

The ACMA *Newsletter*

July 2016





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PRESIDENT'S ADDRESS

Dr. Derek Luo

Dear Member,

It was great to catch up with those who attended the CME on 19th June 2016 at Grand Park. Thanks to Gilead who sponsored the event and to our speakers Dr Philip Wong with a Hepatitis B update, Dr Alwin Lim for his elective report and Karen Chung for her update on her CHAINZ summer studentship.



We are halfway through the year and so far it's been a busy first half of the year with the main highlight being the ACCMA conference on 9/4/2016 which was well received with excellent feedback all round. Thank you for your support.

On 15th May 2016 a group of YACMA students and some ACMA members helped with health checks in between talks given by members Dr KK Yam and Dr Allen Liang at the HK University Alumni Association Health talk that we co-sponsored.

We have had an ACMA/YACMA combined social, indoor rock climbing at Extreme Edge in Panmure on 21st May 2016. We need to find an activity to involve more ACMA and YACMA members. We are planning our next event in late July – more details to follow. Maybe bowling next time!

The next CME event will be on 7th August 2016, I have yet to arrange a speaker and venue but no doubt will keep you informed. If you have any particular topics that you would like to hear please let me know.

Finally, due to rising running costs organizing CMEs and conferences on our executive meeting on 19th June we propose to increase the cost of membership to \$125 dollars per annum and this will include registration for the annual conference which we will continue to run. The subscription has not gone up for 5 years. We feel that this price still represents good value and we hope that you can encourage colleagues to join up and become part of our organization.

See you soon at the next social event and upcoming CME.

Regards

Dr Derek Luo
President and CME co-coordinator
president@acma.org.nz

RECENT EVENTS

ACCMA Conference 9/04/2016 Waipuna

The ACCMA Conference 2016 presented to be one of the major highlights of the year with excellent feedback from all delegates, sponsors and speakers! Below is a recount kindly provided by YACMA President, Karen Chung, as both a speaker and an attendee:

“This year, ACMA was privileged to host the ACCMA Conference 2016 on Saturday April 9th. With the theme Chinese Health in Australasia, it was one of the most anticipated events on the ACMA calendar. The conference was held at Waipuna Conference Centre, and included a variety of talks targeted at medical professionals and Allied Health professionals. With speakers from a vast variety of specialties such as palliative care, oncology, neurology and paediatrics – It provided an opportunity for delegates to be updated on prevalent health issues.

Concurrent sessions were also held, with an emphasis on uniqueness of Chinese health and Chinese health services. Our keynote speaker Professor Shanti Ameratunga provided an enlightening talk about Asian Youth Health: Taking the Pulse of the Next Generation, and sparked curiosity in the field. We concluded the conference with a post conference dinner at the Imperial Palace, and allowed time for delegates to network and connect with other attendees, speakers, sponsors and students. We would like to thank our keynote speaker Professor Ameratunga and all the other speakers for such enlightening presentations throughout the conference. We would also like to thank our generous sponsors, as well as the organizing conference subcommittee for all their hard work.”

– Karen Chung (YACMA President)



Conference Subcommittee 2016:

Dr Derek Luo	President/CME Co-ordinator/Sponsorship	Karen Chung	President YACMA/Secretary
Dr Andrew To	Vice-President	Cindy Ou	Membership Secretary
Dr Adrian Wan	Treasurer	Kevin Liu	YACMA TI Rep
Dr Carlos Lam-Yang	Webmaster ACMA/ Venues	Brian Yeom	Pre-clinical Rep YACMA
Dr Kristine Ng	General Committee Member (Membership)	Fuma Naito	Pre-clinical Rep YACMA
Dr Michelle Wong	General Committee Member (ACMA affairs)	Ye Li	Pre-clinical Rep YACMA
		Wendy Pang	Webmaster YACMA
		Eileen Zhou	YACMA Mentorship co-ordinator
		Eileen Song	Newsletter editor YACMA



YACMA Quiz Night

On May 4th, the popular YACMA quiz night was held at Grafton. Open to all YACMA members, there was a strong turnout from all year groups. Students had the opportunity to show off their knowledge on all things no matter how insignificant, and demonstrated their chopsticks skills in a challenge where students raced to see how many small, round biscuits they could eat within a minute. In the end, the group of clinical students came out on top led by our TI representative, Kevin Liu. The event was also a great opportunity for some of the younger students to mingle with some of the more experienced clinical students. The night was a resounding success filled with laughter and plenty of food provided by the YACMA Exec team.



