



the
acma
newsletter



JANUARY 2017

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PRESIDENT'S ADDRESS

Dr. Derek Luo



Dear Member,

This is my final address as president. I hope everybody has had a good break over the holiday period and managed to have a break with friends and family. 2016 has been another productive year for ACMA and we look forward to welcoming 2017 and the year of the rooster.

As well as thanking all members for your ongoing support and membership, I would like to thank the 2016 **executive committees** both ACMA and YACMA for their hard work. Without them we would not have been able to arrange the myriad of events that we have had over the last 12 months.

ACMA 2016

– Derek Luo	President/CME
– Andrew To	Vice President/ Community Health Awareness
– Adrian Wan	Immediate Past President/ Treasurer
– Karen Chung	Secretary
– Cindy Ou	Membership Secretary
– Carlos Lam-Yang	Events Co-ordinator
– Alwin Lim	Social Rep/ RMO Co-ordinator
– Paul Cheng	General Committee Member (CHAINZ)
– Kristine Ng	General Committee Member (Mentorship)
– Eileen Zhou	General Committee Member (Mentorship)
– David Wu	General Committee Member
– Michelle Wong	General Committee Member (YACMA Affairs)

YACMA 2016

– Karen Chung	President
– Cindy Ou	Membership Secretary
– Eileen Zhou	Mentorship Officer
– Kevin Liu	6 th Year/TI Representative
– Vicky Tai	5 th Year Representative
– Mina Han	4 th Year Representative
– Brian Yeom	Preclinical Representative
– Fuma Naito	Preclinical Representative
– Ye Li	Preclinical Representative
– Wendy Pang	Webmaster
– Catherine Tian	Newsletter Editor
– Eileen Song	Newsletter Editor
– Jonathan Chang	Newsletter Editor
– Katy Kim	Newsletter Editor

Progress and Achievements 2016

In terms of **community work**, we kicked off the year (22/1/2016) with the Chinese New Year event, followed by the Botany Community day (5/3/2016) and the HK university alumni association health talk (15/5/2016). We continued our tradition of **social gatherings** – Laser tag (28/2/2016), Rock climbing (21/5/2016) and Bowling (31/7/2016). For our regular **CME programme** we had a Head and Neck update (6/3/2016), Hepatitis Update (19/6/2016), Fertility update (7/8/2016) and Respiratory update (13/11/2016). This year's highlight was the ACCMA conference in Waipuna (9/4/2016). The turnout and feedback from this was excellent. To support our student members we have an **YACMA careers evening** (26/9/2016) and thanks to Kristine Ng and Eileen Zhou for an outstanding job with the **mentorship programme**. Our YACMA president 2016 Karen Chung, completed a summer studentship interviewing members and making educational videos. This has been presented at our CME as well as at the CAHRE conference, well done!

The year ahead 2017

Looking ahead to 2017, I have passed the baton to the very capable Andrew To who is your new president. We have many things to look forward to including ongoing community work opportunities, mentorship, ACMA conference (East Meets West 8/4/2017), Asian Health Day – East Health Trust and of course our usual CME and social programme as well as YACMA events.

I would like to thank all the members for your support over my two year tenure. It has been my pleasure serving our organization. I will continue to serve as Immediate past president and CME co-ordinator for 2017.

Happy Year of the Rooster, may 2017 bring you good health and prosperity.

Dr Derek Luo
ACMA President 2016
president@acma.org.nz



RECENT EVENTS

ACMA AGM 14/11/16 Imperial Palace

To round up 2016, the ACMA AGM took place at the Imperial Palace on 14th November and was sponsored by ACMA itself. There was a great turnout once again, with CME started off by our first guest speaker, Dr Conroy Wong from Middlemore Hospital. Dr Conroy Wong gave the audience an in depth update of the respiratory system, focusing on bronchiectasis in particular. Next up, Dr Andrew Wong from Mercy Ascot, lead us through the exciting areas of health innovations.

The AGM aspect of the night then commenced. Annual reports were given by the President/Vicepresident, Treasurer, YACMA President and Mentorship Co-ordinators with regards to ACMA's various involvements and achievements in 2016. Excitement and applause then filled the floor as the two winners of the TI Elective Scholarship Awards were announced – congratulations to Vicky Tai and Gerald Lee! There was then the voting for the 2017 ACMA executives (listed below). Along with the delicious dinner, it was a wonderful time to celebrate what a year 2016 has been for ACMA, as well as the beginning of a journey for the new executives!

