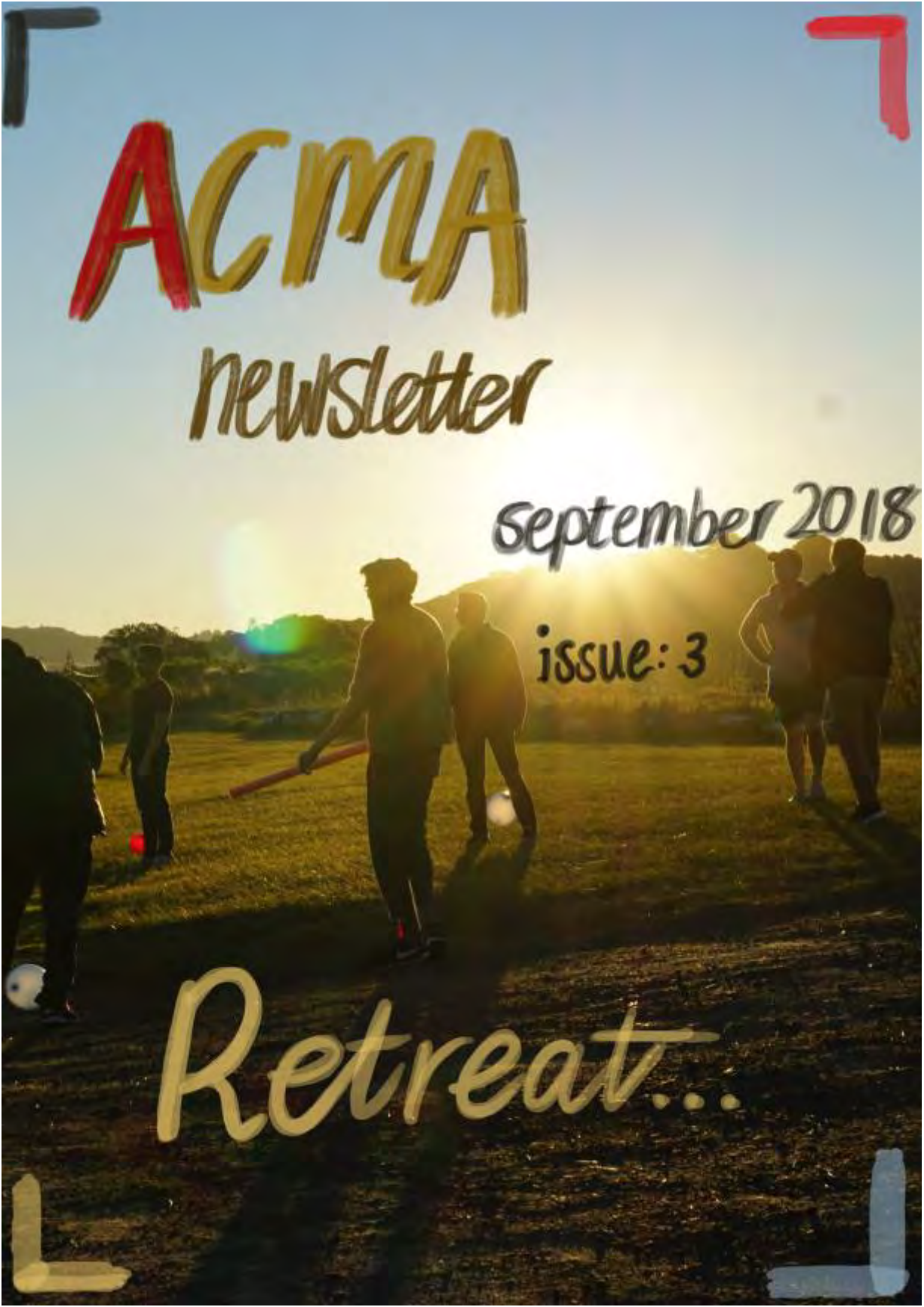


The background of the cover is a photograph of a group of people on a grassy field at sunset. The sun is low on the horizon, creating a warm, golden glow and long shadows. Several people are visible, some standing and others in motion. The overall mood is peaceful and communal.

ACMA

newsletter

September 2018

issue: 3

Retreat...