CHARITY EVENT – HKUAANZ Health Talk

ACMA's 3rd community event of the year took place at the HKUAANZ Health Talk held at Selwyn College, on the 15th of May. Captivating talks were given by Dr KK Yam and Dr Allen Liang, and both clinical and non-clinical YACMA student volunteers provided free health checks during the intervals. This included measuring the blood pressure, BMI, peak flow, etc. and also provided students with the opportunity to interact with the community on a one-to-one level. The event was a huge success and proved to be very popular amongst the elderly Chinese community as shown by the full theatre, the numerous interactive questions exchanged, and the bubbling chatter during the breaks!

Mentorship

ACMA and YACMA are once again working together to present an inspiring and insightful mentoring program dedicated at benefiting YACMA members. Organized by the ACMA executive, the primary aim of this innovative and beneficial programme is to bring together willing ACMA and YACMA members and help them work closely together on a one on one basis. YACMA members who would like to have an advisor guide them make certain decisions, provide career advice, notify them of opportunities, etc. are encouraged to sign up online. The sign up form on line also gives the individual preference as to which specialization they would like advice for. We would like to take this opportunity to encourage students to sign up if they are interested, as well as extend a huge thank you to all mentors who have given up their time to provide advice for and guide the mentees.



CV and Cover Letter Workshop

On Tuesday 31st of May the YACMA executive organized an informative and interactive CV / cover letter writing workshop for all YACMA members. The aim of the session was to provide helpful advice for curriculum vitae and cover letter writing for upcoming / future jobs and scholarship applications. Dr Andrew To, an ACMA's executive committee member, Vice President of ACMA and Cardiologist and Director of Cardiovascular CT at Waitemata DHB, ran the evening. The room was packed with people with students ranging from 3rd years to T1 years, and for those out of Auckland, the session was live streamed and available for view on Facebook over a 24-hour period. This was a truly informative and helpful session and we would like to sincerely thank Dr. To for his time and insightful advice.

ACMA / YACMA SOCIAL EVENT – Rock Climbing

One of the social highlights for ACMA and YACMA members happened on the 21st of May at Extreme Edge Rock Climbing in Panmure. This was a fun day where many ACMA members brought along their partners and children, to mingle with colleagues and challenge each other's extremes by the heights. It did not matter how high one could climb – what counted on the day was that each person had a lot of fun. Additionally, ACMA kindly extended an invite to all graduated YACMA members to join on the day and be a part of ACMA.

YACMA Retreat

The YACMA retreat took place in Whitianga on the 24th of June. We carpooled to the destination, and thanks to our courageous and skilled drivers, everyone arrived in one piece! The resort was spectacular, and we had the place almost to ourselves. As icing on the cake, there was a hot spa to warm the body and soul. It was the perfect place and time for clinical and non-clinical students to get to know each other.

To break more ice, the group was divided into teams to take on some fun challenges, in which Amy Zhang took home the title of 'Fastest Hot Korean Noodle Eater'! In the next round Sam Lie nailed the 'chubby bunny marshmallow challenge' where we stuffed more than enough marshmallows into our mouths. We also got a chance to show off our balloon popping skills. After all the hard work, the cooking team moved in to save the hungry souls. Dinner was followed by even more chatting and drinking. Overall it was a very successful event that brought the team together. A major shout out to the YACMA execs for organising, and thank you to all those that took part!



On the 19th of June ACMA's 2nd CME of the year was held at Grand Park Restaurant in Greenlane. A large group of ACMA doctors and YACMA students attended the event and were served a variety of delicious Chinese foods that ensured that no one left the venue with an empty stomach! On top of this, we were also privileged listen to a number of inspirational guest speakers, whom updated the attendees about health in both medical and social aspects.

