

# Ar•tic•u•late

OCTOBER 2016 NEWSLETTER



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## A big round of applause !

Thank you everyone for making this year an absolute delight ! Well done to La Trobe University and University of Melbourne for co-hosting this years amazing convention. Thank you to everyone who participated to the blood challenge, you should be proud for saving all those lives. Thank you to our ADSA president Cheryl, vice president Nicole, design officer Lina, community officer Amy, and sponsorship officer Amanda for putting together the FIRST EVER mental health booklet, so proud to have been a part of this wonderful project dedicated to help those troubled with mental health issues. Finally, thank you to the amazing ADSA team for making this year a huge success, I couldn't have asked for a more understanding, hard working, committed team to be a part of.

This is the last issue of Articulate for this year, I hope everyone has enjoyed this year as much as I have, I wish everyone the best for the upcoming exams and holidays.

Sincerely,

**Anna Peishan Jiang**

Publications Officer  
Australian Dental Students Association

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# PRESIDENT'S REPORT



Dear students,

Well done to another brilliant year!

Indeed, it is that time of the year for me to handover the running of the ADSA into the hands of the new committee taking charge next year. But before I move into that, let me discuss 2016.

This year the ADSA has focussed 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. We set 7 goals prior to the beginning of the year, and I am happy to report that we have accomplished all of them.

With that note, our achievements can be summarised below:

- Running one of our largest ADSA Conventions to date with over 350 attendees in July. The Melbourne 2016 Convention was also our first ever joint-hosted Convention, with La Trobe University working in cooperation with the University of Melbourne.
- Development of a streamlined sponsorship policy structure to ensure professional, fair and maximised sponsorship relationships. This worked to increase stakeholder participation numbers by 50% and our sponsorship income by 141%. Our corporate sponsors and partners had glowing reviews regarding collaborations fostered this year, and ADSA hopes to continue to strengthen these for 2017. Sponsorship support is essential to the success of ADSA initiatives and events, so a great big thank you goes to our magnificent sponsorship officer for 2016, Amanda Lin!
- Increasing student engagement through digital media. This year, we doubled our email subscription numbers, increased Twitter and Instagram follower numbers by 40% and saw our Facebook page reach over 4500 'likes' - allowing a significant portion more of our membership base access regular updates and information.
- Launch of ADSA Online Student Centre, containing information, resources, opportunities and news, which allows for the educational workforce support of students. Many thanks to major contributors publications officer Anna Jiang, media & community officer Amy Fan, rural officer Kaejenn Tchia and website officer Joshua Soh.
- Expanding the ADSA team to increase productivity. We have undergone slight restructuring of the committee in order to sustain the association for future years in line with our growing member numbers. Two new committee positions have been announced - Design Officer and Oral Health Officer. Additionally, the ADSA has introduced new General Subcommittee positions to aid General Committee members from 2017 onwards in managing their respective portfolios. Nominations for General Subcommittee positions are open now at: <http://www.adsa.org.au/single-post/2016/10/15/ADSA-Subcommittee-2017-Nominations>
- Winning the inaugural Health Students Blood Challenge run by the Australian Red Cross against student organisations AMSA, NAPSA and SPA, with a recorded increase in student participation of

48% as compared with previous blood drives. Congratulations to all our students Australia-wide, our University Representatives, and media & community officer Amy Fan for this fantastic effort!

