

June 2019

ACMA

Newsletter





Contents

ACMA presidential address

YACMA presidential address

Recent events

Collaborative Health Talk
Testimonials

An interview with Tony Fernando

Food review

Editors address

ACMA Presidential Address

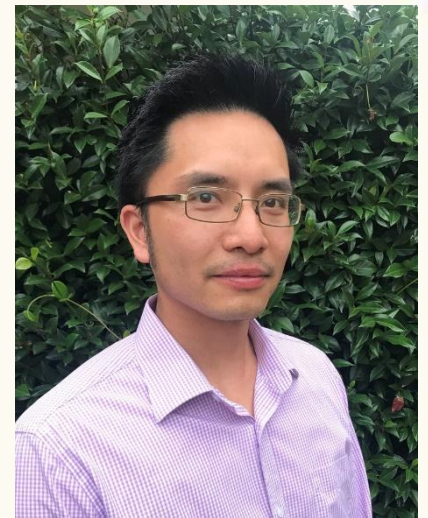
Dr Carlos Lam Yang

Dear fellow members

WELCOME

Welcome to your second ACMA newsletter for 2019. How time flies and now we are in the midst of winter and the dreaded flu and measles season! Please get immunized if you have not already done so to avoid the dreaded lurgy.

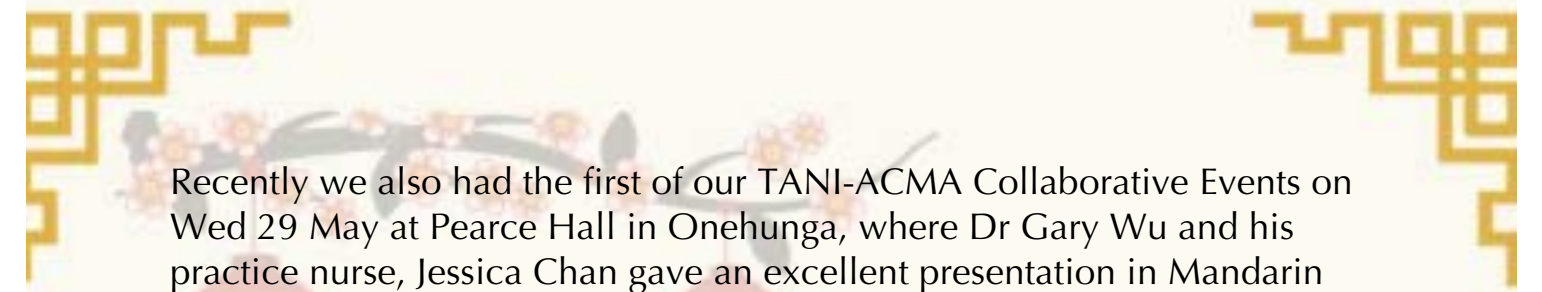
A lot of things have happened in the last 2-3 months in the “ACMA-sphere” and these are listed below:



COMMUNITY EVENTS

We had our first collaborative event with the Tzu Chi Buddhist Foundation and CM Health on Sat 27 April where Drs Derek Luo and David Wu gave talks about bowel screening and the flu respectively. We also had the YACMA students out en force to run our Health Check stall which was very well-received and all the volunteers were later treated to a Buddhist Book of Aphorisms as well as a delicious vegetarian lunch. See the website and the rest of this newsletter for more photos.

I also gave a talk about mental health to a group of mainly Chinese folk at the Seniors Pampering Event on Sat 11 May at Otara that was organized as a collaborative effort between the local Otara-Papatoetoe Board and Auckland Council. That was also quite well-received and I was treated to some yummy dumplings as well as a long chat with a Niuean lady about her long career as a nurse assisting a GP with circumcisions for cultural reasons. It was a very enlightening experience for me and I got to experience the lovely hospitality of the Chinese and Pacific Island communities. More photos will be found on the website under Past Events.