First up was Dr. Phillip Wong, a Gastroenterology consultant at Auckland City Hospital, who presented about Hepatitis B and discussed in detail one of the new treatments that is now being used to fight the disease. It is fascinating to see how effective these new treatments are, and the observable changes in the lives of the patients using them! Next we had Dr. Alwin Lim, a house officer, who talked about his elective experience in his TI year. For his elective, Dr Alwin went to Papworth Hospital in the UK – this is a large hospital on the eastern side of Europe, which has one of the largest cardiothoracic departments in Europe. Hearing of his experiences on the other side of the world intrigued the audience; in particular the clinical students, giving them insight into a potential location for their own electives. Lastly, our YACMA President, Karen Chung, talked to us about the CHAINZ scholarship project that she undertook over the summer. We were walked through the aims and methods of this project, which ultimately resulted in the production of many short Youtube clips (e.g. tours of various surgical procedure rooms), aimed at the wider public.

All in all, this event proved to be a very delightful one, with speakers from all different backgrounds, focusing on a wide variety of topics. Many thanks to Gilead for sponsoring this event as well as the ACMA committee for the organisation!

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



UPCOMING EVENTS



Combined ACMA/YACMA Social Events

31st July 2016 2pm

Tenpin Bowling at AMF Bowling Panmure

523a Ellerslie, Panmure Highway, Auckland, New Zealand

CME

3. 7th August 2016

4. November 2016 AGM Date TBA

Careers Evening

26th September 2016

Enrich yourself at this event as you listen to the presentations from our wonderful doctors about their specialisations and interests. We are currently looking for speakers, but do take a quick look at the wide range of topics covered last year: emergency medicine, general surgery, anaesthesia, general medicine, gastroenterology, psychiatry, GP, orthopedics and radiology. It will be a fun social event with added educational benefits – what a perfect opportunity to mingle and network while helping yourself to food! Make sure to ask questions to prepare yourself for later years in med school and beyond! Further information will be provided closer to date.

2017 Elective Scholarship

Application closing date **1st October 2016**

The Auckland Chinese Medical Association (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. Elective work may include clinical and/or research options.

Applications are open to current YACMA members only. ONE recipient will be awarded the scholarship at the value of \$1500. Please refer to the respective emails for details on how to apply. If you have not received an email, or if you have any other queries, please contact Dr. Alwin Lim at: alwin@adhb.govt.nz

Tutorials

3rd year Clinical Skills Tutorial Date TBA

3rd and 4th year OSCE Tutorials Date TBA

INTERESTING OPPORTUNITIES

ICARE – China Medical Teams



The 2014 June medical team with the villagers of Huining County.

ICARE is a humanitarian organisation that is based and serves in one of the most deprived areas of China – the Gansu province. Their work extends in 3 main directions:

1. **Medical Teams and Disaster Relief** (in partnership with U.S. organisation Bridge To The Nations).
2. Care for Orphans, Disadvantaged Children and the Elderly
3. Agricultural community development

Existing mainly within the mountains of northwest China, the Gansu province is home to many Chinese minority groups including the Hui, Mongols, Tibetans, Kazaks and the Dongxiang. Within Gansu province, ICARE's first medical team reached out to the Huining County in 2010, providing free quality medical care to poor villagers and orphan children who might otherwise be unable to access it, while also updating local health providers on how to better serve the patients.



Since then, ICARE's teams have grown with experience; now they have trips twice every year – in June and August. Nearly 200 volunteers from twelve countries are expected to participate on their teams; and the experience involves 6 days of clinics in two villages, and impacts upon approximately 2000-2500 lives. Villagers and orphans come from all over the area – some walking for days to attend the clinics! Yet at the end of the day, many patients still miss out on treatment due to the shortage of time and medical staff. Furthermore, the diversity of care provided is highly dependent on the range of medical and health professionals available... so they are in desperate need of volunteers – **ICARE would like to welcome more New Zealanders in their quest to serve the people of Gansu!**

Teams are made up of both medical and non-medical volunteers from a diverse range of backgrounds. Medical care is provided via temporary Mobile Clinics, and surgery takes place in the operating rooms graciously provided by the Huining and Hegan community hospitals. A range of services are offered, encompassing everything from tumour removal to gynaecology, physiotherapy to pharmacy.

