

Ar•tic•u•late

JUNE 2016 NEWSLETTER



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Met us halfway !

Congratulations everyone on surviving the first half of this year! For the 1st years, you made it to halfway of 1st year dentistry, make sure you pat yourself on the back and treat yourself in the holidays! For the final year students, only a number of weeks left till graduation, definitely an exciting and nerve racking thought ! Be sure to make the most of this final year by popping into the mid year convention in Melbourne!

The biggest and most exciting upcoming event of the year is coming up next month. La Trobe and Melbourne proudly brings you the annual ADSA convention, this is going to be one of the most spectacular years so far, with the never seen before olympic themed Boat Cruise to kick start the week. For details check out page 07.

Be sure to check out some of the local events that you can get involved in at your uni, these include, blood drive, RU OK Day, and the opportunity to be featured with the #hashtag instagram event organised by our media officer Amy. Turn to page 15 to read about the rural updates out together by Kaejenn, and page 18 for the exciting My Story brought to you by Ying Tran from Griffith University on her journey to Nepal.

All the best with your exams and be sure to pamper yourself during the break. Dentistry is a long journey so smile and show some teeth !

Sincerely,

Anna Peishan Jiang

Publications Officer

Australian Dental Students Association

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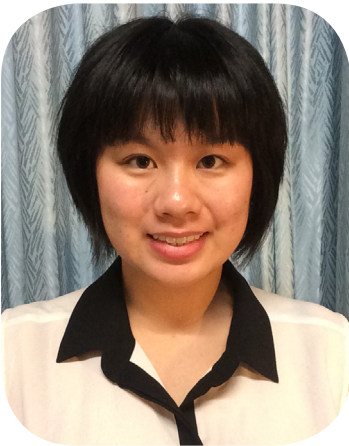
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PRESIDENT'S REPORT



Dear Students,

What an exhilarating first half of the year it has been! The ADSA has had a remarkable start to the year in terms of upcoming events and activities. At present, we are focussing on increasing engagement within the dental student community and increasing productivity within our team to bring the rewarding opportunities to dental and oral health students nationwide.

Key initiatives this year have been aimed at establishing ADSA as an organisation that enhances the lives - both academically and otherwise - of our student members. In addition to our newly developed projects - ADSA Orientation, the Online Student Centre, and the National Dental Students' Awards & Scholarships Program - the ADSA has and will also be sustaining

and expanding upon its existing portfolios. For 2016, a large focus is being placed on community support events and initiatives, for example, R U OK day and the Red Cross University Health Students Blood Drive Challenge.

Similarly, it is in the role of the ADSA to advocate on behalf of students. We encourage the cooperation and input of all our students to help us build a stronger association for the future; if you have an issue you would like discuss, feel free to contact us and we will be sure to oversee its resolution.

Above all, the association will, of course, be continuing our annual National ADSA Convention for the year of 2016. I'm looking forward to seeing all at the 2016 ADSA Student Convention for a wonderful week in the bustling city of Melbourne. This year's ADSA and Convention Committees have worked exceptionally hard this year to give us a stellar convention and please take the time to thank them and all of the volunteers for the astounding job they have done. The Convention Team, led by Jyoti Anand, Laura Miller and Vincent Nguyen, have really outdone themselves with an edifying convention's both social and academic itinerary. This year we have breakout/streamed seminars and workshops each mid-afternoon so that you can choose a topic you are most interested in, and we even have some hands on workshops for you to enhance your curricular experience. I hope you find the lecturers and seminars inspiring and expand your knowledge of dentistry and oral health.

I would also like to thank all of our sponsors. Without their generous support we would not be able to make convention as remarkable as it is. We have a tradeshow on Saturday where delegates have the opportunity to ask sponsors questions about their product or service, and we highly recommend you check them out – these are the people who will be helping you out once you graduate! We would particularly like to thank our partners – the RACDS, ADA and ADOHTA, who have supported the ADSA throughout this year and their advice and assistance has been invaluable.