Recently we also had the first of our TANI-ACMA Collaborative Events on Wed 29 May at Pearce Hall in Onehunga, where Dr Gary Wu and his practice nurse, Jessica Chan gave an excellent presentation in Mandarin on the flu as well as other respiratory illnesses. There was a large turnout of mainly Chinese elders, many of whom asked Dr Wu and Jessica many questions at the end of the talk. The talk was a great success judging from the feedback received (see later on in this newsletter). We hope to hold many more of these collaborative events throughout the year. A big thank-you goes to Dr Gary Wu and Jessica Chan for taking time out of their busy clinic to give a talk on a Wed morning!

CME #2

Our second CME event, kindly sponsored by Dr Derek Luo, took place on Sun 5 May for the first time in the Wynyard Quarter at the new Lantern Sea Restaurant. We had a diverse line-up of speakers as usual. Dr Tien Hui Lim gave an excellent presentation on common conditions associated with diarrhoea and how to manage them in primary care. Mr Ray Lau then explained to us about Age Concern for Chinese elderly and the current trial of a translated version of the Advanced Care Plan. Finally, we had Mr Morris Pita who gave us an interesting talk on technomedicine – specifically about the EmergencyQ app that he created to monitor waiting times at various hospitals and urgent care clinics. The food was very well-received and it was good to see members actively engaged in networking with our speakers and each other. For those who would like to access a Powerpoint version of the talks, please email me on president@acma.org.nz. Photos of the CME can be accessed on the ACMA website under Past Events > 2019 > May CME 2019 (<http://www.acma.org.nz/2019-events>).

ACMA SHIELD

This is another reminder to our members to look out for any deserving members for our ACMA Shield. If you know either through word of mouth, local or national media about some notable achievement of one of our members, please also inform me through my president@acma.org.nz email.



WEBSITE

You should now be able to advertise your clinic and for locums here and also access the Public Doctors' List. Please also email our secretary on secretary@acma.org.nz if you would like to be featured on our Public Doctor's List 2019. This is now available for downloading and viewing. Please check out our list of Past Events.

HOUSEKEEPING

I also encourage all those members who have not paid up to pay their subscription <https://goo.gl/forms/A2iEYpYrX3bCelDh1> and email the membership secretary on membership@acma.org.nz. If you have any contacts with any companies or organizations that would be keen to sponsor ACMA events, please email our sponsorship co-ordinator on sponsorship@acma.org.nz. We also aim to do a newsletter every 2-3 months. If you have anything you would like to contribute to the newsletter or would like to be interviewed for a newsletter, please email editors@acma.org.nz.

SAVE THE DATES

GP Conference in Rotorua – featuring Dr Derek Luo, Andrew To, Carlos Lam (workshop on East Meets West) – 830-1030 on Sat 22 June.
CME #3 – Sun 30 June (Grand Harbour Chinese Restaurant)
Winter Social Event: ACMA Quiz Nite – Sat 27 Jul (Greenlane Medical Specialists)
CME #4 – Sun 25 Aug (Hee's Garden) – NB Yum Cha session
AGM 2019 – Sun 10 Nov (Imperial Palace Chinese Restaurant)
Summer Social Event: Beach Clean Up and BBQ – Sun 8 Dec (Mission Bay)

YACMA Presidential Address

Dear members,

Can you believe we're already half-way through the year? We have had some awesome events and some of the most exciting ones are coming right up.



Looking back, we've had an awesome first half of the year. We've been active in the community with our students engaging both with our parent organisation ACMA as well as the general public in community health events. We've established new partnerships with organisations such as the Tzu Chi foundation and community organisations all around Auckland.

It's been awesome getting both old and new students involved with the always popular Yumcha. Many thanks to both MAS and ACMA for making this possible and one of our most successful food outings to date!

Coming up just around the corner is our annual Retreat which will be at Blue Lake, Rotorua. This year, it's shaping up to be the biggest camp we've ever held. We hope you are just as excited as our team for this awesome getaway to relax, have fun, and meet some new people!

Next semester, we have our Quiz night and Communication skills workshop to get amongst. Don't forget to look out for our Careers Evening where we will have a panel of awesome doctors across different specialties to come and share their gems of wisdom.

A huge thanks to all our executive members for making what we do possible and our members for getting behind all our events. We hope you enjoy the rest of the year!

