Welcome back!

Dear ADSA students,

Welcome to the new university year of 2015! Many of you should be getting solidly stuck back into that dental school routine / mad rush again.

To our fresh-faced first years, hopefully you have settled in quite comfortably by now, though it’s still not too late to check out our First Year Booklet on the ADSA website (www.adsa.org.au) if you haven’t already!

Though we are still early into twenty-fifteen, ADSA events are already busy brewing behind the scenes.

In this issue: Look out for a number of Dental Aid Projects rolling out in the coming months and how to get involved. Not to mention, the long-awaited annual Dental Students’ Convention will be hitting up the scenic shores of Cairns in July this year. If you are interested in rural volunteering, check out all the awesome opportunities Amika has dug out on page 10, and also learn more about rural placements from some of our final year students. Finally, find out what it was like in Nepal for students volunteering with Dental Outreach from Elly Huang.

Enjoy the rest of the year. No matter how laborious or overwhelming dental school can be, know that ADSA is here for you every step of the way. Get out, have fun and stay positive.

Until next time, all the best,

Cheryl X. Chen
Publications Officer
Australian Dental Students Association

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Welcome to 2015! The Australian Dental Students’ Association (ADSA) has had a remarkable start to the year in terms of upcoming events and activities. The ADSA has successfully embarked on administering its goals for 2015. The goals for 2015 are:

- Enhancing community-oriented outreach
- Strengthening stronger linkages with each dental school’s student society
- Sustenance of policy pertaining to dental students
- Achieving educational outcomes through ADSA Student engagement
- Defining broader stakeholder participation
- Entering a global outreach pathway

In consideration of the aforementioned, the key events we have launched this year are aimed at inviting wider dental, oral health therapy and dental hygiene students to participate in ADSA related activities. New initiatives for this year include:

- **Dental aid projects:** The National Dental Foundation (NDF) offers opportunities in each state for dental students to volunteer their services on the dental rescue days. Student representatives from each university have the contact details of the various NDF state representatives. The Australian Dental Association Foundation (ADAF) has several opportunities for students including student grants for various volunteering projects. They have also joined ADSA and are willing to engage with students in undertaking community oriented projects. This year we have also partnered with Challenges Abroad who has helped us in devising and launching ADSA’s first own international dental volunteer program. Further details about the pricing, countries of service and application dates will be released in the upcoming editions of the newsletter. Moreover, we have also joined hands with the Around Good people and sustained our contact with Work the World, both of which will also be offering international dental student community aid projects at competitive prices.

- **Establishment of a National Dental Students Leadership Awards Program:** First of its kind, ADSA will be launching its national dental students leadership awards program in July and seek nominations from interested individuals post annual convention. More details to come in the near future.

- **Launching the ADSA Scholarship Program:** Once again, this is first of its kind wherein applications will be called from interested individuals and 1 final year dental student will have the 100% free entry to undertake post-graduate online training with some of the best dental mentors and clinicians in Dental Practice Management and dental business administration. More details to come in the near future.

- **International engagement:** We have also been in discussion with the National Dentists & Dental Students Federation (NDDSF) from India in relation to engaging in sister projects for the future in regards to Oral health care provision and dental health awareness programs.

Apart from the above mentioned new initiatives, ADSA will be sustaining its existing portfolios of rural and dental workforce policies, participating in Red Cross’s annual blood drive and above all, the biggest event of the calendar, the 2015 national ADSA Convention.

**National ADSA Convention:** This years’ national ADSA Convention will be hosted by James Cook University dental students in Cairns. The convention team headed by Michelle Davidson and Hannah Treston have organised a fun-filled educationally enriched program from the 7th – 12th of July. I would urge all the students to try and attend the convention. This is a great way to network with potential work colleagues whilst taking a holiday break from university. The program includes an edifying academic program with seminars, lectures, hands on workshops, several giveaways! The details of the Convention can be found in the upcoming pages of the newsletter.

Amidst the busy start, I have to take this opportunity and our national partners, the Australian Dental Association (ADA) and the Royal Australian College of Dental Surgeons (RACDS). In addition, we have several corporates and stakeholders who are supporting us this year, which will be acknowledged in the upcoming newsletters.