ACMA Newsletter September 2018

EXEC Committee 2018

ACMA EXECUTIVE 2011

Dr Andrew To	President, CME/Sponsorship Co-ordinator, CHAINZ committee member
Dr Carlos Lam	Vice president, Events co-ordinator
Dr Derek Luo	Immediate past president, CME co-ordinator, sponsorship co-ordinator, CHAINZ committee member
Dr Adrian Wan	Treasurer
Dr Vicky Tai	Secretary
Ye Li	Membership Secretary, Venues Co-ordinator
Dr Kristine Ng	General Committee Mentorship co-ordinator
Dr Gary Wu	General Committee Mentorship co-ordinator
Dr Judy Huang	General Committee Media and Advertising
Dr Kevin Liu	General Committee RMO Representative
Dr Brian Tse	General Committee Social Representative
Dr Michelle Wong	General Committee
Dr Wilson Young	General Committee
Dr Gee Hing Wong	General Committee
Brian Yeom	Webmaster

YACMA EXECUTIVE 2011

Katherine Sung	President
Ye Li	Membership Secretary
Karen Chung	TI Rep
Johnathan Chang	5th year Rep
Vicki Huang	4th year Rep
William Xu	Preclinical Rep
Kevin Yi	Preclinical Rep
Tina Zhang	Preclinical Rep
Eileen Song	Treasurer
Eric Chong	Mentorship Coordinator
Nicholas Quek	Webmaster
Johnson Cheuk	Newsletter editor
Sarah Liu	Newsletter editor
Tracy Zhang	Newsletter editor
Savesh John	Newsletter editor

ACMA Presidents Address

Dr Andrew To



Dear all

Spring is here, and it is really nice to see flowers blossom, and the weather warming up.

The ACMA community event on the 13th of October 2018 will be a major event for the second half of the ACMA calendar. Hopefully you would have seen the poster. Be sure to spread it to our social circles, church and community groups. Thank you for those who have already signed up to volunteer to set up, run the health stands, as well as those who have helped to spread the news.

I share with you in the CME dinner about feeling “burdened” for the work of the organisation. Burden might be a bad word to describe such feeling, because it is not about me being overworked as an individual; but rather it was used to describe the immense sense of responsibility for the Chinese community. In the last years, we have met and worked with many great people working in the community to advance Chinese health. We, as health practitioners, share such burden for the community. Ultimately, serving in ACMA is an opportunity to serve our fellow health professionals and also the wider community as a whole. This is the only reason I can think of that justifies ACMA’s existence.

I would like to use this opportunity to ask all of you to consider sacrificing some of your valuable time, joining our executive team, and serving ACMA and the wider community.

Take care, enjoy the sun!

Andrew

YACMA Presidents Address

Katherine Sung



Dear members,

We are already drawing close to the end of the year! I hope you are all well and getting ready for the break that's coming up in a few months. But we still have a couple YACMA events to look forward to before the year ends so keep your eyes out.

Let me run through some of the amazing and successful events we've had since the last newsletter. We had a fantastic ACMA x YACMA Winter Laser Tag event where a lot of our students could meet the members of ACMA and have some fun and a feed as a family. We also had our Communication Skills Workshop for our 2nd year members which we received great feedback on and wish all our students did well in their assessments. Our annual Careers Evening will be this week! We will be joined by panels of 15 amazing doctors from different specialities that will share their experiences with us.