Best,
William Xu

2019 Executive Committee

2019 ACMA executive

Carlos Lam	President/ Events Coordinator
Andrew To	CME Coordinator/ CHAINZ Founding Member
Derek Luo	Sponsorship Coordinator/ CHAINZ Founding Member
Adrian Wan	Treasurer
Vicky Tai	Secretary
Gary Wu	Mentorship Coordinator
Kevin Liu	RMO Rep
Brian Tse	Social Rep
Michelle Wong	General Committee
Gee Hing Wong	General Committee
Wilson Young	General Committee
Stanley Loo	General Committee
Cliff Ah-Kit	General Committee
Boris Yow	General Committee
Ang Liu	General Committee
Brian Yeom	Webmaster

2019 YACMA executive

William Xu	President
Nicholas Quek	Membership Secretary
Sarah Liu	Treasurer
Ye Li	TI Rep
Katherine Sung	5th Year Rep
Kevin Yi	4th Year Rep
Aimee Meng	Pre-clinical Rep
Dylan Lee	Pre-clinical Rep
Nelson Song	Pre-clinical Rep
Johnson Cheuk	Mentorship Coordinator
Ahmad Habib	Editor
Antonia Feng	Editor
Brandon Hoon	Editor
Jonathan Luo	Editor
Tianwei Liu	Webmaster



Recent Events

YACMA Yum Cha

On the 13th of April, members of YACMA gathered for one of the most anticipated events of the year, the YACMA yumcha. The event kicked off with some pre-yumcha games at Albert Park organised by our lovely preclinical reps. This included the Easter Egg Hunt which was very fitting for that month and involved everyone running around in search of chocolate eggs. After the great bonding session we made our way down to China Yum Char Restaurant near Britomart. Once we all arrived and were seated, a variety of dim sum was immediately served at our tables ranging from BBQ pork buns to spring rolls, siu mai and prawn dumplings. Everyone seemed to have an enjoyable time talking to other students and eating good food. A big thank you to Neville and MAS for sponsoring this event and China Yum Char Restaurant for hosting the event, it is greatly appreciated!



April Community Event- Tzu Chi Foundation



On the 27th of April, ACMA worked together with the Tzu Chi Foundation in their community event to bring our free health checks to East Tamaki. The event featured a number of talks on relevant health topics, such as the importance of flu vaccinations by Dr David Wu and bowel cancer screening presented by Dr Derek Luo. The YACMA volunteers were dedicated and patient with the visitors, a lot of whom were of the older generation. They were able to put their clinical skills into use with the supervision of overseeing ACMA doctors, to provide our visitors with accurate measurements. As a reward for their hard work, afterwards the Tzu Chi Foundation were kind enough to provide all the volunteers with a yummy, wholesome meal!



CME #2



Lantern Sea on the Viaduct was the location of the second 2019 CME held in May. The CME was well attended by members of ACMA and YACMA alike. The event began with the presidential address by Dr. Carlos Lam, followed by an ACMA update. Dr. Tien Hui Lim gave an excellent CME presentation on post-colonoscopy management of diarrhoea. This CME was very informative for all attendees as colonoscopy is a common and routine diagnostic test in New Zealand with bowel cancer being a very malady within our population. Following this, Ray Lau who is a social worker and Chinese Service Co-ordinator at Age Concern presented an educative CME on Age Concern and Advanced Care Plan for Chinese people in New Zealand. The night was finished by Morris Pita who is the founder of the EmergencyQ App. He gave a speech on the use and place of the EmergencyQ app in our healthcare system, as well as how it can relieve the strain put on emergency services. The night was finished by a scrumptious dinner and active networking across ACMA and YACMA members!



