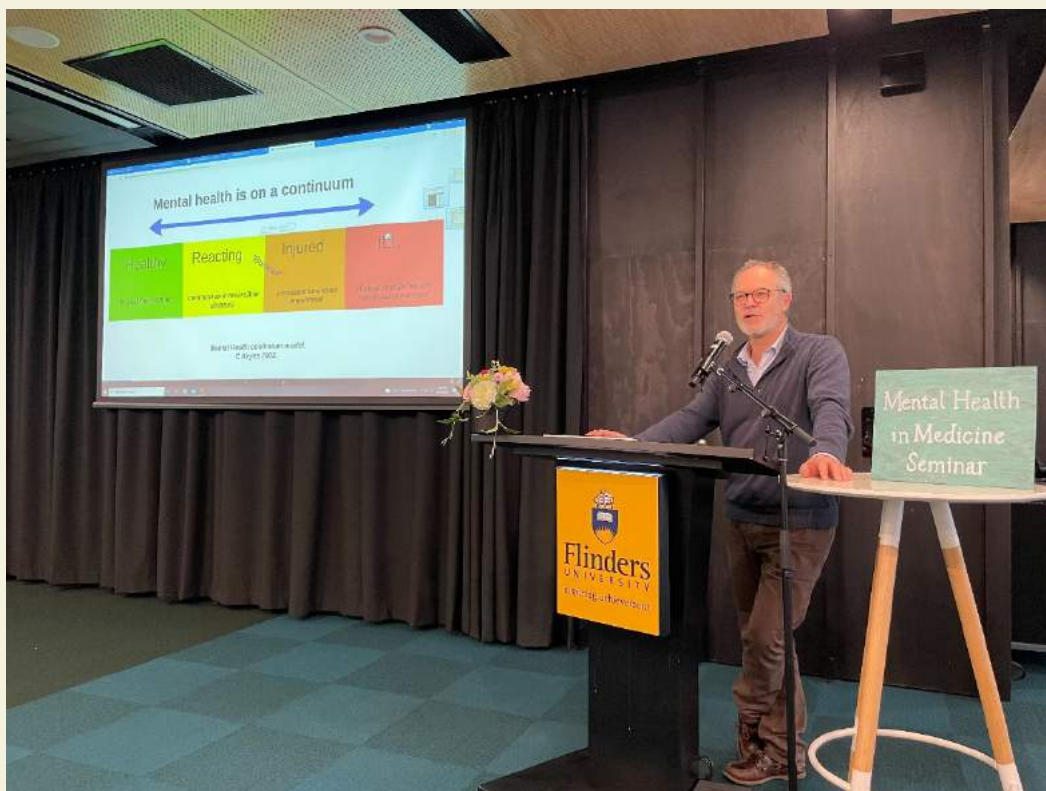
RAOK week is the time to show some kindness and love to your friends and peers. Once you sign up for RAOK week, you are paired randomly with someone from your year (your RAOK buddy) and you spoil them however you like throughout that week, remaining anonymous if you wish. This week brings so many smiles throughout the university and is a wholesome week to be part of. Remember, being kind is cool 😊.

Mental Health Tips

Medical school will present a unique set of challenges and experiences which can at times seem overwhelming. Med does take up a lot of your time, but you *don't* need to give medicine everything you have in order to succeed. Instead, you need to remain you to get through this degree. Having a healthy work/study-life balance throughout the year (whatever that looks like for you) will make your life much easier and more enjoyable! You are more than just a med student, so ensure you allocate time to the other aspects of yourself, stay healthy and relax. To help you navigate and adjust to the new demands of med, here are a few tips:

1. **Plan and stay organised.** Even though you're only enrolled in one unit per semester, each theme carries its own assessment tasks. Some of these are regular and others are a one-off. Having a plan can reduce burnout and stress by helping you keep track of your assignments and activity. There will be times where it feels like you need to focus on so many things at once, but planning can help manage that overwhelming feeling and stop you from leaving things till the last minute.
2. **Try to keep up with the content.** This goes hand-in-hand with planning. Leaving study or preparation for assessments until the day before may seem tempting at times, but you'll probably be kicking yourself if you do. Of course, take a break if you need one, but allowing your tasks to pile up can lead to unnecessary mental stress and nobody has time for that!
3. **Join a study group.** It is easy to get overwhelmed with coursework but working with others have proven to be a good stress mediator. You also get to learn new study skills, different insights into topics, communication skills and critical thinking. This is a great Mahara post topic (you will learn all about Mahara soon enough). The course will give you ample opportunity to work with different people each semester but remember to find people you study well with during personal study time – you need to put yourself first, and that's okay.
4. **Stay healthy!** Research have shown that a healthy lifestyle is beneficial for one's mental health. Ensure you eat healthy meals, drink enough water, and get enough sleep. Being physically fit also has lots of health benefits, including improved memory and better sleep. Flinders has a great gym with membership at very reasonable prices.
5. **Failing is a matter of perspective.** All the assessments in MD are to ensure you are keeping up with the content, so if you do not perform as well as you would have liked, use this as an opportunity to reflect upon your learning style and identify areas of improvement (this is also another good Mahara topic). If you need to remediate an assessment, please know you are not alone – almost everyone will have to remediate at some point during MD. View this as an opportunity to grow. Doctors are not infallible, so no one is expecting you to be.

6. **Stay social.** It is so easy to focus solely on med, so many of us are guilty of it. Research has shown that interacting with others improves mood and reduces feelings of depression. So, make sure you schedule in breaks from study to spend time with friends or family. If you are interested in getting involved in some new activities outside of medicine, there are heaps of FUSA clubs for a variety of different interests, from jam sessions to cultural clubs to gaming. FMSS and other societies also host lots of social events and provide opportunities to join activities such as Med Revue (highly recommend!) and community service initiatives.
7. **Ask for help.** It's okay to not be okay. Please don't be afraid to speak up! Your peers, the staff and other university resources can be great sources of support if you feel comfortable reaching out to them. Flinders University provides a free confidential counselling service (up to 6 sessions a year) that is available to all students. Find more information about counselling services and how to book appointments [HERE](#). If you need to talk to someone now and it is out of business hours, you can contact Flinders' Crisis Line on 1300 512 409 or text them on 0488 884 103. FMSS is always available, so please do not hesitate to ask for help if needed.
8. **Be kind to yourself.** While it seems so simple, it is very easy to forget to celebrate your achievements. This course will at times be stressful, emotional, and may even seem too much. Remember that these are all very normal feelings, so be kind to yourself. Chances are you are doing the best job you can, so give yourself the credit you deserve!





Community



Community is all about fostering an environment within the Flinders cohort that is engaging and supportive; but we are also here to remind you that there is a world outside of your medicine bubble that needs you to get involved and make a difference.

Each year, the FMSS and Flinders' community come together to engage, support and advocate for the wider community. A connection to the community outside medicine brings you closer to your peers and gives you a greater purpose. We reach out to the local community and seek to get involved in events and initiatives that often run Australia-wide. The community service opportunities that FMSS offers are vast and can change year-to-year depending on community need and student interest. Some of our commonly run events include Vampire Cup, Mother's Day bake Sale, Shave for a Cure (Leukaemia Foundation) and Daffodil Day. Keep an eye out for many new fundraising events and volunteer opportunities in 2023!

Vampire Cup

Vampire Cup, the annual national blood drive hosted for 8-weeks by AMSA, saw Flinders medical students, their families and their friends participate in the biggest year of Vampire Cup ever. In 2021, there was a total of 3506 donations nationally through the Vampire Cup. 14.3% of the Flinders MD cohort participated in Vampire Cup, donating either whole blood, plasma or platelets. The Flampires team made a total of 105 donations, saving the lives of 315 members of the society. There was also a Flinders VS Adelaide selfie competition to promote a healthy competition between the two medical schools. There were opportunities provided for students to book group donations together, resulting in many students really enjoying the experience. In 2023, we are looking forward to smashing this record and getting more medical students, friends and family on board to donate blood and save lives not only during the vampire cup period, but throughout the whole year.