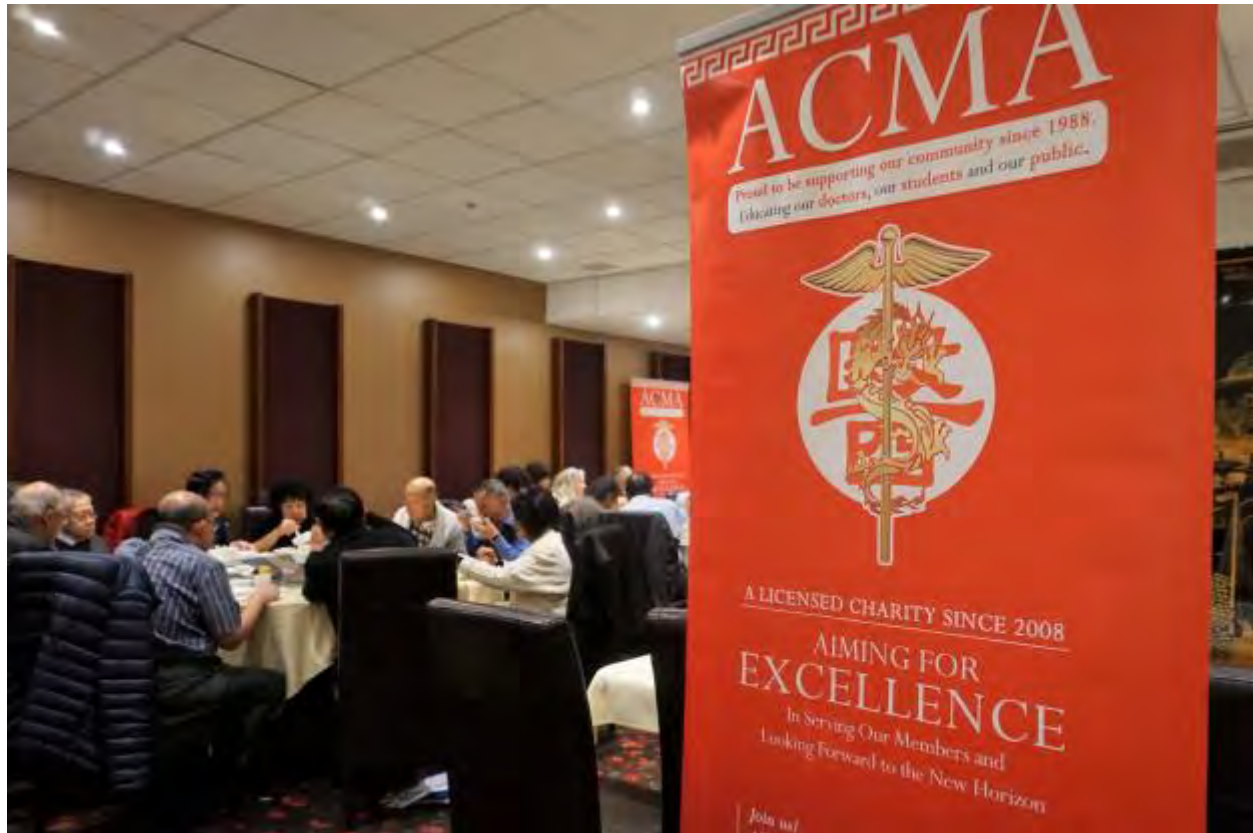
Coming up, we have the ACMA Chinese Health Forum for the community and we will be running a health stall so if you're interested in volunteering please let the exec team know! Finally, our exciting grand finale event – the Annual General Meeting is approaching! Get campaigning for your 2019 executive roles! We love seeing how creative our students can be.

We are nearing the end of the year, as always, a huge thank you to all our executive members for their hard work throughout the year and our members for getting involved. We look forward to welcoming the new executive team at the AGM. See you all there!

Kind regards,

Katherine Sung

Recent Events



YACMA Retreat (29th June - 1st July)





This year's YACMA retreat was held at Cook's Beach Resort in the beautiful Coromandel. Day one began with everyone arriving in the afternoon to settle into their cabins and unpack for the busy three days ahead. We kicked off the retreat down by the beach with some team bonding activities and some fun but fierce competition to start retreat off on a high note. Congratulations to Ahmad Habib and Sunny Yao for winning the joint Mr YACMA title for 2018!











As night approached, we returned to the resort to a hearty dinner of nachos to fill up our bellies after a long day. The night was spent with time to relax, play board games, enjoy the outdoor spa and rest up.







We woke up to another beautiful sunnysky. Breakfast in the common lounge marked the beginning of day two (shout out to Alfred and Nelson for making delicious scrambled eggs and bacon). Then off we were to our first event of the day - minigolf! This was something everyone could enjoy, whether it was their first time playing or if they were secretly a golf prodigy.













No retreat is complete without trying some good food and in true kiwi fashion we were after a feed of fish and chips. With our stomachs full we were ready to explore the scenic Cathedral Cove and relax at Hot Water Beach. YACMA members were also in for a surprise that night as a new addition to retreat saw members learning how to make dumplings, cooking them, and of course the best part, eating them!





On the final day of retreat, we we said goodbye to Coromandel and left with the beautiful memories we shared over the past few days. On behalf of YACMA we would like to extend our appreciation to the YACMA preclinical reps and Katherine for their incredible organisation, the kitchen crew for keeping us well fed and ACMA for generously sponsoring our retreat. We hope everyone enjoyed it, look out for another amazing retreat next year!