Collaborative Health Talk

Testimonials



- Today's Health Seminar let me get a general & systematic recognition of respiratory disease. At the same time, I have gotten more clear information and understanding of the medicines for this disease. This Health Seminar is beneficial for me.
- Today's presentation was very marvellous. I have learnt a lot of information and knowledge about respiratory disease's symptoms, treatment methods and how to prevent this kind of disease. Wish to have another seminar regarding cardiovascular disease.
- Learnt from today's seminar: Prevention of respiratory disease; Do not take medicine randomly; How to take a deep breath correctly... Hope to run this seminar more often.
- Learnt knowledge about how care for our respiratory tract. Thanks to Dr Wu's patient explanation at the seminar. The presentation by lovely Ms Jessica also was very carefully explained and quite clear. Thank you! Keep going!
- The speaker's presentation was very good and clear. Doctor used medical and health knowledge to explain what are the reasons, symptoms and treatment about respiratory disease. It's better to give some more information about the medicine's side effect and limelight



- From today's seminar, I started to know: 1. what is the difference between the cold & flu. The flu will affect our whole body, and the cold will just have local symptoms; Bronchitis is commonly with asthma. 2. We need to be careful to use medicine safety, different respiratory diseases should use different medicines.
- Understand classification of respiratory disease; understanding of medicine usage for some respiratory diseases; the speaker's presentation was very clearly and logically well organized.
- Today's topic of respiratory health is very important. All attendees were listening carefully during the presentation by the speaker.
- What I have learned from today is helpful to my body.



Meeting with the World

Association of Chinese Doctors

Derek Luo, Andrew To, Wilson Young, and Carlos Lam met up briefly at Lantern Sea on Sun 5 May with a delegation of four doctors from the World Association of Chinese Doctors (WACD), who came from Beijing following a detour to Sydney. We discussed the aims and membership of our organization and they invited us to their annual conference in Beijing in Oct 2019. Their aim is to network with as many groups of Chinese doctors worldwide and learn from each other's health systems and share knowledge. It was a very useful and informative meeting.





Upcoming Events

Rotorua GP Conference

22nd of June

CME #3

30th of June

YACMA retreat

5th to 7th of July

Winter Social Event: ACMA Quiz Nite

27th of July

YACMA Quiz Night

Semester 2

YACMA communication skills workshop

Semester 2

CME #4

25th of August

AGM 2019

10th of November

Get hyped for YACMA retreat!

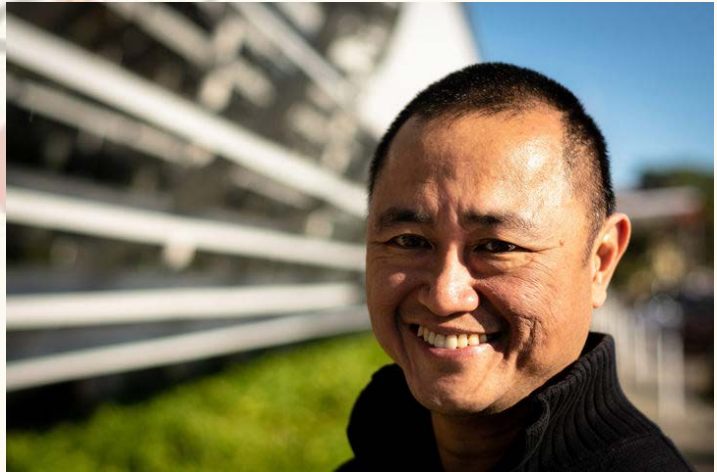
Welcome to the latest edition of the most legendary and unmissable event of the year! The sparkling crown jewel of the YACMA calendar, this retreat promises to be an absolutely excellent time and never fails to deliver!

To take a few days off during this inter-semester break, take a few of your friends and ALL YOUR HYPE for the time of your life with us! Whether you're new to YACMA or a YACMA lifer, this event has a little something for everyone and everyone is welcome.

This year, we will be returning to the Blue Lake Holiday Park in Rotorua, during the 5th to the 7th of July. Come with us for a chill road trip full of laughs, memories and friendships. It's honestly just a lovely time and a wonderful experience.



An interview with Tony Fernando



Could you tell us a bit about yourself?

"I have a few jobs, I'm a lecturer for the med-school, a psychiatrist who specializes in sleep medicine, and I'm also involved in research areas such as mindfulness, compassion and well-being."

What sparks your interest in this path?