Slides from the CME will be made available soon on our website <http://acma.org.nz/>



ACMA Executive Committee 2017

Dr Andrew To	President/ CHAINZ	Dr Kristine Ng	General Committee Member (Mentorship)
Dr Derek Luo	Immediate Past President/ CME Co-ordinator	Dr Gary Wu	General Committee Member (Mentorship)
Dr Carlos Lam-Yang	Vice-President/ Events Co-ordinator/ Webmaster	Dr Joey Siu	General Committee Member (RMO)
Dr Adrian Wan	Treasurer	Dr Kevin Liu	General Committee Member (RMO)
Dr Alwin Lim	Secretary		
Joevy Lim	Membership Secretary		

ACADEMIC – YACMA Careers Evening

On the 26th of September last year we had our annual careers evening, here we had many doctors come in from a variety of specialties to talk to the students and to give them an insight into what life is like after graduation. Students from all levels attended with good numbers of students present from both pre-clinical and clinical years. All the speakers gave exceptional presentations and many also gave quite humorous presentations to better engage with the audience. Overall, the careers evening was a successful night and many students said that they found the night to be very interesting and helped them to broaden their perspective on the various specialties that are in medicine. Many thanks to the following speakers for giving up their precious time and sharing their wisdom; Dr Joyce Tai, Dr Andrew To, Dr Iris Chan, Dr Cindy Ooi, Dr Tina Sun, Dr Carlos Lam, Dr Joan Yeung, Dr Michelle Wong, Mr Andrew MacCormick.



TI Elective Scholarship Winners:

The ACMA Elective Scholarships were established to provide financial assistance to Young Auckland Chinese Medical Association (YACMA) members in their sixth year of the MBChB programme at the University of Auckland to undertake an approved elective. The scholarship committee had a very difficult decision to make, but after thorough consideration, the two award recipients were finalized.

Congratulations again to: **Vicky Tai** and **Gerald Lee**

YACMA AGM

16/10/16

Paradise BBQ

Our last AGM of last year was held on the 16th of October at Paradise BBQ in the city. Here we had some delicious Korean BBQ and also elected our YACMA Executive Committee for 2017. Turnout was strong as students from all years turned up to support those running. After speeches from all the potential candidates votes were tallied up and the elected students were announced. We hope that this year's committee have as much fun running YACMA as we did as they work to ensure that YACMA has another successful year.

YACMA Executive Committee 2017

Ye Li	President	Joey Lim	Membership Secretary
Brian Tse	6 th Year/TI Representative	Vicky Tai	Mentorship Officer
Karen Chung	5 th Year Representative	Jaja Buabut	Newsletter Editor
Eileen Song	4 th Year Representative	Liam Davis	Newsletter Editor
Daniel Wen	Preclinical Representative	Steven Ling	Newsletter Editor
Katherine Sung	Preclinical Representative	Thita Uiyapat	Newsletter Editor
Vicky Huang	Preclinical Representative	Jonathan Chang	Webmaster



Mentorship Programme

The mentorship programme is one which links clinical students with ACMA doctors. It was hugely successful and popular this year, and we only intend to build on it and create an even better learning experience for students in 2017. If you would like to become an ACMA mentor, please contact: **Dr Kristine Ng**, **Dr Gary Wu** (2017 ACMA mentorship coordinators), or **Vicky Tai** (2017 YACMA mentorship coordinator) for more information, we would love to hear from you!

Dr Kristine Ng (ACMA mentorship coordinator) and Eileen Zhou (past YACMA mentorship coordinator) would also like to acknowledge and thank the following ACMA members who were mentors in the 2014-2016 ACMA/YACMA mentorship programme. We appreciate the time they have given and contributed to the success of this programme.

Some of these mentors will remain in their roles for the 2016-2018 programme. This is a testament to the commitment and dedication that they have to the programme which is wonderful. The programme would not be a success without the mentors giving up their valuable time to our YACMA members.

- | | | |
|-------------------|--------------------|--------------------|
| – Dr Derek Luo | – Dr Michelle Wong | – Dr Caroline Wang |
| – Dr Andrew To | – Dr Linus Wu | – Dr Albert Ko |
| – Dr Wilson Young | – Dr Paul Cheng | – Dr Pui Ling Chan |
| – Dr Colin King | – Dr Thomas Doo | – Dr Kristine Ng |

ACADEMIC – 4th Year MOSCE

The 4th year MOSCE was held on October 30th and was run by the generous upper years. The aim of this event was to provide a formal context and environment for the 4th years so that they can better prepare themselves for their upcoming OSCEs.

