

Articulate

MAY 2017 NEWSLETTER

A young Nepalese boy showing his clean teeth after oral hygiene instruction



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WELCOME BACK!

Dear ADSA students,

Welcome to 2017! I hope you all had a great start to the new university year. If you were re-turning to dental school, I hope the transition back to the routine was smooth and if you just began your journey, I welcome you to our ADSA community and hope you settled in nicely! I would also like to take this opportunity to formally introduce the Publications Subcommittee: Terence Lau. Terence is a third-year dental student at Latrobe University and will be contributing to the ADSA's publications this year.

To the first years, if you haven't already, check out our guide on how to make the transition into your exciting new dental or oral health degree! Find it on our website and have a flick through to see what helpful tips ADSA has to share (<http://adsa.org.au/2017/03/10/adsa-first-year-booklet-2017/>).

In this issue:

- The important questions for when you are considering volunteering
- Information on the Canadian Dental Board Exams
- An insight into the post-structural changes that are taking place at the University of Adelaide as well as a review on ADSA's first ever ADSA Talk which took place at the University of Adelaide
- Update on the long-awaited 2017 ADSA Convention in Sydney from 3-9 July
- Updates from the University of Adelaide, Central Queensland University and Charles Sturt University, as well as Community and Rural Updates – read about LaTrobe students taking on placement in rural Victoria
- Finally, find out what it was like to volunteer in Nepal through the eyes of an oral health student

It's going to be yet another jam-packed year with a bunch of awesome events to look forward to. Make sure to contact ADSA if you have any questions, or would like to be involved!

Yours Sincerely,

Tasleem Khan

Publications Officer
Australian Dental Students Association

Terence Lau

Publications Subcommittee
Australian Dental Students Association



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PRESIDENT'S REPORT



Hey guys!

Can you believe we're almost halfway through the year? I hope you've all settled into the swing of clinic sessions, lectures and study routines by now cause I definitely haven't. If you're like me, I suggest we pull our heads back down from the clouds and get stuck in it!

Study aside, the committee and I have had a great time getting ourselves ready to bring you guys some awesome events and opportunities this year, from O-week to our Annual Dental Student Convention in Sydney, to an array of awards and scholarships to apply for.

This year, ADSA's goals include:

- Solidifying ADSA's reach with Oral Hygiene and Oral Therapy students
- Supporting the wider dental community by developing an annual charity fundraiser for a chosen dental company/organisation
- Supporting the wellbeing of our student peers through mental, physical and emotional health promotion
- Improving relations with international dental student bodies

With these in mind, I have had the privilege in meeting and teleconferencing with our professional partners (ADA, RACDS and ADOHTA), who each have something in the works for us students, so stay tuned! If anyone has any concerns or comments they'd like to bring forth to any of these organisations, please contact us via our website, Facebook page or get in touch with your local ADSA University Representative.

Now for the news you've all been waiting for...our Annual Dental Student Convention in Sydney! I know we always say it, but this time I swear it's true - it's going to be the biggest one yet! This year's ADSA and Convention Committees have been working tirelessly to bring you all a week jam-packed with over 25 academic sessions, a dedicated BOHT academic stream and an unforgettable social program. The Bridge climb is a MUST, but if you have a fear of heights, don't worry, we have the Ultimate Pass for you to check out some of Sydney's best attractions. This year's convention will be one for the books; you don't want to miss this one!

Shout out to our professional partners and sponsors, all of whom make this convention and ADSA possible - ADSA thanks you for your ongoing support. Delegates, be sure to have a chat with our sponsors at this year's Tradeshow at convention on the 8th July, I know they'd love to meet you all!

To wrap it up, I wish you all the best of luck with your studies in the coming months, look after yourselves and I hope to catch you at this year's convention!

Peace,
Nicole Contemplacion
President
Australian Dental Students Association

THINKING ABOUT VOLUNTEERING?

