Welcome to the Spring edition of our newsletter with the warmer weather heralding the start to the last quarter of another busy year for all involved at the clinical school.

The Vice-Chancellor Dr Michael Spence recently addressed a staff forum at Westmead Hospital to discuss the University’s next five year strategic plan, as well as the academic redevelopment at Westmead over the next decade. This will involve not only health faculties, but also others such as biomedical engineering, business, IT and others with interests relevant to the increasingly complex health system.

The University’s strategic plan will ensure that research and education programs are strengthened at Westmead over the long-term. Have your say after reading the various discussion documents underpinning the strategic plans development “Developing a culture of research excellence” discussion paper, currently open for consultation as part of the 2016-20 strategic planning process (NB: unikey required to access document).

Our medical students of the Class of 2015 will be graduating on Thursday, 10 December 2015, at a ceremony in The Great Hall. Live streaming will be available via http://sydney.edu.au/study/student-administration/graduation.html

We are very pleased that twenty of our final year students were successful in obtaining internship placements at Westmead and will return in 2016 to commence the next step of their medical careers.

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**DATES FOR YOUR DIARY....**

**Thursday, 22 October** - 12noon Green Room: Westmead Association Farewell to Print Students & Medical School Awards Luncheon

**Friday, 23 October** - 4pm Clinical School: WSSA Surgical Olympics

**Thursday, 10 December** - Great Hall Main Campus: Class of 2015 Medical Student Graduation

**Monday, 7 December 2015 - closing date:** 2016 Graduate Medal Nominations

**Friday, 18 December 2015 to Friday, 1 January 2016 (incl):** University 2015/16 Closedown

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**Next Issue:** **December 2015**

Please contact Amanda Burke on +61 2 9845 7661 or Amanda.Burke@sydney.edu.au if you would like to include an article in the next edition.

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**WEB LINKS.......**

- SMS Westmead Archived Newsletters
- SMS Westmead Web Site
- Sydney Medical School
- University Events Calendar
- Sydney University Alumni & Friends
Awards...

Hospital Week
Congratulations to Pre-Interm Linda Feng who received the Research Symposium – Poster Presentation Award and to Dr Eleanor Hitchen who received the Westmead Association Junior Medical Officer Prize.

Radiology Light Box Quiz
Congratulations to the following students who obtained the most points in the school’s recent light box quiz:

- 1st - Abdul-Hamid Sabir;
- Joint runners-up - Harry Constantin, Melanie Vo Hoang & Christian Katsikaros

The 6-week radiology light box quiz has proven popular with students this year and is expected to return in 2016. In the meantime, new x-rays will be posted until the end of the year and students are encouraged to consider these and then check their answer against the results listed under the flap.

Publications...

The Harvard Review of Psychiatry recently published a paper “Fear and the Defense Cascade: Clinical Implications and Management” resulting from a collaboration between two psychiatrists from the University of Sydney’s Discipline of Psychiatry, an animal physiologist and a psychologist Dr Kasia Kozlowska; Peter Walker; Dr Loyola McLean; and Dr Pascal Canive, that explores links between the neuropsychophysiology of the fear cascade and clinical treatment. It is an open access article and represents the fruit of much interdisciplinary work.

The article is open access via the following URL:
http://journals.lww.com/hrpjournal/Fulltext/2015/07000/Fear_and_the_Defense_Cascade_Clinical.3.aspx

Appointments & Promotions...

Congratulations also to the following colleagues on their recent appointments:

- Clinical Senior Lecturer Mikhail Altman;
- Clinical Senior Lecturer Socrates Angelides;
- Clinical Senior Lecturer Son Huynh;
- Clinical Senior Lecturer Adnan Nagrial;
- Clinical Senior Lecturer Kirsty Stuart;
- Clinical Lecturer Xiaohua Chen;
- Clinical Lecturer Farid Meybodi;
- Clinical Associate Lecturer Charith Horadagoda;
- Clinical Associate Lecturer Katie Lam;
- Clinical Associate Lecturer Amali Mallawaarachchi;
- Clinical Associate Lecturer Mark Salter;
- Clinical Associate Lecturer Elizabeth West;
- Clinical Associate Lecturer Xin Zhang; and
- Principal Research Fellow Julianne Djordjevic

If you are interested in obtaining an academic title from the university, please contact our Tutor Liaison Officer, Lynne Gallaty, at wcsadmin@sydney.edu.au, for further information.
ELIOT Project…. 