Indeed, twenty-sixteen may be one of the most exciting yet. To keep up to date with what's happening at ADSA, follow us on social media and get to know your local ADSA University Representatives. Don't forget to keep an eye on the ADSA website at www.adsa.org.au for all updated information on events, upcoming opportunities, scholarships and other useful resources in our newly launched Student Centre - or alternatively, subscribe to our mailing list at www.adsa.org.au/subscribe and never miss a thing.

Remember: Enjoy yourself! Yes, dental school can be overwhelming, but remember to take time out to keep on being happy and healthy. Have fun, challenge yourself, and stay inspired.

Take care and all the best,



Cheryl X. Chen

President

Australian Dental Students Association

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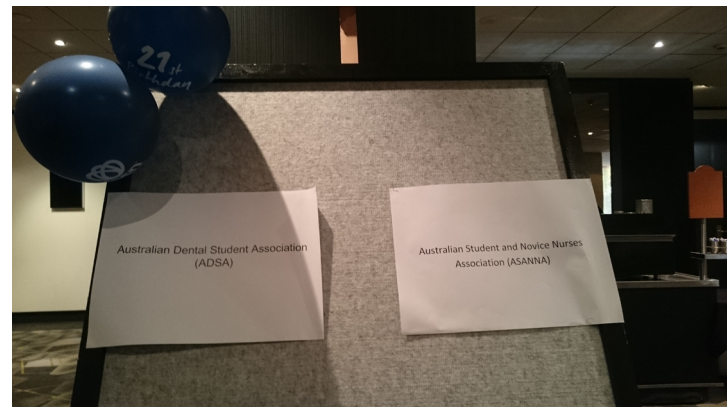
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NATIONAL RURAL HEALTH STUDENTS NETWORK (NRHSN)

By Nicole Contemplacion,
ADSA Vice President 2016

The National Rural Health Students Network celebrated their 21st Birthday on the 17th March. I was fortunate enough to attend their networking lunch on the 16th March, and was able to mingle with university rural health club presidents and fellow national student association representatives from AMSA, NAPSA, FHL & ASANNA. It was great to see the passion, enthusiasm and strength behind the push for rural health.

Thank you NRHSN for being at the forefront of rural health advocacy. Having accomplished so much, you all inspire ADSA and the rest of the Australian student population, to consider taking up rural health careers, and to support the campaign to strengthen rural health care.



CONVENTION UPDATE

The long-awaited ADSA Convention Melbourne 2016, hosted by La Trobe University and the University of Melbourne, is here at last!!

2016

Here is a quick message from our 2016 Convention Co-Convenors, Jyoti, Laura and Vincent:

As semester one winds down and mid-year exams approach, why not think of the annual ADSA convention as your motivation? We hope you have purchased your tickets as this is an amazingly awesome week that is not to be missed. With informative lectures and seminars, hands-on workshops, and a great social line-up, all set against the incredible backdrop of the city of Melbourne, you will be guaranteed an enlightening and entertaining experience.



For many, if not all of us, the end goal is to become an outstanding and first-rate dental practitioner. However, it can be daunting for the first year student, with many years of study ahead, or the final year student, where the leap into entering the workforce seems like a colossal hurdle.

The academic program this year has many seminars and streamed workshops to cater for everyone at their stage in dental school, from topics like patient communication, overseas volunteering, and management of the business and financial aspects of dentistry. Also of notable interest are workshops about modern day orthodontics, implantology, and real world forensic odontology.

The social calendar is packed with many exciting events for you to have a great time with friends – old and new. Convention week kicks off with the Olympics themed meet and greet boat cruise on Tuesday, so go for gold as you don your sporting gear, activewear or other Olympics related costume. For Wednesday night, ask yourself the question many have thought – what would you be if you hadn't chosen dentistry? – and become that person for one night as you visit some of Melbourne's hottest bars. Road trip to Sovereign Hill on the Thursday and immerse yourself in Australian history, then enjoy a yum cha banquet dinner on arrival back to Melbourne in the evening.

As Friday night arrives, choose your ideal accessory – glasses or chains – and enjoy yourselves at our 'geeks vs. gangsters' party at Ms. Collins. Concluding the wonderful week is the cocktail 'snow-ball' at the picturesque Rivers Edge Events. Situated along the Yarra River, go out in style as you enjoy stunning views, delicious canapés, and a free-flow bar tab.