Volunteering aboard is an exciting and truly rewarding experience, however like with any overseas trip, there is definitely a lot of organising involved. Here are some things to consider when thinking about your trip. Good planning and research earlier on definitely makes things a lot easier when the date is finally approaching!

Below is a list of questions to think and find out about courtesy of Australian Dental Association INC

THE VOLUNTEER ORGANISATION	<ul style="list-style-type: none"> • Does the organisation comply with the ADA's Code of Practice for listing of volunteer organisations? Does it provide both cultural and clinical orientation prior to the commencement of the volunteer period? • Does it provide travel insurance cover? • Does it provide professional indemnity insurance?
COST AND CONDITIONS	<ul style="list-style-type: none"> • What will it cost? (e.g. flights, accommodation, meals, ground transport, incidentals) • Is there any subsidy available from the organisation or from elsewhere? • Will my expenses be tax deductible? • For how long is my commitment? • Do I need a Working with Children check?
THE VOLUNTEERING COUNTRY	<ul style="list-style-type: none"> • Is the general locale safe? • What is the climate like? • Is there 'hands-on' administration and supervision at the proposed site? • Are there cultural issues of which to be aware, e.g. dress requirements, hair style, tattoos, gender issues, religious, taking photographs, interpersonal communication? • Who arranges travel to the country? • What are the visa requirements? • How do I travel to/from the site? • What is the standard of accommodation? • What kind of food is available, e.g. local only, western, vegetarian, gluten-free? • Will there be access to internet, telephone networks? • Will my mobile 'phone work? What is the local currency? What is the best way to access cash during the visit? • Can I use a credit card?
PERSONAL HEALTH	<ul style="list-style-type: none"> • Are there any endemic diseases (e.g. malaria, tuberculosis)? • What vaccinations will I need? • Can I take medications for personal use? • Are (safe) medications available locally if I need more? • What happens in the case of an emergency should I fall ill or become injured? • Are there protocols in place, inclusive of accessible medical and hospital facilities? • What is the standard of local medical care if I become ill or injured? • Can I be easily repatriated if I have a medical (or family) emergency?

CANADIAN DENTAL BOARD EXAM

To become a licensed dentist in Canada, graduates of accredited dental programs must successfully complete the National Dental Examining Board of Canada's (NDEB) Equivalency Process. The Equivalency Process comprises of two examinations - written and OSCE. These examinations are based on the Competencies for a Beginning Dental Practitioner in Canada.

From 2016, ADSA will be liaising with the University of Sydney, as the host school, to bring the NDEB exams to you in Australia. If you are a recent graduate or final year student interested in taking the exams and/or practising in Canada - please check the eligibility criteria and fill in the Expression of Interest form on the ADSA website:

<http://www.adsa.org.au/#!/canadian-dental-board-exams/qqp8z>

The full information flyer for Australian and New Zealand students is also available for download and accessible from the above ADSA website link.



**The National Dental
Examining Board of Canada**

**Le Bureau national d'examen
dentaire du Canada**

Please note: completing the Expression of Interest will assist ADSA and the University of Sydney in organising facilities for the exams; it will NOT register you to sit the NDEB exams. Please ensure you visit www.ndeb.ca to complete your examination registration.



NEWS AFFECTING YOU

UNIVERSITY OF ADELAIDE

CENTRALIZATION

This year is a time of change and transition at the University of Adelaide. After many years of planning, this year sees the Adelaide Dental Hospital moving from its current site to the top 3 floors of the brand-new Adelaide Health and Medical Sciences Building.

Aside from the change in scenery, the biggest change is the centralisation of support within the Health Sciences faculty. This allows for greater integration between schools, with dental students learning in closer proximity to medical and nursing students, and provides more of an interdisciplinary approach to patient management. To celebrate this unity, there will be a first ever interfaculty event in semester 2. This centralisation process is aimed at improving efficiency within the University's administration, and will see first year placements at Gillies Plains, second to

fourth year students at the ADH, and fifth year students rotating between community clinics and the ADH.