Associate Professor Sinthia Bosnic-Anticevich, Principal Research Fellow at the Woolcock Institute of Medical Research, designed the Eliot project to explore the effectiveness of mastering different inhaler devices. Westmead first and second year medical students, under the guidance of Associate Professor Smita Shah, participated in the project.

Healthcare professionals (HCPs) play a key role in patients’ ability to use inhaler devices but a high proportion of Health Care Professionals are unable to demonstrate inhaler device mastery. Availability of a more intuitive inhaler device may facilitate HCPs, who are required to continually train patients, that both their device master and maintenance of device mastery are achieved.

As part of this project, students were required to use the inhalers without instruction and then to participate in an education protocol which was followed up overtime.

The results of this research indicate that some devices are more intuitive to use than others and different levels of inhaler devices training is required for the different devices. This study has the potential to impact on the prescribing of different inhalers for different patients based on intuitiveness of the user.

Medical student, Selvaraj Dhinushika won the draw for the Mini iPad, presented to her by Professor David Harris, as part of the Eliot study.

AMA National Conference 2015 - Excellence in Health Care Award…. 

Congratulations to Associate Professor Smita Shah, Director of the Primary Care Education and Research Unit at Westmead Hospital, who was presented with the award in recognition of her outstanding contribution as a researcher, clinician and teacher.

A/Prof Shah is highly regarded internationally for her work in public health, particularly in researching and promoting evidence-based preventive health programs that have achieved demonstrable results in improving the health of target populations.


Teacher of the Quarter…

Westmead Clinical School students, from Years 1-4, were asked to nominate their favourite teacher in recognition of their contribution to student teaching during the past quarter.

We are pleased to announce that, from a competitive field of nominations, Dr Eleanor Hitchen has been nominated as the Teacher of the Quarter for September 2015.
New Smartphone App....

A/Prof Vincent Lam has recently developed a smartphone app called "Westmead Acute Surgery Clinical Algorithms" which will be a useful resource for our Stage 3 students during their Surgery and Critical Care Surgery terms. This app is now available for free download via the following links:

- Apple iOS:  
- Android:  

Emergencypedia.com....

We continue to appreciate the ongoing hard work and efforts by Drs Andrew Cogings & David Thomas and (soon to graduate medical student) Kyi Thant in making their website Emergencypedia.com available to enhance student learning opportunities. The site has recently been updated. To see more go to Emergencypedia

2016 Graduate Medal Nominations....


Note that the closing date for nominations is Monday, 7 December 2015, at 5pm.

SALSA (Students as Lifestyle Activists)....


Working with GPs in Western Sydney: 8 August

A GP and Allied Health Practitioner SALSA training workshop was held on Saturday 8 August at WentWest Learning Centre. The workshop aimed to encourage GPs and Allied Health practitioners to better communicate with young people about healthy lifestyle behaviours and the benefits of preventative health.

Practitioners completing the workshop and activities attained 40 Category 1 Continuing Medical Education points by the Royal Australian College of General Practitioners. The day was a success with 13 practitioners attending and 100% stating that they would recommend the workshop to a colleague.

Medical Student Feedback to SALSA teaching session

Thank you for teaching the asthma devices class at Westmead this morning. Straight after the session, my group went to the ED to do an exam on a middle aged woman who had been admitted with difficulty breathing. She was sat in her bed holding a puffer and a spacer in her hands, and the first thing she told us was that she had been given this device but she didn't think she was using it properly and as such, it wasn't helping her.
After the exam, I asked the patient if we could go through how to use her spacer together. As we had done in the session, I explained to her how to use it, and then she demonstrated the correct technique to me. Her adult daughter was also in the room and observed, and I told her that she could press down the puffer while her mother breathed through the spacer. The main issue was that the patient had been having trouble coordinating releasing the puffer and breathing through the spacer, and was trying to do both simultaneously, not realising that she could press the puffer and then take four breaths. She also didn’t seem to realise she needed to breathe multiple times through the spacer, so was ultimately attempting to use it like one would use a puffer directly.

It was very satisfying to be able to help her in this way, and she seemed pleased and relieved that it was working more effectively.

**Emergency Medicine Interest Group (EMIG)**

This year has seen EMIG take on some new events for the first time with ever increasing numbers of students attending from all years. Two of the highlights were EMIG Ultrasound Workshop and EMIG Toxilab. Ultrasound workshop in June allowed older students to consolidate their anatomy knowledge in a practical way, learning about ultrasound basics, techniques to gain difficult IV access and how to perform FAST scans in trauma cases. Both junior and senior students found this workshop an asset to their learning.