Daffodil Day

Daffodil Day was equally successful. With the help of student volunteers, FMSS was able to run a Daffodil Day stall in Flinders Medical Centre. In 2022, cupcakes were given out to anyone who donated \$4 or more to the Cancer Council Daffodil Day Appeal. With the support of many students, we were able to raise over \$550! Our ongoing involvement with the Cancer Council Daffodil Day Appeal continues to help raise much-needed funds to support cancer research and, ultimately, support better outcomes in prevention, diagnosis, treatment and survivorship of cancer.



Equity and Anti-Discrimination

The Equity and Anti-Discrimination portfolio focusses on educating students about the health of vulnerable people in our society and how we can work towards creating a safer environment for all patients. In 2022 we ran the following events:

LGBTQIA+ Health Seminar

In 2022, we had our first LGBTQIA+ Health Seminar. We heard from a variety of presenters from SHINE SA, including health promotion officer, Janiece Pope; general practitioner, Dr Bianca Davidde; and sexual health counsellor, Zac Cannel; as well as one of our very own students, 4th year Nick Harpas. The night was focussed on gaining an awareness of social factors that influence LGBTQIA+ health, and advice on how to provide more inclusive care to patients. The speakers shared insight from both professional and personal experiences.



Auslan Skills Workshop

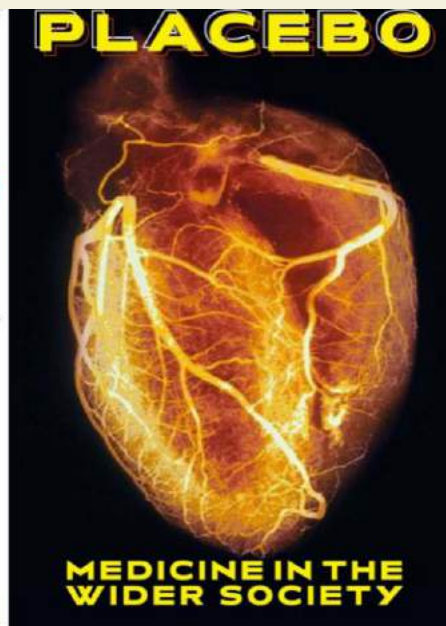
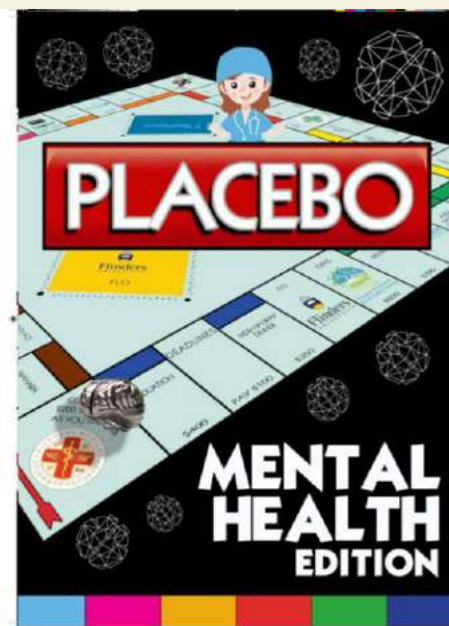
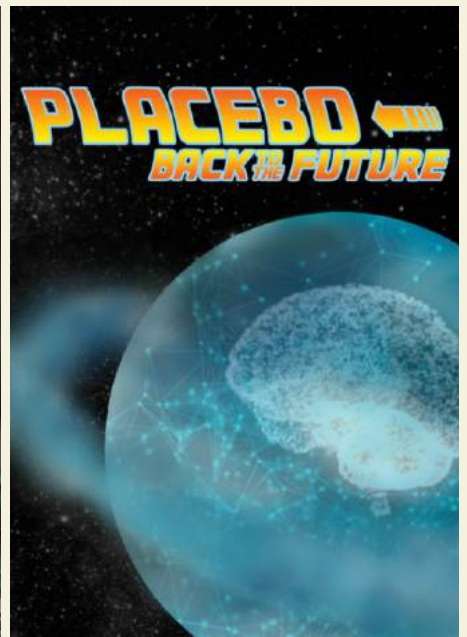
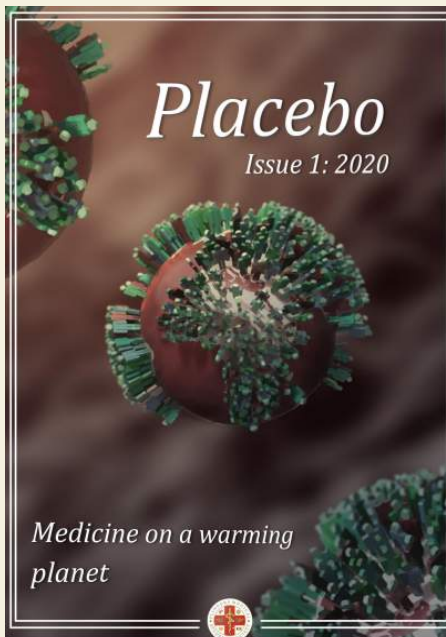
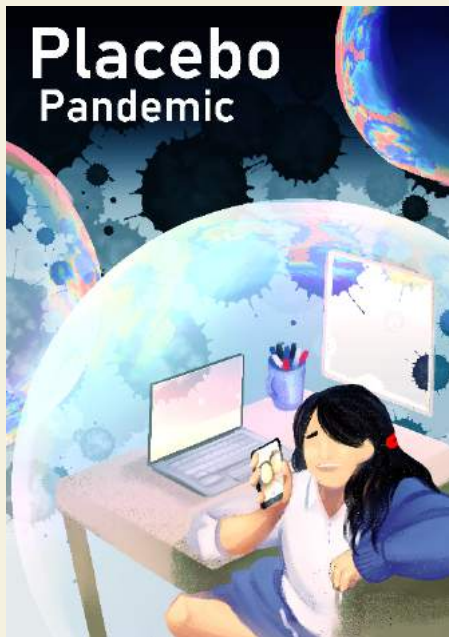
In 2022 we also ran an Auslan skills workshop. A tutor from Sign Language Australia taught students basic signs such as the alphabet, greetings, numbers, and basic conversational questions. It is hoped that students feel better prepared to attempt communicating with deaf and hard of hearing people and can work towards facilitating a more welcoming and inclusive environment in clinical practice.