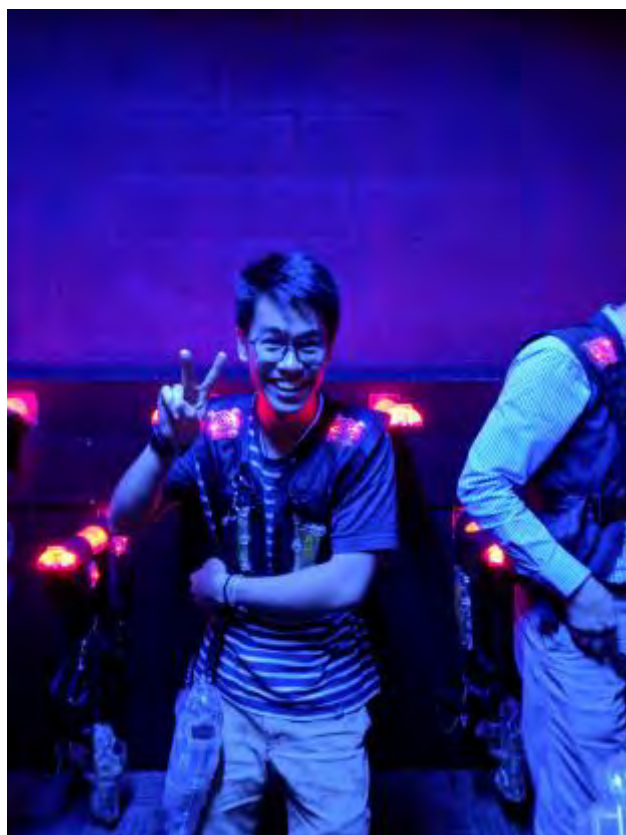


ACMA Laser Tag (1st September)



ACMA kicked off September with a bang at Megazone Mt Wellington. Both the ACMA doctors and their families as well as YACMA medical students gathered for an afternoon of team bonding and stress relief. It's safe to say that the event bought out the inner child in all of us and after two intense rounds, eternal alliances were made and friendships were pushed to their limits. The afternoon was wrapped up with a pizza lunch, where the aforementioned tested friendships were all patched up. A big thank you to our sponsor, Millenium Insurance Group, for making the event possible and we can't wait to see you all at next ACMA social event.





CME 3 (9th September)











The third and final CME of 2018 was held at Pearl Garden and as always saw an incredible lineup of speakers. Presentations for the night began with Dr Daniel Wu who spoke about the Zoom app and how it improves patient adherence by delivering medication to patients and guiding them through the course of their prescription. Following on from this was a rheumatology presentation by Dr Dinar Jabin where she ran through some cases and worked through the diagnoses of several key conditions, including how to differentiate between them when they present similarly.











Finally, Dr Min Yee Seow gave an presentation about osteoporosis management which explored several interesting cases and medication options for elderly patients. To wrap up the formal part of the night was an NGO talk delivered by Zainab Kajiji, who spoke about mental health services for the Asian community which GP's can refer patients to. The night was brought to a close with delicious dinner and time for doctors to catch up with their colleagues and students.



Communication Skills Workshop (8th August)



Medical students get their first experience of history taking in their second year of medical school. To support students in their learning of the first of many practical skills in medicine, YACMA runs an annual workshop where second years are able to practice history taking and get some feedback from third year and clinical students.

This year the session began with a quick overview presentation by Brian Yeom before the second years were paired up with senior students to work on practice scenarios. Once again, the workshop was a success with a great turnout. A big thank you to all the volunteers for their time and expertise and we hope our second year students found the workshop helpful.













Upcoming Events

ACMA Health Forum

13th October

YACMA AGM

13th October

YACMA year 4 mock- OSCE

27th October

ACMA AGM

11th November

Food Review



Glenfield Night Market

In this edition, we were adventurous and decided to go somewhere a bit different from usual. We were drawn to the Glenfield Night Market by their unique array of food and festive atmosphere. With packed schedules and endless things to do, going out for the street food experience and liveliness of a night market can be a rare occasion.



We loved the variety of food, from traditional Japanese takoyaki and Korean tteokbokki to fusion tea and chocolate churros - something for everyone. We found the street food was a great way to enjoy a light snack or an informal dinner with friends, and would be an experience that families could also enjoy. Being surrounded by many aromas and colours and seeing food being prepared isn't something definitely added to this experience. Some of the Editors top picks include the crispy pan fried dumplings (15 for \$5) and fluffy but light cheesecake (\$5 a slice).

If the food wasn't amazing enough, there were also games and handmade soap stalls and even a fresh fruit and vegetable section. If you're looking for a place that brings together good food and a fun experience, the night market is the place to go!









Message from the Editors



Dear ACMA and YACMA members, It's getting to the time of the year where everyone is busy and has been working hard – we hope you've been looking after yourselves! We've had some incredibly successful events to look back on and huge thanks goes out to ACMA and YACMA executive for making it all happen. In our July newsletter we brought out an interactive format and got some good feedback so we decided to use it again for this newsletter. As always we'd love for you to get in touch with us if you have any thoughts about it. We're also super excited to see the campaigning and nominations for next year's ACMA and YACMA executive! Love from your Editors, *Johnson Cheuk, Savesh John, Sarah Liu and Tracy Zhang*