We are excited to showcase some of the what the world's most liveable city, Melbourne, has to offer. Bring your coats, because it's going to be a cold one (not too cold, hopefully)!

Hope to see you there!

Jyoti Anand, Laura Miller & Vincent Nguyen.

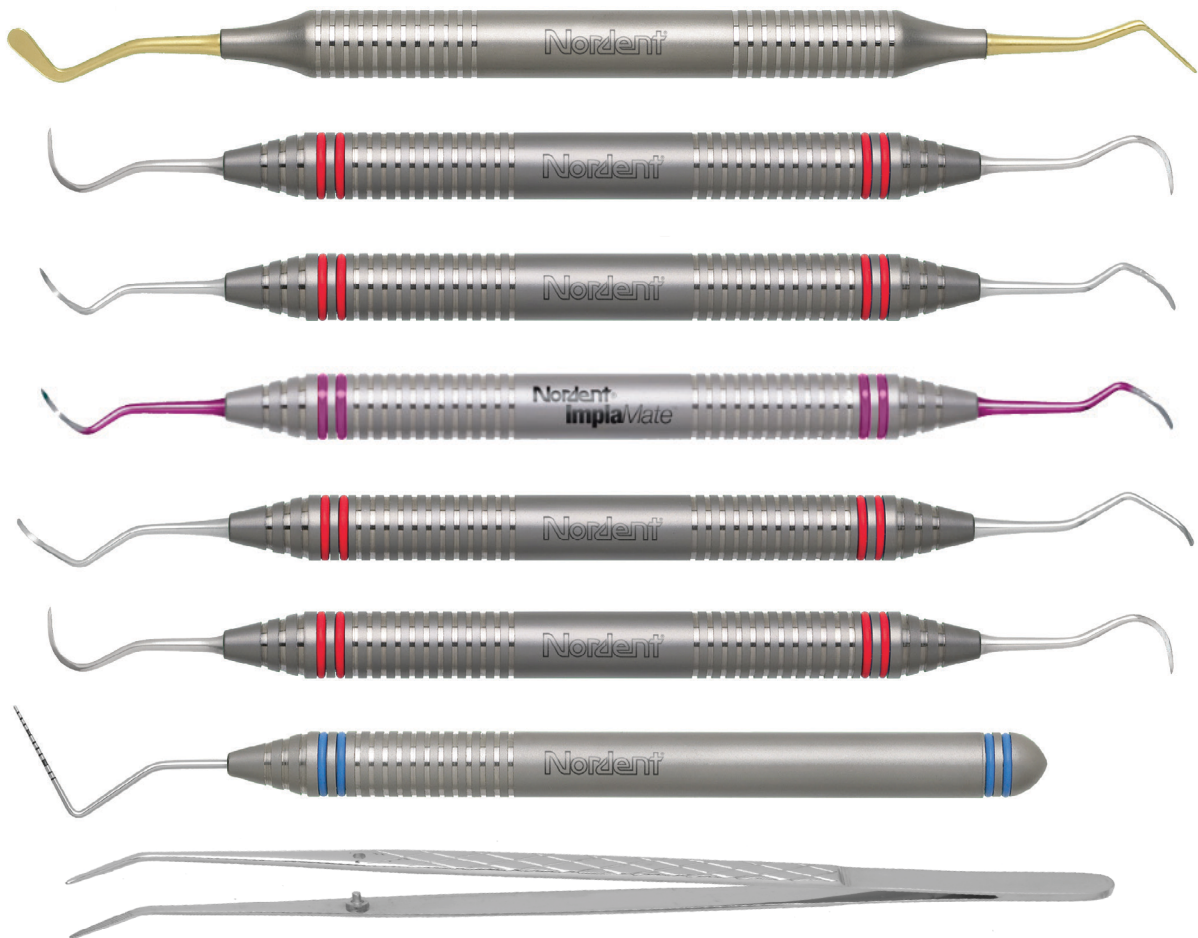
ADSA Melbourne Convention 2016 Co-Convenors

Individual day and night tickets are now on sale. Visit <http://www.convention.adsa.org.au/> for more information and to purchase your ticket.