Indeed, it is a busy year planned for ADSA and I would recommend students to keep an eye out on the ADSA Facebook page, Articulate newsletter and the website for upcoming opportunities. Remember, now is the time to do it! So take the opportunity and make the most of it as you never know what door of success it may open up.

Yours sincerely,

Mohit Tolani

President

Australian Dental Students Association

FOR FURTHER INFORMATION AND TO KEEP UP WITH WHAT’S HAPPENING FOLLOW US ON

twitter.com/ADSAMedia
facebook.com/AusDSA
instagram.com/ADSA2015
www.adsa.org.au
DENTAL AID PROJECTS

Dental health is often one of the most critically underserved healthcare fields in many regions across the globe. Often, there may be few opportunities for adults and children to have access to dental care and oral hygiene education. Luckily, there are many great projects out there doing their best to help combat this dental disparity. Keep reading to find out more about how you can help!

Volunteering as a dental student is a fantastic opportunity to not only do a wealth of good for underprivileged local, rural/remote communities or communities abroad, but also to meet new people and be immersed in a diverse range of cultures.

As a dental student, volunteer work can also help you learn more about the dental field by being exposed to different specialties, observing a variety of dental procedures and talking with professionals in the field.

The National Dental Foundation (NDF) offers opportunities for dental students in each state to participate in dental rescue days. Student representatives from each university have the contact details of the various NDF state representatives.

The Australian Dental Association Foundation (ADAF) has several opportunities for students including grants for various projects. Now joined with ADSA, the ADAF is willing to engage with students in undertaking community oriented projects.

This year, ADSA has also partnered with Challenges Abroad who has helped us devise and launch ADSA’s very own international dental volunteer program. Further details about this new initiative will be released in the upcoming editions of the newsletter.

Moreover, we have also joined hands with the Around Good people and sustained our contact with Work the World, both of which will also be offering international dental student community aid projects at competitive prices.

On the next couple of pages is an ADSA compiled list of organisations currently offering dental volunteering opportunities to students, what they do and useful contact details to help you get involved:

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Regions of Operation</th>
<th>Type of Program</th>
<th>People Treated</th>
<th>Contact</th>
</tr>
</thead>
</table>
| AusBangla Care for Dental ASCD - Rotary | Bangladesh | Clinical care, prevention, community-based, education | Adults, elderly, clinical care, children (0-17) | Dr Nahid Sayma
0425 361 858
nahid@sayma@hotmail.com
0418 405 757
sm495@ozemail.com.au
www.rawcs.com.au |
| Caravan Sun Smiles | NSW, VIC (including Australian wide) | Community based, clinical care, prevention, education | Homeless children, community at large | Cathryn Carboo
cathcarboo@bigpond.com
03 5721 4451
www.rawcs.com.au |
| Cerebral Palsy Alliance | NSW and ACT | Clinical care, prevention | Children and adults with cerebral palsy | Dr Robert Watson
02 9976 3187
drwatson@bigpond.net.au |
| CHAT Inc. Christian Aid Health Team | Vietnam | Community based, clinical care, prevention, education | Children (4-16), elderly carers | Lyn Santic
lyn@blinet.net.au
Dr David Booth
dbo6775@bigpond.net.au
www.chatin.org.au |
| Dental Aid Project | Cambodia | Rural community based, clinical care, prevention and education | School aged children (5-18) | Dr Cecilia So
02 9519 6054
dental@buddhistlibrary.org.au
www.buddhistlibrary.org.au |
| Glory2Glory | Tha/Burma Border | Clinical care, prevention, education, training | Children (3-16), adults | Andrea Morrison
0437 505 878
0418 581 583
andrea@artofdentistry.com.au
www.effectiveaid.org |
| Hope4Health | Queensland | Community based, clinical care, prevention, education | Children (3-16), adults | Michael Baker
Vida Christina
Neil Evans
dentistry@hope4health.org.au
www.hope4health.org.au |
| Kimberley Dental Team (April - August) | Kimberley, Western Australia | Community based, clinical care, prevention, education | Primarily Aboriginal children and their families | Dr Jan Owen
0407 998 215
janowen@h-e-c.com.au
www.kimberleydentalteam.com |
| National Dental Foundation | Australia Wide | The disadvantaged and people at risk | Children (10-16), adults | Dr Sandra Melhubers
0418 405 757
sm495@ozemail.com.au
www.rawcs.com.au |
| Rotary Australia World Community Service | Nepal | Community and school based, clinical care, prevention, education, training | Children (3-16), adults | Dr Sandra Melhubers
0418 405 757
sm495@ozemail.com.au
www.rawcs.com.au |
| Special Olympics Australia Healthy Athlete Program | Australia wide | Community based, clinical care, prevention, education, training | Children and adults with intellectual disabilities | volunteer@specialolympics.com.au
www.specialolympics.com.au |
| Timor Leste Dental Program - a collaborative project between Rotary and Lions | Timor Leste | Community based, clinical care, prevention, education, training | Children and adults | Dr Blanche Tsetong
0422 597 123
tsetongb@hotmail.com
www.tmorlentralprogram.org |
| Tooth Aid Inc | Laos | Community based, outreach, clinical care | Children and adults | Dr Paul Kotala
0403 337 711
pkr58@yahoo.com.au |
| Tzu Chi Queensland | Brisbane and Regional Queensland | Clinical care, prevention, education | Children and adults, refugees, homeless and disadvantaged people | Dr Jerry Wu
0411 967 789
tima.australia@gmail.com
| Vanuatu Dental Care Services | Port Villa, Vanuatu | Community based, clinical care, prevention, education, training | N/ Van Patients | Barry Stewart
blstewart@primus.com.au
03 9812 2860 |