"When I was a medical student doing clinical placements, I entered a psych ward with a lot of unwell, 'psychotic' people and I felt like... at home. Intellectually, I found it very stimulating and was just wondering about what's going on in people's minds that made them so unwell. I've always been interested in how the mind works. I was very intrigued about what was happening in people's brains that made them so sick. Because when the mind is functioning well, it's great. But when it's not, it's incredible suffering. Not just for the person but for everyone around them. So I was drawn in by this field and I was good at it, which made it an easy match for me."

How did you get to where you are today?

"I did med school in the Philippines then flew to the US for my internship and registrar training. I liked paediatrics and psychiatry, so I had to decide between the two as I was being offered positions for them in different residency programmes in the US. I was interviewing in both psychiatry and paediatrics, but after a while, I was just tired of interviewing because you had to fly all over the US for interviews. So I just followed my heart and did psychiatry. I do like paediatrics, it's a close second if I really looked at it, but what I wanted to do for the rest of my life, something that really intrigues me is psychiatry. This is not always the case for most doctors. You're lucky if you find your passion. Passion and interest are important aspects which contribute to yourself staying in this field for most of your life. Second is also your skill set, because if I really like surgery but I am bad at it then it's not a good mix. Also factoring in the other aspects of your life, are you willing to spend this much time in these specialties, like there are some specialties that are very demanding on your life so you have to factor that in. I am not sure in NZ, but we factor in student debts in the US, so they choose specialties that can help pay off their debts. You're talking about debts of a few hundred thousand dollars. So for many of them, even if they wanted to do family medicine or what we call general practice or psychiatry and paediatrics which is relatively lower pay compared to procedural practices, people will say, 'oh I'd rather do something procedural to pay off my debts'. So I hope that it's not a factor here."

Can you tell us a bit more about your speciality?

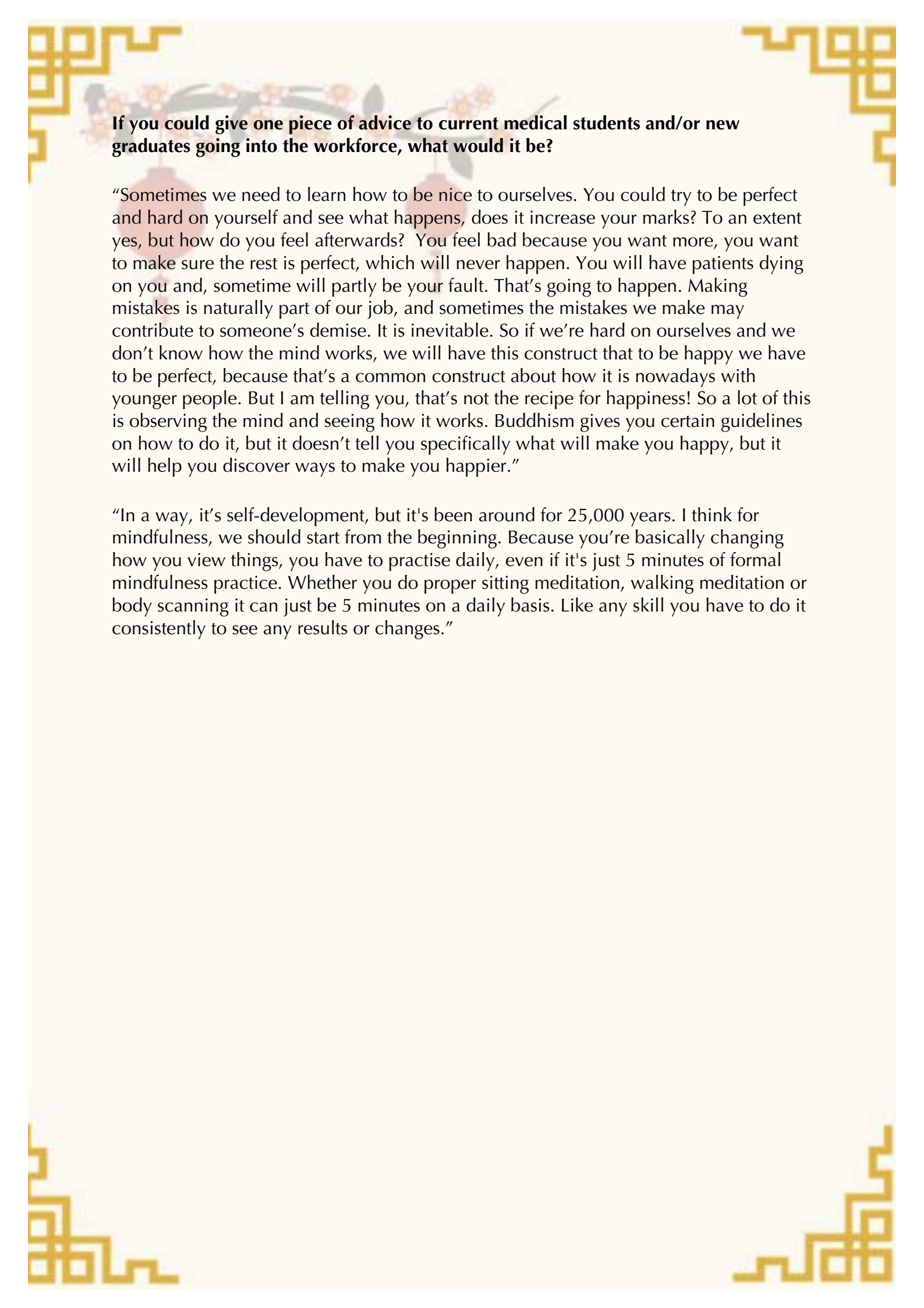
“Sleep medicine is actually a multidisciplinary field in the US. It involves psychiatrists because a big portion of sleep conditions are actually heavily influenced by mental health. So sleep specialists can be psychiatrists, respiratory physicians because of sleep apnoea, neurologists and anaesthetists. And also the ENT folks, any of them can be part of sleep medicine.”