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WHAT'S BEEN GOING ON

The academic year is now in full swing! A myriad of events have been hosted by dental schools all around Australia, keeping students busy with an impressive social schedule to accompany their return to studies. Keep reading to see what some of our universities have been up to!

Curtin University

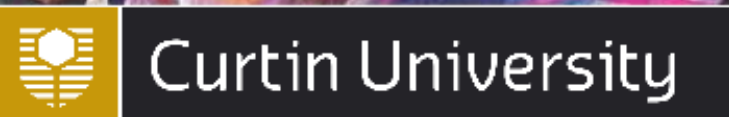
Rebecca Barach

With a fresh start to a new year there has been whole lot of fun and interesting events happening at Curtin.

The fun started with the second year students' annual meet up with the new and excited faces of the first year students taking their first steps into starting a new journey in Oral Health Therapy. Students had the wonderful opportunity to explore the diversity and creativity around the campus at the Art Fair, with a great line up of showcases and life performances and the chance to display and sell their own craft works.

Students, staff the wider community alike looked forward to an exciting day to celebrate the festival of colour at the Holi Festival with traditional Indian food, music, dancers and of course, a colour throwing party. And who can forget the FORM's festival of urban art with internationally acclaimed street artists who paid a visit to Curtin. Students had the chance to witness the artworks in action on the walls as the campus became an endless canvas.

It has been a well-deserved break and a great time to enjoy what Curtin has to offer before diving back into the busy study and life schedules.





Griffith University

Jessica Sun

April and May have brought an even more exciting line-up of events for the Griffith Dental students and our schedules have been busier than ever.

On April 24th, we had our much anticipated Inter-health faculty soccer tournament at the Griffith Mt. Gravatt Soccer fields. Griffith students dominated the field, with our dental team coming close to victory but finishing runner ups to their rivals from Griffith Medicine. Next came our inaugural Gudsa FIFA Tournament where 16 teams of our finest and most experienced gamers battled head to head to claim prize for being the FIFA kings of dentistry. A highly competitive and action-packed event, the winners took home their own gaming copy of FIFA16. Following this was our Tradeshow held outside the Griffith uni Dental clinics with a successful turnout of students and sponsors alike. Following this we had our annual 'Back to School' boat cruise, which once again brought together Griffith dentistry's finest school uniforms from geeks to cheerleaders to everything in-between.

Social events aside, the next of our academic lecture series will cover key tips from guest speaker Dr. Jeffrey Kho on managing complications following unexpected results in treatment, which we expect to be a solid continuation of our academic highlights for the year. Watch this space!



James Cook University

James Meurant

It's getting to the business end of the semester here at JCU but that doesn't mean JCUDSA is slowing down with the numerous activities we have planned!

The first years have mingled and settled in to their new lives and are knuckling down for their first set of exams. The second years are finishing up mastering all the classes of GV Black's preps and the third and fourth years are busy working seeing patients in the clinic with a recent addition to our treatment options; Implants, thanks the head of school Professor Neil Meredith! The fifth years are back in Cairns for a week before their break and second round of placements across Australia.

Collaborations have been the flavour of the month here with JCU combining with Rhino for a highly successful trivia night hosted by JCUDSA and lots of mixers with our med colleagues and even a clinical skills night seeing what knowledge we can gain from each other!

JCUDSA's first batch of hoodies and tee shirts have arrived and can be seen on dent kids all around the Cairns Campus. Below you can see them in action being modelled by some of our committee!

Let's more exciting things arriving in Cairns, to keep updated and for more information you can view our progress on social media at;

Facebook: <https://www.facebook.com/JCUDSA.Inc/?fref=ts>

Instagram: <https://www.instagram.com/JCUDSA/>

Youtube: <https://www.youtube.com/user/JCUDSA>

Or check out our website at <http://www.jcudsa.org.au/>



La Trobe University

Sheryl George



2016 started off with the introduction of our new class of Dentistry and Oral Health students, along with the seniors they enjoyed a welcoming Pool Party hosted by BOHDS. Later, Bowling Night was held which was an entertaining night that brought everyone together and a great way to begin the year.