Placebo

Placebo is Flinders Medical Students' Society's biannual magazine which creates a platform for students to indulge in their creative side. Articles are received from guest writers and students from all year levels. We want stories, illustrations, opinions, poems, whatever goes nicely on paper. It is the perfect opportunity to contribute to our wider community. For over 15 years, Placebo magazine has been distributed within Flinders Medical Centre and it continues to be an enjoyed read for those milling around the common room.

As an incoming member of our community, I eagerly invite you to contribute and play a part in developing the part of our culture that only student media can give.



Sponsors

We have Sponsors for our society and events in order to give our members the best University experience we can! This means we use their support to subsidise tickets for events, give out prizes throughout the year, have BBQs and lunches for students, and allow our committee members to travel to conferences around Australia to advocate for Flinders students.



Our Sponsors cover a variety of professional areas including Medical Indemnity Insurance, banking, finance and further medical education. They provide tailored support to students by way of free Student Indemnity Insurance while studying, free tax returns, specialised loan programs and more.

Supporting our Sponsors is vital to supporting our members, so make sure you have a chat to them at Prep Week and all upcoming events! Pick up their free drink bottles and pens while you're there!

FAQs



What are some tips to have a smooth transition into MD?

Starting med school is both exciting and, for some, overwhelming! Honestly, the biggest tip we can give you to transition smoothly into MD is meeting all the wonderful people around you. Over four years, these people will become your support system. Establishing a strong cohort bond right from the beginning is key to success in MD. Additionally, join as many med committees as you can, get to know students in both your own year level and in year levels above who you can contact if you have any questions. Furthermore, try to take each day as it comes rather than thinking too far ahead. Get to know the structure of first semester – the different subjects, familiarise yourself with all the different links on FLO (don't worry, this is a challenge for everyone!), have a look at the different assessments and when things are due. If you are struggling, get together with some friends and work through things as a group. Finally, keep each other updated and be friendly! Med school is NOT a competition. Always support each other, ask each other questions and answer when someone needs help.