What is mindfulness and the importance of it?

“True mindfulness is not just breathing, a lot of people think mindfulness is just focusing on your breathing and breathe, that’s stupid. Breathing is only a very small aspect of mindfulness. It's really about noticing what goes on in your mind. Why are you all of a sudden anxious? What happened before that? What are the triggers? What are the causes of your anxiety? You become anxious because you want something different, because you let the mind just constantly fantasize about the worst scenarios. What you can do is that to notice your anxiety first. Then you notice the factors that can make it worse, and find out what are the mindful approaches that can calm it down. Does breathing work? Yes, but just noticing the anxiety works too. It’s very empirical and, in a way, atheoretical. It doesn't tell you this is how it is. You’re given guidelines on how to observe the mind, how to observe your feelings and how to observe your emotions. From there you might realise you are actually in a lot of suffering because you don’t want to be where you are right now. But, then an alternative is to accept this is where you are right now and after a while you’ll notice that your suffering drops. For me, that’s an incredible technique compared to a psychologist saying you suffer because of this.”

“So, learning about suffering and what makes you feel good and what is meaningful based on your own experience for me is incredible knowledge. It’s experiential knowledge versus learning from someone who tells you this is how it works. Buddhism mindfulness encourages that. It’s actually not starting from, “because you are sinful, you suffer”, or, “because you are greedy, you suffer”. It starts from, “ok try to be greedy, have as much chocolate as you want”, and see if it makes you happy. Then you realise well maybe 3-4 pieces is enough and then you learn that moderation is important. You come to your own conclusion. So a lot of the monks or teachers focus on traditions such as Thai forest traditions. There are many different varieties but all have the goal of unconditional happiness despite them coming from different paths.”

“For example, the Thai forest tradition approach is about observing. Today I had lunch in a Japanese restaurant on K road and there was a lady outside who was begging with a sign for food. I had the option of ignoring her or giving her a couple of minutes and to talk briefly. So we went to the restaurant and I got her a \$5 teriyaki chicken rice, very simple and she was really appreciative and grateful. For me, by being kind it made me happier than making ten thousand dollars. Buddhism also talks about that, so try to see if you can be helpful to others and how that makes you feel. A lot of it is about discovering your nature, for me the part involved in mindfulness, compassion and Buddhism are very personal because it gives me meaning, it makes our crazy life a little saner. Because all of us are cracked, and all of us have warps and drama and baggage. But it’s about accepting that, working with it and being kind to one’s-self.”