The social calendar as been jam-packed this first semester; the annual BOHDS Camp saw 80 happy campers enjoy their time at Camp Sunnystones. BOHDS week offered students a chance to take a break from all the studying and enjoy some quality time with friends. The week started of with an Ultimate Sports Challenge, with capture the flag, frisbee and soccer. Next up we all made our way to The Zone for unlimited go-karting and laser tag. The last event of the week was the Festival themed pub crawl; with plenty of free drinks it was set to be a terrific night. The Arabian Nights BOHDS Ball, was a spectacular success, with the highest number of tickets ever sold. The venue was fantastic, the food delicious, the décor extravagant, the music LOUD! Everyone dressed to impress and it was magical night to remember.

A new academic programme, BOHDS Help conducted by the second year students, was introduced this year, to assist first years with the transition into the new course. Lunch and Learns have been up and running, with sponsors such as Colgate, DPL, and Orien presenting. Our BOHDS Volunteering and Fundraising committee, has already conducted numerous oral health promotion initiatives in local primary schools and kindergartens.

Weekly sports and training sessions for the upcoming DSV Cup, are well underway, teams are forming shape and with a home ground advantage, we're determined to claim the Cup from Melbourne University, on the 6th of August.

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COMMUNITY EVENTS

RED CROSS UNIVERSITY HEALTH STUDENTS CHALLENGE:

Monday 25th July - Monday 19th September 2016



WINTER IS COMING. In the past, ADSA has held a RED25 Blood Challenge with the Red Cross for a month each year to give the blood bank a boost during the winter months. This year, roll up your sleeves and get ready for a combined Challenge where we will be competing against students from the Australian Medical Students Association (AMSA),

National Australian Pharmacy Students' Association (NAPSA), and Student Paramedics Association (SPA). In addition to the usual prizes awarded to the universities with the highest number of donations and most improved number of donations, this year the student association with the highest number of donations (as a percentage of membership numbers) will be the overall Blood Challenge winner. Starting on Monday 25 July 2016, get ready to save lives with some friendly competition against our medical, pharmacy and paramedic friends! Keep an eye out over the next few months for more details on the Challenge.



R U OK? DAY:

Thursday 8th September 2016

The mental health conversation can be awkward to discuss but the R U OK? movement encourages us to put awkwardness aside, and ask your friends "R U OK?" This year on R U OK? Day, in addition to university events, the ADSA is launching a Mental Health Booklet with resources aimed at Australian Dental/Oral Health students to help you navigate the ups and downs of student life. We would love to have student input from around the country, so if you would like to contribute to our first ever mental health booklet, please contact publications@adsa.org.au with "ADSA Mental Health Booklet 2016" as the subject of your e-mail, or message media@adsa.org.au for more information.

ADSA #Hashtags

Official 2016 Melbourne Convention hashtag:
#ADSAMelbourne2016



RURAL UPDATES

Hey again!

Since our first issue we have had lots of things happen in rural health across Australia! If you haven't yet seen the Rural Health Calendar on our ADSA website please do check it out! All important rural health events close to your local dental school have been updated including rural high school visits which are a great opportunity to inspire future dentists!

By Kaejenn Tchia, ADSA Rural Officer

SCHOLARSHIPS & GRANTS

CRANApplus Scholarships and Grants have now been released and there are fantastic opportunities to receive support to undertake an undergraduate remote placement. Scholarships provide up to \$1000 per applicant and applications close September 1, 2016. For more information regarding this scholarship please go to their website at www.crana.org.au/membership/scholarships.



RURAL PLACEMENT REFLECTIONS

This semester many of our final year students have been busy completing their first semester placements with some working in rural and remote regions around the country. In this issue, three placement updates have been kindly provided by Fiona Lo and Andrew Liaw, two 5th year JCU students who have been working in Mount Isa and Alice Springs respectively, and RMIT students Rice and Deepshika Singh in Robinvale. If any students currently on rural placements or are about to undertake a rural placement and would like to have their placement updates in the next issue please feel free to email me at rural@adsa.org.au.