- Built on from last year, R U OK day was bigger and better than ever, with a larger budget and improved event structure as well as marketing through the development of vouchers, banners and posters. Thank you to the Australian Dental Association (ADA), Medical Indemnity Protection Society (MIPS) and Work the World (WTW) for their support of our 2016 mental health initiatives.
- Published our first ever Mental Health Booklet. Thanks again to the ADA, MIPS and WTW for their support of this project and our R U OK day. Special thanks also goes out to new design officer Lina Zhou, publications officer Anna Jiang, media & community officer Amy Fan, sponsorship officer Amanda Lin and vice president Nicole Contemplacion for their dedication to this bringing the booklet to life!
- Strengthened ties with the Oral Health Therapy community through the introduction of our new Oral Health Officer role and election of our first officer, Josie Aboumrad, and joining hands with new professional partners the Australian Dental and Oral Health Therapists' Association (ADOHTA), in order to provide for greater support of oral health students who make up 23% of our members.
- Continuation of support of rural students and rural opportunities, published in the Online Student Centre and ADSA publications. Many thanks to our wonderful rural officer Kaejenn Tchia for keeping up the good work!
- Gathering and applying crucial feedback from our events, hence, improving the execution and management of future endeavours. Your feedback is vital to the improvement of the ADSA.
- Undertaking a crude count of member numbers with the help of our amazing University Representatives. Understanding our member base is essential to planning targeted initiatives, events and opportunities. Plans are in place for the development of a more structured member database in future years, which will be invaluable.
- Coordination of the Canadian NDEB Exams together with Sydney University, and disseminate critical information to our members intending to undertake the exams.
- Working with professional partners ADA, RACDS, and ADOHTA to attain mutual benefit, discuss key issues facing the profession, and bring irreplaceable learning and networking opportunities to students. These include the RACDS mock primary examinations workshop held at this year's Melbourne Convention, in addition to the in-progress coordination with ADA and ADOHTA to bring the ADSA Leadership & Community Awards to students.

Thank you to all the ADSA Executive and General Committee members as well as University Representatives who worked above and beyond this year to bring about a successful 2016. We could not have achieved the aforementioned without your support and dedication. As seen from the above, we have made advancements in each and every portfolio. Though a hard slog, it was worth it! We have had a busy twenty-sixteen: we have extended the ADSA's reach and capacity, as well as set up structures to support its future growth. All the best for our 2017 committee! I urge all the students to keep an eye out for various opportunities on the ADSA Facebook page, Articulate newsletter and our website. The new year will bring new gifts from the new ADSA committee so



definitely stay tuned.

Good luck for your exams and enjoy the summer break that follows - you deserve it! Rediscover your inspiration and then come back to university with a fire to learn and improve. Graduating students, of course, won't have more dental school for a while now! All the best for those entering the so-called 'real world'; I'm sure you will all do splendidly. Nevertheless, this final message is for everyone: although seemingly counterintuitive - don't work too hard! Be sure to always make time for family, friends, and as always, look after yourself.

Wishing you a happy holiday and a relaxing time ahead,



**Cheryl X. Chen**

President

Australian Dental Students Association

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# WHAT'S BEEN GOING ON

Here we have our last two university updates, from our wondering reps, rapping up the year at their campus, can't believe how fast time has flown when you're having fun



## University of Sydney

Arash Boroumandi

Here at the University of Sydney, like every other year in dental school, 2016 has been very busy year jam-packed with challenges and memorable events for student across all 4 years.

Earlier this year, our students were kindly reminded to take a minute to really ask each other how they were doing on RUOK day and enjoy a free cup of artisan coffee (courtesy of ADSA) at our friendly neighborhood coffee shop, Haven. This provided a chance for people to unwind and perhaps consciously seek out a more mindful interaction with their friends and loved ones.

Our much anticipated Dental Ball event of 2016 was also a great success. The event was held at the Ivy complex at Sydney's Central Business District and with it brought many exciting prizes such as tickets to Cirque Du Soleil and exclusive access to extracurricular dental courses.

USYD Students have also had plenty of opportunities to get out of their chairs and put their cardiovascular systems to work with events such as the QuadFac Rugby and Touch competitions that involved our colleagues at faculties of pharmacy, medicine, and veterinary, The Roland Bryant Cup, and City2Surf to run 14 kilometers and help raise funds for cancer research.

Last but certainly not least, we look forward to seeing you join us at the 2017 Sydney Student Convention, co-hosted by us and our friends at Charles Sturt University.