What are some study tricks for MD given the large volume of content?

Everyone has different ways of learning and note-taking, but here are some strategies you may consider:

- Complete your lecture notes based on the PowerPoints uploaded on FLO before the lecture itself. This means you can try and understand the content presented in the lecture (particularly if you are watching it live), rather than be pre-occupied trying to write everything down and listen at the same time.
- Some students like organising their notes under each of the different learning objectives to ensure they have covered all content for the week. You may find that in some weeks, one of the learning objectives has a lot more content than others – this is normal! Structure your learning according to the density of information under each of the learning objectives.
- If you are struggling to understand concepts, Osmosis (membership provided free for medical students by the college) is a greater resource with hand-drawn video tutorials. Please also refer to the additional educational resources we have recommended in this guide to support your learning.
- In first year, particularly if you are of a non-science background, you may find that there is a lot of terminology you are unfamiliar with and this can make it difficult to follow the content being presented. We would recommend making your own dictionary of medical terminology and also try and use this jargon when you are communicating with medical students to become more comfortable and familiar with it.
- Try and understand your notes rather than memorise them, as this is much better for long-term retention and application of knowledge.

How are progress decisions made?

During orientation week and throughout the semester, the staff in the College will give you information on this. Don't worry about this too much right now, as you will become much more familiar with this process once the year starts.

How can we maintain the right work/life balance?

Because of the way the course is structured, especially in Semester 1, weekends are the perfect opportunity to catch up with friends, have some me-time and take a moment to step back and breathe. Do not over study – this is not sustainable. Your mental health and wellbeing always come first.

I'm a bonded student, what does this mean?

As a bonded student, you will need to complete a non-continuous three-year placement in an area of need after you graduate within 18 years of completing medical school. Please click [HERE](#) for more information. The "What are the reforms?" fact sheet contains helpful, updated information. Furthermore, once the year starts, you will need to send in signed forms the program will email to you more than once in semester one – do not forget!

When do you first find out about MDRS and how soon can you apply?

You find about PRCC in Semester 1. You will be given plenty of information about this from the staff so don't stress. Remember, even if you aren't a PRCC student when you start the course, you can choose to be based in a rural location in MD3. You will be asked to put in your preferences for which site you would like to be located in and can also put in a special needs form, for example if you cannot move out of Adelaide due to health, family, economic reasons etc.

Can you hold a job when in medicine, if so, how many hours a week?

You certainly can have a job in medicine. In fact, most people do! Try to avoid working on weekdays or, if you have to, work earlier in the week (not Thursday night as iRATs are on Friday). Working on weekends is very much possible in first semester. We would recommend working about 10 hours a week, but you need to determine this yourself. Perhaps give yourself 2-3 weeks without work, see how you are going and then put in work availability. Keep your manager at work informed that you are starting med school hence there may be some changes to your availability. The timetable changes in Semester 2 with the addition of dissection so you may need to reconsider your working hours from Term 3.

Is there anything you recommend us doing in the holidays leading up to med to prepare ourselves? Start

organising your compliance documentations and immunisations. Source records of your previous immunisations to provide as evidence. Keep an eye on your emails for important information from the staff. You may also want to visit the campus before starting the year so you are familiar with where things are!

Is it possible to do some travelling in medicine?

For sure! Just make sure your travel dates are aligned with the term dates we have provided in the guide. There is an opportunity to travel to a rural location or Darwin in MD3 for the entire year. In MD4, there are opportunities to travel internationally. Outside of the curriculum, there is an amazing opportunity called F-GAP (organised by HHRG) in which you can apply for a two-week overseas placement during the holidays in locations such as Nepal, South Africa and India!.

FMSS Contact Details

Facebook and Messenger: Flinders University Medical Students' Society

Cohort Page: Flinders Medicine 2026

Instagram: fmssofficial

Snapchat: flindersmedss

Website: <https://www.fmss.org.au/>

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