The need for medical and health professionals is evident, however medical students and non-medical volunteers are also essential for the teams to function efficiently. Roles include handling crowd management, translation services, patient assessment (triage), pharmacy operations, diagnostic lab tests, EKGs, dental assistance, etc. Just last year, ICARE has also employed a new Community Health Education initiative that aims to “help local villagers with chronic health problems to manage their health within the means of their own culture and financial constraints”, as stated in their most recent newsletter.

This phenomenal trip not only provides you with the opportunity to give, it also allows you to receive gifts that are often deemed priceless. Reintroduce yourself to the definitions of gratitude, respect and humility; make new companions and friends from all over the world; refresh yourself with the surrounding natural scenery and immerse yourself in the culture of Gansu – don't forget to try their famous Lanzhou 拉面(hand-pulled noodles)! Anyone who has lived this experience can tell you how rewarding it was – for both villagers and themselves.

Auckland doctor, Dr. Franklin Fung, is currently in China with the June Team, and he is happy to take any questions regarding his experience on the trip. For his contact details, or any other information on joining these teams, please contact the ICARE New Zealand representative, **Murray Cameron at murray.cameron@xtra.co.nz ; 027 5983 149**



INTERVIEW WITH A TI

Kevin Liu (YACMA TI Rep)

1. How are you finding your TI year so far; what are some of the main points of difference to the other years?

It's been great so far! One of the biggest differences is getting the TI stipend payment. Having been a broke student for 5 years and racking up a massive student loan, the money really really helps! Though it comes with a lot more responsibilities and jobs during your attachments. Essentially it's a transition year from med student to house officer. The focus changes compared with 4th/5th year where the purpose is to build on clinical knowledge and skills and exposing you to that specialty.



In TI year the focus is more on learning the skills expected of a house officer. Take surgery for example, in 4th year you're going to clinics, theatre, tutorials and doing assignments. In TI year you're on the ward doing the house officer jobs and the few tutorials you have are based around ward call content. You barely learn or do any surgery at all. Yay to less assignments though! It's also a great year because you feel (and you probably are) more useful and helpful to your team and your patients. The team engages and connects with you more now that you're more senior and also especially when you get involved and share the workload. It's a great feeling!

2. Do you have any tips for going into TI years and surviving on the wards?

Demonstrate your enthusiasm to learn and keenness to get involved with the team's activities. Engaging with your team often leads to great learning experiences on the ward, in theatre or even the staff cafeteria. Your senior colleagues will impart valuable advice and words of wisdom extracted and refined from their years of experience in practicing medicine. You will have opportunities to learn medical knowledge, learn about the system and the job as a doctor and get advice for potential career paths if you've integrated well into the team.

Stay humble, be punctual, work hard and show enthusiasm and most of the time you'll have a great experience. If you have rough times, think of it as character building. As my Dad tells me '合理的要求是訓練; 不合理的要求是磨練 (A reasonable request is a training opportunity, an unreasonable request is an opportunity to harden/temper oneself)'. It'll definitely develop you as a person and will benefit you later down the track. Every experience and encounter always has something you can take away and learn from.

3. What are some particularly memorable experiences that you've had on your runs?

Oh wow, just working in medicine means you have great workplace stories hahaha. Um, meeting the obstetrician who delivered me into this world during my O&G attachment and attending an antenatal clinic with him was very special. During paediatrics, I've been mistaken as the Dad of new-born babies by hospital staff on 3 separate occasions (2 Asian, 1 Maori) while I was in theatre with the paediatric resus team in my scrubs. Cutting the femoral nerve in a knee amputation and stitching the hand of teenage boy that was pierced right through with a butterfly knife come to mind as well.

4. Are there any specialisations on your mind and why?

Since 4th/5th year I've dreamed of becoming an ophthalmologist. After some exposure in the holidays of my 4th year and doing my 6 week selective in ophthalmology in 5th year I have just fallen in love with the specialty. It covers both fields of medicine and surgery and there are many subspecialties. The eye is a fascinating organ and vision is so precious for humans. The surgery is intricate and beautiful and the outcomes are so satisfying. I was excited like a child in a theme park when having the LASIK machine explained to me and seeing it in use. The doctors who work in ophthalmology all love their job and the work environment was amazing. During my selective I had the opportunity to observe and learn from two ophthalmologists who are well known to ACMA – Dr Shuan Dai and Dr Yvonne Ng. It was a fantastic 6 weeks and I would do it again in a heartbeat.