EMIG Toxilab was a brand new idea, run by clinical toxicologist Dr Naren Gunja, the workshop gave students the chance to look, feel and smell common household and industrial toxins that they might encounter in the Emergency Department. Interactive and practical, EMIG is looking to expand this workshop in the coming years.

As we draw to a close for 2015, EMIG would like to thank all the staff involved in 2015, in particular Dr Andrew Coggins, Dr Kavita Varshney and Dr Naren Gunja. Further, after 2 years as EMIG coordinator, 4th year medical student Nathan Harvey will be leaving the role as he finishes medical school. Nathan would like to thank all those who’ve helped make EMIG what it has been over the last few years. The new EMIG coordinator is Mandy Wang, who can be contacted by email contactemig@gmail.com or through our Facebook page.

**Westmead Student Surgical Association (WSSA)**

And so another year draws to a close. The WSSA has been proud to host a number of events this year including suturing and knot tying events, anatomy crash courses, as well as a segment for Hospital Week. Coming up is the annual Surgical Olympics to round out the year, with 4 teams racing in events including gloving and gowning, suturing, knot tying and laparoscopic block passing. Good luck to all the teams!

We would like to thank the Westmead Clinical School for helping us facilitate our events this year with special thanks to Angela Wallace and Amanda Burke for their constant support. Thank you also to the many surgeons who have given their time to teach us, and to our surgical mentors Professor Henry Pleass, Associate Professor Vincent Lam, Professor Danny Cass and Dr Mauro Vicaretti.

And now...to the Surgical Olympics! May the best team win.

Mona Liu, WSSA Co-chair
Sydney Medical School Events...

Please see the Sydney Medical School website for 2015 Events which may be of interest to you.

Teaching Opportunities...

As you may know, we are continually seeking tutors for all stages of the course.

If you are interested in teaching, please contact Dr Amanda Harrison on 9845 6403 or email amanda.hamson@sydney.edu.au at the clinical school to discuss possibilities further.

We are happy to provide letters recognising your teaching contribution which can be included with your CV.

Postgraduate Student Unit...

Research Seminars
Congratulations to our PG Research Seminar Winners who will move forward to compete for the ‘Young Investigator Awards’ to be held in November.

- July - Vyoma Patel (Surgery)
- August - Lupe Isaia (CIDM)
- September - Zebunnessa Rahman (Neurology)

Special congratulations to our Lucky Door Prize winners:

- July - Nim Geevasinga (Neurology) & Komi El Khoobar (Storr Liver Centre)
- August - Jordan Basnett (CCR) & Padmashree Rao (CTRR)
- September - David Bishop (CCR) & Cecelia Li (CIDM)

Congratulations to all our winners and thank you to those students who have supported the seminars thus far.

Awards
Andrea Lawrence (Medical Entomology) was awarded the ‘Most Mentorious Scientific Paper Presented by a Postgraduate’ for her flea research presented at the joint scientific meeting of the Australian Society for Parasitology and New Zealand Society for Parasitology held at Auckland, 29th June to 2nd July 2015.

Nimeshan Geevasinga (Neurology) received the Susie Harris Travel Fellowship from the Motor Neuron Disease Australia to attend and present an oral presentation at the ALS symposium in December, Orlando, USA. Presentation is titled 'Riluzole exerts short-term effects on cortical hyperexcitability in sporadic ALS'.

Presentations - International & Local
Mojgan Nazari (Endocrinology) has had the following presentations:
- Poster presentation at Westmead Association Hospital Week, Westmead Hospital 19-21 August 2015;
- Three minutes thesis competition at Sydney University, 19 August 2015;
- Oral presentation in the Annual Meeting of the Endocrine Society of Australia and the Society of Reproductive Biology, Adelaide 23-26 August 2015; and
- Oral presentation will be in Annual Scientific Meeting of the Australian and New Zealand Obesity Society, Melbourne 15-17 October 2015.
Vyoma Patel (Department of Surgery) presented the following:

- A poster on “Expression profile of adhesion and chemokine markers on monocyte subsets and their association with Atherosclerosis” at 17th International Symposium of Atherosclerosis (ISA) conference held in May 2015, Amsterdam, Netherlands; and
- Co-author in a poster presented on “Monocytes show increased M1 and Decreased M2 Markers with Atherosclerotic Risk and in CVD” at 17th International Symposium of Atherosclerosis conference held in May 2015, Amsterdam, Netherlands.

Vyoma also presented these posters at Hospital Week 2015.