The system involved having two pods of five stations; where the first cycle commenced at 9am sharp and the second cycle at 10:35am. The tutors demonstrated and provided helpful advice where needed – it was a great opportunity for the 4th years to receive handy tips and ask one on one questions. A huge thank you to all the tutors who volunteered to take part. Overall it was a successful session and we look forward for its return in 2017!

ACADEMIC – 3rd Year Weekly Clinical Skills Tutorial

Third year medical students are introduced to ward rounds in the second semester and are expected to practice as well as perform their clinical examination skills in the OSCE examination at the end of the year.

This year, YACMA once again demonstrated its supportive and encouraging characteristic through the hosting of weekly clinical skills tutorials held and run by older medical students Pisek, Jin Soo, Karen and Vicky. The tutorials would focus on a wide range of skills, including but not limited to techniques for cranial nerve examinations, gastrointestinal system examination, bedside manner etc. A huge thank you to Pisek for creating online polls asking for suitable times and for organizing material and resources for each of the tutorial sessions.



UPCOMING EVENTS

Charity Events

Chinese New Year Community Event
Asian Health Day – East Health Trust PHO

21st January 2017
29th April 2017

CME

1. 5th March 2017
2. June 2017
3. August 2017
4. November 2017 AGM

East Meets West – 2017 ACMA Conference

8th April 2017

The ACMA conference subcommittee has been working very hard in preparation for the conference this year. It will be held in Villa Maria, and very exciting themes and topics will be touched upon as we look in to both the eastern and western world of medicine. Highlights to look forward to include TCM talks on Acupuncture, combined case discussions and workshops. Please keep an eye out for more information about sign-ups!

YACMA Events

- Continuation of the [Mentorship Programme](#)
- Orientation stalls
- Welcome BBQ
- Yumcha
- Quiz Night

2017 ACMA Sign-ups

Sign ups for 2017 Auckland Chinese Medical Association (ACMA) are available now! ACMA is a registered charity entity that aims to voice medical and health concerns on behalf of the community. Membership includes regular clinical meetings/dinners and a scientific conference every two years. It is a great opportunity to promote community health and health policies. Follow the link below to sign up!

<http://acma.org.nz/membership/>

CAFÉ REVIEW

Tucks and Bao



Hidden away on 19 Davis Crescent is the beautiful gem 'Tucks and Bao', a perfect place to relax and enjoy good food. Boasting exotic interiors and a chillaxing atmosphere, this restaurant newly opened in November last year and is 'ready to take Auckland foodies to another realm', serving unique and delicious interpretations of classic Asian street food. Familiar to most Asian individuals, the legendary 'Bao' (包) is the restaurant's highlight: be sure to check this place out and enjoy scrumptious fillings tucked inside the white bun (personal favourites would have to be the Low&Slow and Bao Boy). They are also now operating a takeaway system, and can cater to both small and large functions! For more information, please refer to their contact details below.

LOCATION:
19 Davis Street
Newmarket
Auckland, 1023

HOURS:
Monday - Sunday
12pm - 10pm

PHONE:
09) 520-3923

EMAIL:
hello@tucksandbao.co.nz

WEBSITE:
<http://www.tucksandbao.co.nz/>

PHOTO GALLERY

AGM 2016



- August 2014
- 2 year programme, 2
- Matching process
- 2014: 12 mentors, 5
- Feedback survey sent
- Early 2015: 15 ment
- Oct 2015: survey sent for group change

PHOTO GALLERY

AGM 2016 cont.



PHOTO GALLERY

AGM 2016 cont.



PHOTO GALLERY

AGM 2016 cont.



MESSAGE FROM THE EDITORS

Dear Readers,

Thank you for supporting our magazine! We hope that you have enjoyed our creations over the past year, as much as we have loved making them. Unfortunately we will need to say farewell as this will be our last edition as ACMA editors of 2016. We are now handing you over to the more than capable Editors of 2017: Jaja Buabut, Thita Uiyapat, Steven Ling, and Liam Davis. Once again thank you for your love and support. It has been an absolute pleasure serving ACMA and YACMA, happy year of the rooster!

Catherine Tian, Eileen Song, Jonathan Chang, Katy Kim