The National Dental Foundation (NDF) offers opportunities for dental students in each state to participate in dental rescue days. Student representatives from each university have the contact details of the various NDF state representatives.
CONVENTION 2015

The countdown is on! It’s less than four months until the 2015 ADSA Convention and the James Cook University Convention Crew is working hard to have everything ready for you guys come July. And I’ve got to say – it’s shaping up to be an amazing educational and fun-filled week!

Michelle Davidson & Hannah Treston
2015 ADSA Convention Co-convenors

Prepare yourself for engaging presentations on endodontics, prosthodontics, orthodontics and implants (just to name a few!). Witness the amazing facilities we have here at JCU, set amongst a tropical rainforest. You’re going to feel right at home with the welcoming and relaxed atmosphere of Far North Queensland life.

When you’re not busy taking in all the information you can from our academic program, let loose with our social! Convention will be kicking off Tuesday 7th July with delegates arriving at the Cairns Novotel Oasis Resort before heading to our Meet and Greet hosted by the Woolshed. Mingle with students from other universities and, if you’re feeling a little bit crazy, indulge in some table dancing in this fantastic environment that is the heartbeat of Cairns CBD.

On Wednesday, get ready to ‘Rumble in the Jungle’ as we hit up five different clubs as part of the Cairns Ultimate Party. Free drinks on entry and plenty of food provided; this is a favourite amongst the JCU Dentistry students and we KNOW you are going to love it too! If you have the courage, participate in the party games to win some awesome prizes!

Now you can’t come to Cairns without experiencing a taste of the beautiful Great Barrier Reef! Thursday we will be taking a boat to one of the most popular holiday islands – Fitzroy Island! There are plenty of activities for you to do. Forget it’s Winter for all our Southern friends and spend the day soaking up the sun on the beach, go snorkelling, find your inner child again on the ocean trampoline and take a stroll along the island walks to the lighthouse. You’ll truly feel like you’re on a tropical vacation.

Thursday evening will be spent at the Tjapukai Aboriginal Cultural Park. Unlike anything you would have experienced before, immerse yourself in the Australian Indigenous culture. Highlights include a 40-foot fireball explosion, traditional Tjapukai dance and face painting, and photo opportunities with Tjapukai warriors in what will be a memorable night!

Friday, school’s out for recess as we celebrate the end of the week at two different clubs. Starting off at Pier Bar, enjoy canapés before joining the action at The Attic and Gilligan’s. Whether you were a jock, nerd, or it-girl it’s time to whip out your old uniforms or dress up for that clique you always wanted to be a part of.