Thanks to all those who contributed to this rural update and I hope to see some more rural updates for the next issues! And remember to **GO RURAL!**



PLACEMENT REFLECTIONS



MOUNT ISA, Qld

Fiona Lo, James Cook University

At the end of fourth year, we were offered the chance to apply for interstate placements in our fifth year. Given the current job prospects for fresh graduates, I thought that this would be a great opportunity to sample working life in a rural/remote setting, as well as to hone and consolidate my clinical skills.

I am currently in Devonport, Tasmania on an 8-week stint. While it is the major regional centre for the northwestern part of Tasmania, it is a definite change of scenery from a capital city. Clinics have been fantastic. The staff here are warm and friendly, and we are extremely lucky to have our rooms and DAs assigned to us, as well as one tutor to be shared between two students. As such, we can treat an average of five to six patients daily. We are able to perform a whole range of procedures, as the clientele here have a palpable need for fillings, extractions and dentures. We also get to treat patients with special needs and assist dentists with GA work. During my time off, there is plenty to explore in Devonport and its surrounds, with the coast and countryside a mere 10 minute drive out of the city.

I feel incredibly fortunate to have had the chance to go on this placement. I strongly encourage future students who are interested in an interstate placement to apply- you will really enjoy the learning experience on offer!

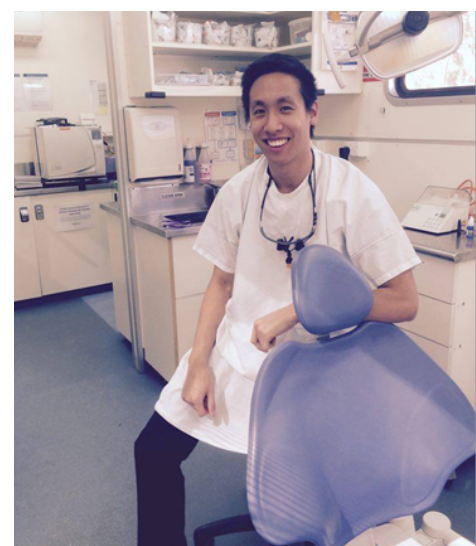
ALICE SPRINGS, NT

Andrew Liaw, James Cook University

Alice Springs. The heart and 'red centre' of Australia. After completing a pre-placement rotation in Launceston, Tasmania, I was fortunate enough to be placed in Central Australia for the first six months of 2016, servicing the diverse rural, remote and Indigenous communities. The experience has been very interesting and culturally challenging. Children with rampant caries requiring general anaesthetic, acute emergencies involving oro-facial swellings or cellulitis, and complex medical histories are some of the common clinical presentations. With the nearest specialist either a six-month wait

list or long 15-hour drive away, there is certainly an extended scope of dental practice in Alice Springs. Recently, I was involved in a remote 'bush' trip to a nearby community called Titjikala, where we treated multiple children and adults in a confined dental van.

Overall, the burden of poor oral health and chronic co-morbidities is truly tragic, driven by the vast geographic dispersion and isolation of most of the local Indigenous populations. Experiencing these disparities first-hand and servicing these underprivileged populations has broadened my horizons as a dental practitioner, and will undoubtedly ease the transition from being an undergraduate student to working in the real world.



ROBINVALE, Vic

Charlie Rice & Deepshika Singh, RMIT

Throughout the year, second year RMIT students are involved in clinical placement in regional Victoria. Robinvale is small rural community on the border on New South Wales & Victoria situated along the Murray River with the population of approximately 2,000 people.

RMIT students Charlie Rice and Deepshika Singh recently attended the placement and have reflected on their time in Robinvale.

We were given the opportunity to attend placement in Robinvale and work at Robinvale District Health Services. This centre primarily services the Indigenous community as well as other multicultural groups in Robinvale.

Placement consisted of two full days and one morning. I put all of my training to good use including fissure sealants, scaling and cleaning, prophylaxis, radiographs, local anaesthetic administration, taking of impressions and pouring study models.