THE UNIVERSITY OF  
SYDNEY



## University of Western Australia

Andrew Liang

With the end of Semester rounding the corner and another year of Dentistry done and dusted, the University of Western Australia dental student society (UDSS) have been working hard to reward themselves with wonderful opportunities to look back on a hard year's work. We ran our annual Quiz night at the University Tavern late until the night with more than memorable performances from blindfolded impression taking to the classic egg on the spoon race. A perfect stress breaker to the semester and segue to exam period in November.

Our education representatives have also been working hard to bring something new and exciting to the table. We run specialist information evenings ranging from case discussions by our very own prosthodontists to oral medicine oral pathology seminars by our Head of School. We look forward to seeing more seminars being run at the request of the students made possible by the continuous hard work from our Education reps!

With exams nearing, the UDSS decided to run a halfway dinner for our 2nd year students to celebrate and reflect on two strenuous years surpasses and two more to go! This will be the first of many to happen and puts a light at the end of the tunnel for our students.





# DENTAL REVUE at GRIFFITH

By David Li

5th Year Dental Student at Griffith University

For many years now, the wonderful world of Revues (musical-style plays parodising a particular franchise to satirise life in uni) in Australia belonged exclusively to Medicine and Law schools. No longer is that the case.

The idea of organising Australia's first Dent Revue was something that would regularly pop up, but we'd quickly slap it down because it just seemed so ridiculous. The whole premise of The Lord of the Crowns started in 2014 when we noticed that our Dental Materials lecturer bore a strong resemblance to Bilbo Baggins. Ironically he would then go on to play Bilbo in our opening video!

It started out as a joke. That joke became curiosity. That curiosity spurred action. After countless 'writing seshes', filming days (a special shout-out to Eric Kook, our honorary Fifth Convenor) and exhausting rehearsals, our joke was brought to life in the form of The Lord of the Crowns.

Our story follows the tale of Frodo Baggins, a young Hobbit who has just been accepted into dentistry.

She unknowingly carries The One Crown, forged by the Corporate Overlord Sauron and used to dominate all the Private Practices of Queensland. Sauron was thought to have been defeated when the students of Griffith University attacked in rebellion during a GUDSA Academic Lecture. Now, with The One Crown returning to G40, the forces of darkness have awoken and seek to sabotage Frodo and her friends.

The ball really got rolling when one of my Co-Convenors, Toan Le-Vo, and I took part in Med Revue in 2015 since we had no other avenue to unleash our creative energy. Every time we discussed the possibility of Dent Revue, it was met with a lot of doubt, but just as much curiosity as well. Did Dentistry students have the interest, the creativity or the talent? The Con-



venor team was rounded out with Jordan Tselepy and Cherie Yam and together we set off to see what dental students were capable of. From the very beginning, we had our doubts and reservations, and at every turn the students would prove us wrong.

Being the first of its kind, we braced ourselves for what would be one of the greatest challenges of our lives; but also the most satisfying. Dent Revue wasn't just about putting on a show over 3 nights of cheap comedy and general inappropriateness. It was about bringing like-minded and creative dental students together to create an extraordinary and unique experience for all. We started off as students from different year levels, hesitant to even sing in front of each other. In the end we became the Dent Revue Family, breaking down the barriers between year levels like nothing before and singing passionately together on the tram system to the point we almost got kicked off.

In a profession defined by meticulous and mechanical mindsets, it was surprisingly easy to unleash our creative and flamboyant sides. To the cast and crew who made our dream a reality, no words can describe our gratitude for your dedication and patience, especially when the dentistry timetables were inherently draining without the added burden of late night rehearsals. We hope that Dent Revue has brought together a new family (as dysfunctional as we may be) and that this will be the beginning of a tradition lasting for many years to come.