If you could give one piece of advice to current medical students and/or new graduates going into the workforce, what would it be?

“Sometimes we need to learn how to be nice to ourselves. You could try to be perfect and hard on yourself and see what happens, does it increase your marks? To an extent yes, but how do you feel afterwards? You feel bad because you want more, you want to make sure the rest is perfect, which will never happen. You will have patients dying on you and, sometime will partly be your fault. That’s going to happen. Making mistakes is naturally part of our job, and sometimes the mistakes we make may contribute to someone’s demise. It is inevitable. So if we’re hard on ourselves and we don’t know how the mind works, we will have this construct that to be happy we have to be perfect, because that’s a common construct about how it is nowadays with younger people. But I am telling you, that’s not the recipe for happiness! So a lot of this is observing the mind and seeing how it works. Buddhism gives you certain guidelines on how to do it, but it doesn’t tell you specifically what will make you happy, but it will help you discover ways to make you happier.”

“In a way, it’s self-development, but it's been around for 25,000 years. I think for mindfulness, we should start from the beginning. Because you’re basically changing how you view things, you have to practise daily, even if it's just 5 minutes of formal mindfulness practice. Whether you do proper sitting meditation, walking meditation or body scanning it can just be 5 minutes on a daily basis. Like any skill you have to do it consistently to see any results or changes.”

Food Review

Continuing on with the theme of Yum Cha, the editors decided to go to Pearl Garden in Newmarket for some dim sum which conveniently is also relatively close to Grafton campus. The environment of the restaurant was very welcoming with matching teapots and teacups that were very aesthetically pleasing. We had never come here for Yum Cha so decided to start with some typical dim sum dishes including siu mai, har gow and cha siu



bao. We all enjoyed the dishes thoroughly and thought that they were very authentic. We especially liked the har gow and even ordered a second round of them! The skin of the dumplings were very light and delicate whilst the shrimp filling was juicy and flavourful. There wasn't anything in particular that stood out in regards to the siu mai or cha siu bao that stood out however they were still delicious and tasted of the classic dim sum you would expect at Yum Cha. We also ordered the beef rice noodle roll where the skin had a very nice smooth texture and the beef was cooked to a point of being quite tender. It had the perfect hint of sweet combined with a salty flavour that wasn't too overpowering which we especially enjoyed.

We ordered some egg tarts to end the lunch on a sweet note. They looked very appetizing with a glossy egg filling and a flaky pastry. The tart had a good level of sweetness and texture although the pastry was a bit crumbly which made it slightly difficult to eat. Our stomachs and cravings were satisfied on only \$15 each, although each dish ranged from \$5- \$7 which isn't particularly cheap. But taking into regard the environment and the food, we believe that it is worth the price that you are paying for. The service was spectacular and we were well looked after by the waiters with constant tea refills. Overall, we enjoyed the Yum Cha experience and would recommend it to anyone who is craving some dim sum.



Message from the editors

A warm thank you from the editors for reading this entry! We have genuinely enjoyed writing this edition, and have relished the events which we have showcased. We are looking forward to the YACMA retreat which we anticipate wholesome bonding opportunities across all year levels. With the inter-semester-break imminent, we are excited for a well-deserved break from studies, to hopefully come back to Semester 2 refreshed and in full gear. The year so far has proven to be challenging as we went the next stage of our medical education, but we have found that the ACMA and YACMA events are a fun way to take time off for a bit of a breather. It has also been a pleasure to meet many of the ACMA and YACMA members at these events.

We hope everyone reading has enjoyed the first half of 2019, and we furthermore wish everyone a spectacular rest of the year!

If anyone has any feedback for us about the formatting and/or content of the newsletters, please do not hesitate to get in contact with us at our email:

editors@acma.org.nz



Looking for a permanent GP

Message: *'Friendly, busy Cornerstone accredited practice on the North Shore looking for a permanent part time GP for 3-7/10ths. Can be flexible initially with view to increase to 7-9/10ths over time. For a confidential discussion please contact Practice Manager, Jo on 09 419 1636 or email northshoregppractice@gmail.com '*



N.B. There is an online noticeboard on the ACMA website for those who want to put similar listings on