5. Can you please tell us a little bit about your elective and how you went about organising and preparing for it?

Oh dear haha, as I'm answering this question I'm still waiting to hear back from Boston (my elective is in August). They don't give you confirmation of placement until 1 month prior to starting which is super inconvenient and stressful. I've always wanted to do my elective in the UK or the US and my research supervisor suggested a contact who is a neuro-ophthalmology professor at Massachusetts Eye and Ear. Unfortunately I still had to go through applying through the Harvard Medical School Exchange Clerkship which has lots of hurdles to jump through like blood tests and chest x-rays for TB. Thankfully, unlike most universities in the States, you don't have to sit USMLE Step 1 to do an elective there but it is ridiculously expensive and I'll be busting most of my TI grant on it. I'm fairly confident the experience should be easily worth it all and fingers crossed I hear good news in a couple of days.

6. How has it been like to manage life outside the hospital? Has it changed much from previous years?

It's definitely busier in TI year compared to previous years and it's only going to get busier. In 4th and 5th years I could still fulfill the YACMA president role, work for ACMA, do my part time tutoring job, meet up with friends and attend some orchestra/chamber music events. This year I've had to take a step back with my work with ACMA/YACMA and haven't been able to do as much music as I would like. Thankfully my friend groups both in med school and outside of it all make the effort to meet up regularly during the year. I think I'm at a stage of coming to terms with the fact that I'm growing up from student to a working adult in society and re-adjusting my work-life balance. Having no more school holidays is also a hard pill to swallow hahaha!

CAFÉ REVIEW

Blind Basket



Blind Basket is a fairly new café nestled on Barry's Point Road, Takapuna. The place is just a few shops down from countdown and their black exterior is hard to miss. When you walk in, you'll be amazed by its perfect balance of nature and modern interior design. Its earthy atmosphere makes it a perfect place to relax with a cup of their amazing Supreme coffee. They also serve healthy smoothies, my favourite being the 'So Red' smoothie! The smoothie is already appealing with its vibrant red colour and its healthy ingredients, but the sweetness remains uncompromised.

If you're hungry, check out their Japanese and Korean inspired menu. Their dishes appear to be the conventional Western café food, but you'll be surprised by their Asian twist. Try their unique soft shell crab burger - crispy soft shell crab, seaweed, aioli and sesame buns. If you feel like a light meal, try their cabinet sushi range! My recommendation would be The Dragon Unagi Sushi Roll'

with soft shell crab filling. For those with a sweet tooth, check out their hot chocolate, home-made muffins and sweets in the cabinet. Pop in during their new extended hours!

Address: 38A Barrys Point Road Takapuna

Phone: (09) 488 9499

Opening hours: Monday 7am – 4pm

Tuesday – Friday: 7am – 10pm

Saturday: 8am – 10pm



blindbasket
BARRY'S POINT ROAD



QUIRKY MEDICINE

Mike Natter – Instagram



817

posts

38.2k

followers

696

following

✓ FOLLOWING

Mike Natter

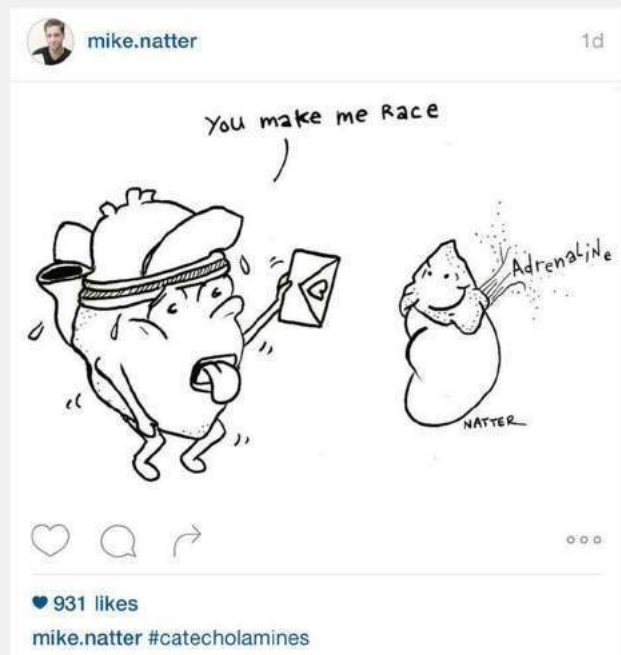
mikenattermedical@gmail.com // I doodle things to learn the medical stuff 🩺📖 <http://goo.gl/exQT9q>