Finally, Saturday will celebrate the end of Convention in one last hurrah and we’re going to do it in style! Dress yourself in classic black and white for an elegant evening poolside at the Hilton. Reminisce about the week you’ve had with the new friends you’ve made, and make plans to reunite and do it all again next year!

So what are you waiting for? Check out the convention promo on the ADSA website and register. Registrations open up on 22nd April, 2015!

EARLY BIRD pricing:

<table>
<thead>
<tr>
<th>Packages</th>
<th>Early Bird (ends 08/05/2015)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Package (inclusive of accommodation)</td>
<td>$595.00</td>
</tr>
<tr>
<td>Non-accommodation Package (includes everything except accommodation)</td>
<td>$449.00</td>
</tr>
<tr>
<td>Academic Package (includes entry to 3 days of academic events, tradeshow and lunches)</td>
<td>$149.00</td>
</tr>
<tr>
<td>Weekend Package (includes accommodation for 2 nights, Fri-Sat social events and Sat academic events + lunch)</td>
<td>$289.00</td>
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</tbody>
</table>

Book in early so that you do not miss your spot! See you in July!

Michelle Davidson & Hannah Treston
2015 ADSA Convention Co-convenors

The countdown is on! It’s less than four months until the 2015 ADSA Convention and the James Cook University Convention Crew is working hard to have everything ready for you guys come July. And I’ve got to say – it’s shaping up to be an amazing educational and fun-filled week!

Michelle Davidson & Hannah Treston
2015 ADSA Convention Co-convenors
RURAL HEALTH CONFERENCES

There will be many rural conferences fast approaching this year (see list below). Make sure you register to any that you can attend. It’s a great opportunity to meet people with rural experiences in the dental health field, locals and make some new connections. Listen to the stories and experiences of others, who knows, maybe the rural life style may be for you. There are also many incentives for those who wish to work out in rural and remote areas, so make sure that you keep up to date and see if anything catches your interest.

<table>
<thead>
<tr>
<th>Conference</th>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>The 13th National Rural Health Conference- NHA</td>
<td>May 24-27</td>
<td>Darwin, NT</td>
</tr>
<tr>
<td>Rural Doctor’s Association of Queensland 26th Annual Conference</td>
<td>April 9</td>
<td>Cairns, QLD</td>
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<tr>
<td>NACCHO Health Summit 2015</td>
<td>April 18</td>
<td>Gold Coast, QLD</td>
</tr>
<tr>
<td>Aboriginal Health Conference Health Families Healthy Futures (BHWF)</td>
<td>May 8</td>
<td>Perth, WA</td>
</tr>
<tr>
<td>The LIME ConnectionVI</td>
<td>June 16</td>
<td>Townsville, QLD</td>
</tr>
<tr>
<td>2015 CRANAPlus Conference</td>
<td>July 28</td>
<td>Alice Springs, NT</td>
</tr>
<tr>
<td>11th National Allied Health Conference</td>
<td>September 13</td>
<td>Melbourne, VIC</td>
</tr>
</tbody>
</table>

PLACEMENT OPPORTUNITIES

Because of the need for health professionals in rural and remote areas, many organisations offer volunteering opportunities for those who want to help. This year, ADSA is trying to build foundations for future placement opportunities for students who wish to experience working in rural areas. Ideally we would like to be able to offer students a placement program which will fill their university requirements whilst giving them the rural experience. Hopefully this will allow students from different Universities to work together, learn from each other and expose them to what the rural life style has to offer. This is all still in the works, but we are hopeful for a positive outcome.

Below is a link to volunteer organisations that have been recommended by the ADA: http://www.adia.org.au/uploads/ada/ADA-DentalVolunteerProjects.pdf

SCHOLARSHIPS

There are still a few rural scholarships that are open for applications. Have a look and see if you’re eligible. Others have closed but you can still start working on your application for next year.