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# COMMUNITY EVENTS

## THE RED25 HEALTH STUDENTS BLOOD CHALLENGE 2016:

Monday 25th July – Monday 19th September 2016

For the first time this year, ADSA, AMSA, NAPSA and SPA went head to head to see who could achieve the highest percentage of growth from their 2015 challenge donation tally. In just under two months, we achieved



a magnificent total of 2,851 donations and saved up to 8,550 lives, helping the Red Cross' Red25 program inch closer to their goal of making 25% of all of Australia's blood donations. Of that total, 152 donations were made by ADSA members - a huge 48% increase from our 2015 donation figures, making us the winners of the 2016 Health Students Blood Challenge!

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49 members who rolled up their sleeves for the first time, as well as thank all who have continually supported the Red Cross' mission to save lives over the years.



< ADSA President Cheryl Chen, Media & Community Officer Amy Fan and Media & Community Officer-elect Cindy Zhou were presented with the Winner's Cup on behalf of ADSA at the Brisbane Donor Centre earlier this month.

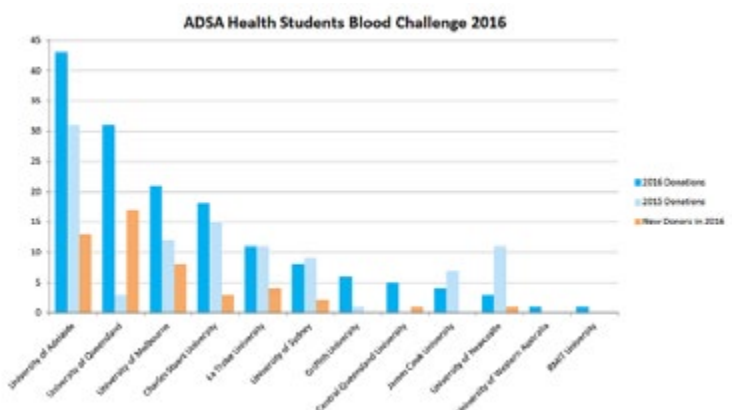
ADSA would like to extend a big thank you to AMSA, NAPSA, SPA for the friendly competition as well as the Australian Red Cross Blood Service for their help in coordinating the challenge, and for the great work that they do every day of the year! Planning has already started for next year's challenge and we want you to be part of it, whether you're a veteran blood donor or someone who's never donated before. Sign up to your organisation's Red25 group now and any donations made throughout the year will also be included in your organisation's annual tally. Book your next appointment online or call 13 14 94.

Congratulations to the University of Adelaide who achieved the highest overall number of donations within ADSA, with 43 donations in total. We hope you will keep up the great work and help the Red Cross save many more lives in years to come! Well done also to James Cook University who achieved the highest donation frequency, with an average of 2 donations per donor.

Special mentions go to the University of Queensland who was the most improved – from only 3 donations in 2015 to a whopping 31 donations this year, as well as Central Queensland University and RMIT University for their first time participating in the Red Cross Blood Challenge. ADSA would also like to congratulate the

See your Red25 group's tally during the year  
<https://www.donateblood.com.au/red25/view-group-tally>

Blood Challenge results:  
<http://www.donateblood.com.au/health-students-challenge>



## RUOK?DAY

08th September 2016

ADSA's R U OK?Day events this year were a success, with many students across Australia coming together to ask each other "are you okay?" and start meaningful conversations. R U OK?Day is a national day of action and a reminder to regularly check in with family, friends and workmates. This year, the campaign encourages everyone to reconnect with someone they've lost touch with and to make more time for the people who matter to them.

To read more about R U OK? Day and mental health resources, check out ADSA's Mental Health Booklet at <http://www.adsa.org.au/mental-health-booklet>



ADSA extends our thanks to the Australian Dental Association, MIPS and Work the World for supporting our mental health initiative and making these events a possibility.



# RURAL UPDATES

Hey everyone!

What a year 2016 has been for Rural Health! As we approach the end of the year and final exams for the year I wanted to first reflect on some of the great progress that has been made in the rural health sector. Hopefully you have all had a chance to see the Rural Health Calendar on our ADSA website which shows all the amazing rural health opportunities close to your universities! For many of our final year students across Australia, they will be returning from amazing rural placements, making great impacts to bridge the oral health gap in these areas.