Social media plays huge role in our everyday lives and its no surprise that this phenomenon also holds true for the profession of medicine. We've all heard of the Google Doctor but its fun to note that medical students and professionals are now taking on Instagram to bring forward medical knowledge as well as highlight the everyday activities of people in this profession.

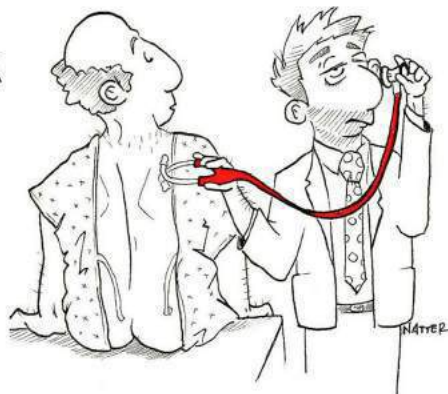
One noticeable instagrammer who caught my eye is Mike Natter – with over 38.2k followers on Instagram, this hunky American Medical Student frequently posts entertaining cartoons and updates about his study, professional life and everyday activity. Looking at his posts is uplifting, provides a good laugh as well as helps refresh some physiology knowledge. My personal favourite is his take on catecholamines:

Follow @mike.natter

<https://www.instagram.com/mike.natter/>



mike.natter Patients aren't paragraph long vignettes followed by 5 possible diagnoses... So why are we measured by and trained that way? 🤔
#patientsarepeople #treatthepatientnotthedisease
#multiplechoice #exams #med



mike.natter This is why you should never examine a patient before your morning coffee. ☕
#priorities #morningcoffee #caffeine #iheardanS4
#nothatsjustthebell #gallops #murmurs

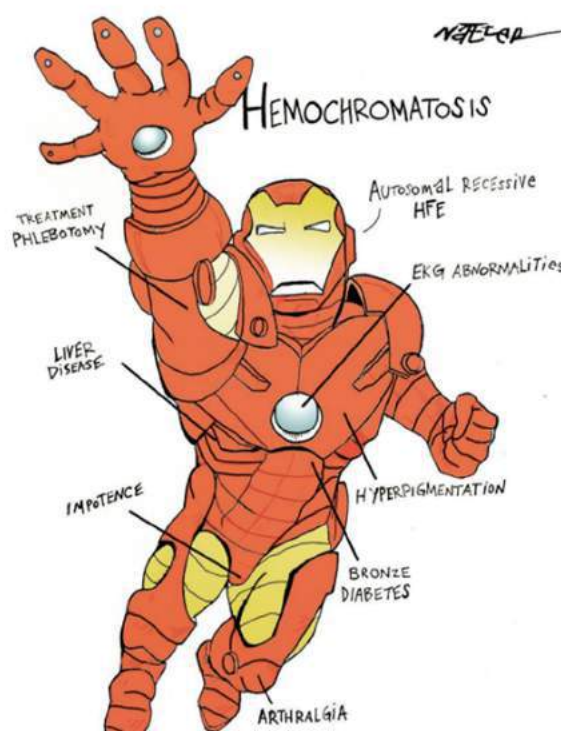


mike.natter "Uterus, you always hide the eggs in the same place every year!"
"Bunny, you don't want an ectopic" 🐰
#easteroocytes #happyeaster #mywhatnicefimbriae