We had the pleasure of treating many indigenous children and this was an experience in my dental profession

we will never forget. We had never witnessed so many young children with cheeky personalities that were so curious & interested in the oral treatment we were providing.

Some of the common barriers to oral health treatment for this community are poor health literacy, poor oral hygiene & lack of dietary education.

Rampant caries was prevalent in both the children and adults of the community, and the lack of dietary guidance saw that soft drinks were the common cause of dental caries in this community.

To overcome the language barrier that we faced, using visual aids such as pictures to communicate with the patients proved to be an effective tool. For the children, having a calendar for them to mark off the days they are brushing their teeth at home is a great motivator.

This experience has developed our clinical skills and broadened the treatment planning abilities for each client. It has made us more empathetic to the needs of the Indigenous community and motivated to make a change for the future of indigenous oral health.

A big thank you to this issue's students for submitting their placement reflection. If you or any students you know are currently on rural placements or are about to undertake a rural placement and would like to have their placement updates in the next issue, please feel free to email Kaejenn at rural@adsa.org.au.

NAMASTE NEPAL

Nepal Dental Outreach Program 2016

January 4th - 16th

By Ying Tran,
4th year dental student at Griffith University



There's nothing like starting off a year with a little bit of adventure and travelling and DENTISTRY. Beginning of 2016, 11 of us from Griffith University and 6 third year dental students from the University of Melbourne, along with the people of Around Goodpeople, came together to make the Nepal Outreach Program of Jan 4th-16th come to life. All congregating in Pokhara, we travelled three hours south-west to the village of Keware Bhanjyang.

Having accustomed into our modest accommodation of tents, squat toilets and 1 seat toilet for the next 9 days, we wasted no time in meeting the villagers next morning at the local school. I have no idea what being a celebrity is like but I imagine it would be something like this. Lines of people queued up with flower necklaces and traditional Nepalese scarves to greet the crew from Australia. The villagers were above and beyond welcoming, and embraced us with open arms into their village.

Suited in our scrubs, it was time to get our hands dirty. Over the next 8 days, the 17 of us worked between 4 clinics of 4 or 5 chairs set up within the school classrooms. While by no means was it like the comfort of our clinics back at our home universities, together we managed to provide around a thousand of the locals with substantial dental care, many for the very first time. We saw the young and the old, the teachers and the students, the mothers and the fathers to the principal and the King. Armed with on average three

phrases of Nepali – hello (Namaste), spit (Thuk) and pain (Dukhyo) – we tackled everything from screening the patients to crumbing away years, and for some decades, of calculus to drilling and filling and extraction of root stumps, decayed and deciduous teeth. Luckily for us, we had the guidance of Nepalese dentists who offered their expertise and advice as well as translators and dental assistants who not only made our work that much more enjoyable, but assisted in disintegrating the language barriers between the two cultures.

Seeing about two dozen or more patients a day, we were inevitably able to hone in on our skills, building confidence and speed with our work. We were exposed to cases we don't routinely see in clinic back at home. With nothing but calculus stabilising the lower anterior teeth, one of my personal favourite procedures during my time in Nepal would have been constructing a lower anterior splint (although out of copper wire) for one of the elderly men of the village. Our work in the village also extended to oral hygiene education and prevention, teaching the children how to brush and offering topical fluoride.

However, it was not all work as we were able to indulge in the rich Nepalese culture. We weaved baskets from bamboo, milked cows, and made traditional Nepalese dumplings called Momos. Not only that, but the locals always knew how to throw a celebration with celebratory food like celebration bread, traditional dance performances and locally brewed alcohol they called Raksi. Following our time in the village, we took a breather riding elephants, boating along a crocodile infested river and safari walking where we spotted a rhinoceros at Chitwan.

Volunteering in Nepal was truly a rewarding and enriching experience, having helped build foundations for better oral health and having made a difference in a remote village where oral health facilities are not readily available. The program had a perfect amalgamation of dental work and leisure, which I must say, was the silver lining. My experience in Nepal has definitely etched a lasting impression of the beautiful people and country of Nepal and I am so grateful to have forged lasting bonds with those I've met on the program. If I could, I would do it all again.



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