Amit Lalwani (Endocrinology) has presented Conference Presentation Talks titled “Absence of Hif-1a and Coxsackievirus infection: Two sides of the same coin in the development of type 1 diabetes (T1D)”, as follows:

- Australian Diabetes Society Annual Meeting 2015 (Adelaide). This abstract was selected for the ADS Pincus Taft Young Investigators Session. Only 8 abstracts out of ~400 abstracts are selected for this oral session;
- Westmead Hospital Research Week 2015 (21-8-2015) (Westmead). Only 8 abstracts out of ~100 abstracts are selected for this oral session; and
- Australian Islet Society Annual Meeting 2015 (Sydney).

Publications

Nimeshan Geevasinga (Neurology) has had a paper accepted for publication. "Cortical function in asymptomatic carriers and patients with c9orf72 als' in press', JAMA Neurology.

Pierre Qian (Cardiology) and Tony Barry from the Cardiology department have been designing microwave catheters for cardiac and endovascular ablation for the treatment of cardiac arrhythmias and refractory hypertension under the supervision of Dr Stuart Thomas and Dr Aravinda Thagalingam of Sydney Medical School and Dr Alistair McEwan from the School of Electrical and Engineering, University of Sydney. They have designed and constructed a microwave ablation system for renal artery denervation which has been patented this year by Westmead Hospital and the University of Sydney. Preliminary in vitro work has shown promising results and potential advantages over current ablation systems for renal artery denervation. These results have been presented at the Cardiac Society of Australia and New Zealand Annual Scientific Meeting 2015 and the European Society of Cardiology Congress 2015 in London. Their previous work in developing microwave catheter ablation systems for the treatment of cardiac arrhythmias have recently been published in the journal of Cardiovascular Electrophysiology following presentation at Asia Pacific Heart Rhythm Society Meeting 2014 in New Delhi and at World Congress of Cardiology 2014. Pierre has also received the Fumun Fund Heart Rhythm Society Travelling Scholarship, the European Society of Cardiology Basic Science Travel Grant and the Westmead Association Travel Grant to support the presentation of his work in 2015.

Abstracts:
Qian P, Barry B, Nguyen D, McEwan A, Thomas S, Thiagalingam A.
A novel microwave catheter with a toroidal radiation pattern can produce circular lesions on endocardial ablation. World Congress of Cardiology 2014, poster presentation; Asia Pacific Heart Rhythm Society Annual Scientific Session New Delhi, 2014, best oral presentation finalist.

One-shot circumferential renal artery denervation with relative sparing of the arterial wall may be possible using a novel microwave catheter. European Society of Cardiology Congress 2015, poster presentation; Cardiac Society of Australia and New Zealand Annual Scientific Meeting 2015, oral presentation.

Other News
Annual Progress Report & Interviews
A reminder to all PG Students and Supervisors that October is when APR interviews will be taking place. Interview dates and times have been sent and emailed out to all, and letter sent to student’s home address advising of interview and required documentation.

Dates for remaining interviews are as follows:

**APR Interviews**

- Thurs 15 October – CIDM
- Mon 19 October – Storr Liver Centre
- Thurs 22 October – Immunology, Med Entomology, Respiratory, Rheumatology & Sexual Health
- Fri 23 October – Renal & Surgery

If you are unsure of your interview date and/or time, please contact Naomi ASAP – 9845 6303.

**Please note that your APR form is due back to the University by 1 November, this is especially important to those students with USYD scholarships.**

Baby News
Congratulations to Ulzi Gujav (CIDM) on the birth of her beautiful baby girl, Misheel, on 23 September, weighing in at 3.8kg and 52 cm.

Hospital Week
Congratulations to Tania Moujaber (Oncology) and Rachel Botting (CVR) for their ‘Best Poster Presentation’ awards.

The Great Research Debate
The Great Research Debate “Track Record is a sign of old age” was fought out by the affirmative team comprising our very own Kaitlin Tagg, Scott Read and Kristi Griffiths versus the negative team comprising some of our very own PG Supervisors Mark Douglas, Sarah Palmer and James Chong.

Both teams made very good arguments – with the affirmative focusing on their “Academafia” theory, and ‘Happy Tony’ and his seeming 350 year track record; and the negative team focusing on the achievements of athletes, women and scientists that had a proven track record at such young ages.

Unfortunately, there could only be 1 winner, and though it was very close, the audience felt that the affirmative team put up the better fight.

Congratulations Kaitlin, Scott and Kristi!! Thank you to both teams for such an entertaining debate!