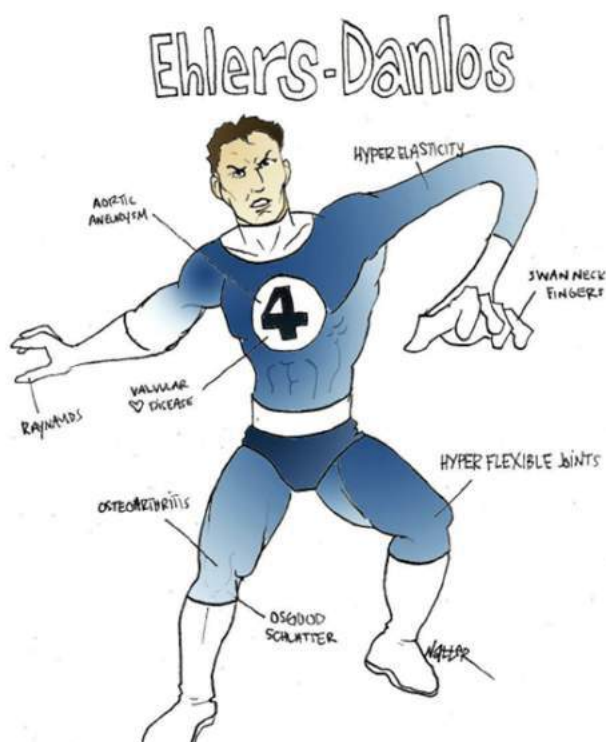
mike.natter "Couples Therapy"

#mybustedpancreas #t1d #diabetes #screwyoubetes
#therapy #psychiatrist #talkitout



mike.natter genetic testing for HFE. Do not need a liver biopsy unless still suspicious and have negative HFE test with high serum iron. Treatment is frequent phlebotomy to rid the body of excess iron.

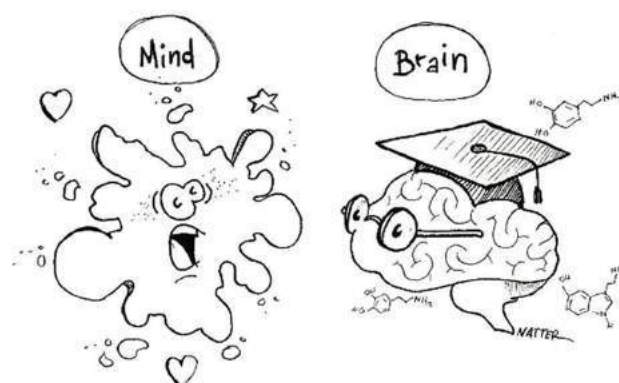
#ironman #iron #hemochromatosis
#hereditaryhemochromatosis #hh #superheroillnesses
#step2 #medschool #usmle #comicbook #marvel
#bronzediabetes #comicbooknerd
#diagnosingsuperheroes



mike.natter Diagnosing superheros!

Mr. Fantastic, of the Fantastic 4, may have a condition known as Ehlers-Danlos syndrome. This is actually a group of rare genetic disorders where there is a defect of the connective tissue. These patients typically have skin hyperextensibility, joint hyper mobility, and tissue fragility. Berry aneurysms can also be seen. The classic type is autosomal dominant inheritance of mutations in the collagen.

#mrfantastic #elastic #ehlersdanlos #fantastic4
#hyperflexible #diagnosingsuperheros #comicbook



mike.natter Mind/Brain Paradox

The brain is a 3 pound, tangible lump of tissue made up of white and grey matter and 100 billion neurons, a neurobiological language of decipherable messages and communication that gives rise to movement and cognitive process... But can those neurotransmitters paint masterpieces, feel love, understand heartbreak? The mind is intangible and abstract. We cannot dissect, measure, or fully comprehend the mind. It is ether and the brain is matter. Yet, without the other, they are nothing. And on that note, onto my Psychiatry rotation!

#mind #brain #neuro #psych #medschool

PHOTO GALLERY

ACCMA Conference



PHOTO GALLERY

ACCMA Conference cont.



PHOTO GALLERY

ACCMA Conference cont.



PHOTO GALLERY

ACCMA Conference cont.



PHOTO GALLERY

ACCMA Conference cont.



PHOTO GALLERY

YACMA Quiz Night



PHOTO GALLERY

CME 2



PHOTO GALLERY

CME 2 cont.



PHOTO GALLERY

YACMA Retreat



SPONSORSHIP

We would like to thank Gilead for sponsoring the second ACMA CME of the year at Grand Park!



GILEAD