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Closing Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADA Study Grant for Rural and Remote Dental Students</td>
<td>March 31</td>
</tr>
<tr>
<td>ADA Study Grant for Indigenous Dental Students</td>
<td>March 31</td>
</tr>
<tr>
<td>Nursing and Allied Health Scholarship and Support Schemes (NAHSS)</td>
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<tr>
<td>- Allied Health Undergraduate Scholarship</td>
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<tr>
<td>- Postgraduate Scholarship</td>
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<tr>
<td>- Continuing Professional Development Scholarship</td>
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<tr>
<td>NSW Rural Dentistry Scholarship</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

RURAL UPDATES

Want to get involved in rural health and dentistry? There are a ton of exciting events coming up soon! Check them out below.

By Amika Bober, ADSA Rural Officer

REMOTE DENTAL PLACEMENTS

By Amika Bober, ADSA Rural Officer

ADSA managed tracked down a couple of these students. Let’s see how they’re going so far.

DEVONPORT, Tasmania

Samantha Tan, University of Adelaide

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.

WHYALLA, South Australia

Edward Vuong, University of Adelaide

Whyalla – the City of Steel. The Arrium steel and iron ore factory stands imposingly adjacent to the marina of the third most populous city of South Australia. A town where the orange dirt of the outback meets the crystal blue of the sea.

My small group of four final year dental students set out in early March for five weeks into the unknown. Our new home was to be a small unit in the UniSA student village. 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!

While it is the major regional centre for the northwestern part of South Australia, it is also a great opportunity to sample working life in a rural/remote setting.

The highlight of our placement has still yet to come. We will be visiting Marla and Mintabie with the Royal Flying Doctors on the weekend before Easter. Here is hoping it will be an experience we will never forget!
DENTAL OUTREACH IN NEPAL

By Elly Huang, University of Melbourne

Over 2 weeks, eleven dental students, including myself, from around Australia volunteered their time and skills in an outreach clinic, up high in the village of Machhapuchhre, Nepal. Across 10 days, more than 700 patients were screened and treated in a little building no larger than 50 square metres, with picturesque views of the Himalayas just behind it. Each day began with the sound of wood chopping, children’s voices, roosters calling, and a magnificent sunrise over the mountain peak they named “Fish-tail”. During our short morning walk through the village to the clinic, many “Namaste” greetings, smiles and waves would be exchanged, and the faces we passed became more familiar each day.

With lights on our heads, generator run hand pieces and no suction apparatus, we cleaned, filled and pulled teeth. Through broken Nepalese, and the help of our dental assistants, we communicated the best we could with our patients, making sure they were comfortable and understood the treatment we were providing. After a long day in the clinic, the volunteers would play soccer until the sun was well set and the children’s voices had faded. We usually walked back to our village house in darkness, with the eager thoughts of that night’s dinner on our mind. Over a cozy fire, the family of students, dentists and nurses shared their day’s stories, the highs and lows, and their anticipations for the following day. The crystal clear night skies with endless shining stars became our bedtime story, and by 10pm most were in bed after an exhausting day.

Each day was a new adventure, with new people to meet, new places to see, and new teeth to fix. We embarked on various treks around the village, sometimes up high, trying to reach the top of a mountain before the day’s sunrays shone through.

We were lucky enough to take an hour’s long hike to a natural hot spring, allowing us a much needed moment of relaxation before another day in the clinic. As quickly as we fell into step with the village life and outreach clinic, it came to an end. We were all very moved by the village people, who went out of their way to respect and welcome us to their home. We were able to complete over 1200 treatments, alleviate pain, reduce sensitivity, remove years of calculus, and most importantly, educate and increase the quality of life for the patients who attended the outreach clinic.

Volunteering abroad had changed us in unexpected ways; we made life long bonds, we gained confidence as clinicians, we ventured high up into the Himalayas and had an unforgettable time with limited electricity, technology and without Facebook! We were lucky enough to meet genuine, humble people, provide them with much needed health care, and at the same time discover the beauty which lie within the mountain ranges of Nepal. I would highly recommend volunteering, to see the world, to gain dental experience in a very different and challenging setting, and to help out those in need of dental care who may not have had access or been able to afford it in their lifetime. I look forward to many more outreaches in the near future.