This final rural update contains a placement reflection written by Vivian Huynh, a final year student at Adelaide University who conducted a rural placement in Mt Gambier, South Australia. The second part of this rural section is a Q&A with Dr Elizabeth Collins, a JCU recent graduate. She shares her wonderful insight of rural lifestyle and work as a graduate dentist currently working in Mt Isa, Queensland. Also check out her tips for surviving a rural/remote placement!

Thanks to all the wonderful students who have helped contribute and shared their rural placement experiences for all of you to learn from and be inspired to maybe pursue a rural placement or work in rural and remote areas! It has been a privilege as Rural Officer this year to increase awareness of rural health and am excited for this growing movement and interest to be continued by the 2017 Rural Officer, Sheryl George!

By Kaejenn Tchia, ADSA Rural Officer

## Mt GAMBIER RURAL PLACEMENT

By Vivian Huynh  
(final year dental student)

For a city girl on her first rural placement in Mount Gambier, South Australia, one month seemed like forever. That was, until I actually got there, and the month flew by so quickly, and before I knew it, I was considering working in the region upon graduation.



< Valley  
Lake

Whether it was working with dental staff who felt more like family, joining in on the local Parkrun event and meeting locals who welcomed us as though we were old friends, or exploring the stunningly breathtaking region, there was (excuse the cliché) too much to see and do, but too little time!

The University of Adelaide School of Dentistry provided us with the opportunity to work alongside Bachelor of Oral Health students, which was an absolute blessing as it allowed us to interact with and better understand the dynamics of working with these diligent future dental hygienists/therapists.

Myself and another final year dental student, worked with two Oral Health students, to provide care to the residents of Mount Gambier. We treated a large range of



different dental issues, and were fortunate to experience multiple surgical procedures. The lovely receptionists worked hard to keep our books busy, quickly finding replacement patients to fill in timeslots for whenever a patient failed to attend. We saw an average of 6-8 patients a day, which made each day pass so quickly! The patients were so appreciative and grateful for the services we provided, and were eager to let us know – an aspect that made work life so incredibly rewarding.



The one and only thing I would change about this rural experience is that it should have been longer than a month! The whole experience was so much more valuable than I had anticipated – it opened the eyes of a city girl to how warm, close-knitted, and supportive a community can be in the rural region, and made me incredibly excited about the prospect of working in a rural or regional area in the near future, if the opportunity arises.



^Cave  
Gardens



< Blue  
Lake



## Q&A with Dr Elizabeth Collins

(JCU Recent Graduate)

**What has your first year out of university working in a rural area been like?**

Attending a regional university that offers training with a predominant focus on rural, remote and Indigenous health, I feel as though I was better equipped to face the challenges of the environmental fluidity working in Mount Isa, Cloncurry and Mornington Island.

**What are some of the barriers you have faced whilst working in a rural/remote location?**

At North West hospital and health services we service a land area greater than the size of Victoria, hence geographic and social isolation are key factors for treatment planning and delivery.

**Have you had any access to support from any senior staff or mentors?**

I have received mentorship from Senior dentist Dr Rachael Seadon, who has been working in the Mount Isa clinic for over 10 years. Working in a small town is both rewarding and challenging, however it's the people that make it all worthwhile. Rural and remote centres offer exposure to all kinds of dentistry. In addition to the dentistry, the connections and friendships made within these communities make it more than just a "job"



### Dr Lis' Tips for Surviving in a Rural and Remote Placement:

- Get involved in the community – sports, social clubs, trivia, volunteer, music/concerts, attend community functions and events
- Eat well – balanced diet, cost of food in Mount Isa = Cairns
- Networking – interdisciplinary, MICRRH, local governance
- Stay in touch with family and friends – #1 support network to beat social isolation
- Find a mentor – official/unofficial; touch base with this person every so often, someone who will point you in the right direction when you need it

# EXPERIENCING the GREAT OUTBACK

By Robin Vale,  
Dental Student at 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.





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