With the Adelaide Dental Hospital being run in conjunction with the South Australian Dental Service, a big plus is that dental and oral health students will now have the opportunity to work alongside, and also learn from, the fully qualified professional dentists working at the ADH (Adelaide Health And Medical Sciences Building | Faculty Of Health And Medical Sciences). This will begin in semester 2 of this year.

If you've been affected by these changes or your university is undergoing similar changes, send a message to publications@adsa.org; the ADSA team would love to hear from you!



< Adelaide Health And Medical Sciences Building, Faculty Of Health And Medical Sciences




ADSA TALKS

2017 marked the beginning of ADSA talks, an exciting new educational series designed by and for students. ADSA talks links your local student bodies with our ADSA sponsors to bring some of the best speakers from both Australia and New Zealand to talk to you about topics useful and relevant to you. This academic program brings more to the dental student education, allowing you to explore further than just in dental school.

The first lecture series kick started on the 31st March with Dr. Omar Ikram, a specialist endodontist, talking about managing endodontic procedural errors, making complicated cases more predictable, and the importance of choosing the correct taper tip and size. This was kindly organised and paid for by the Adelaide University Dental Student's Society (AUDSS), and live streamed so you could watch it in the comfort of your own lecture theatre.

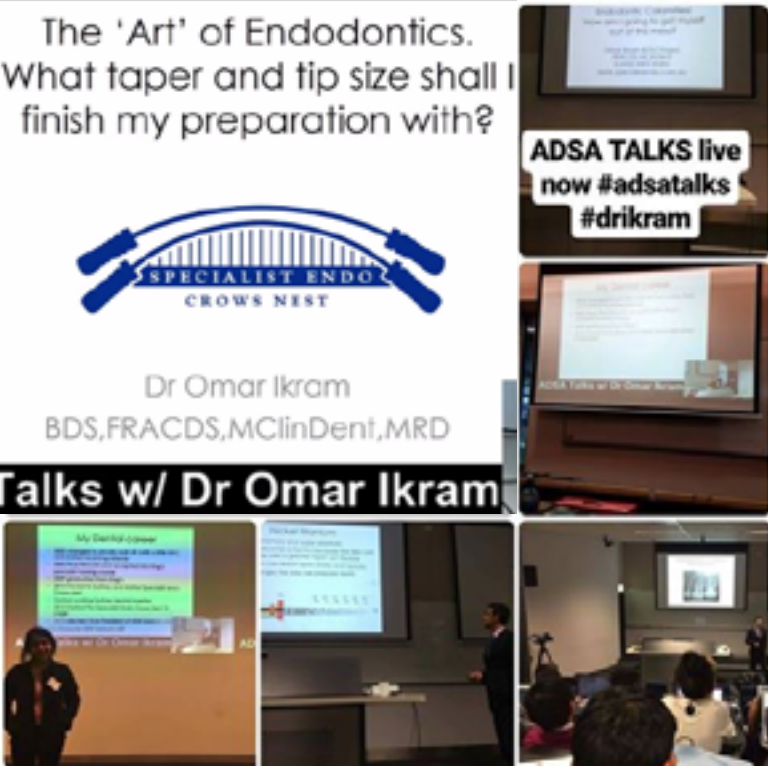

To stay up to date on what exciting new lectures will be coming to you soon via ADSA talks, make sure to follow us on Facebook, Instagram, and visit the website at <https://adsa.org.au/adsatalks/>. If there are any topics you'd be interested in hearing more about, feel free to contact the ADSA team.

The 'Art' of Endodontics.
What taper and tip size shall I finish my preparation with?



Dr Omar Ikram
BDS, FRACDS, MClinDent, MRD

Talks w/ Dr Omar Ikram


TOPICS

1. Managing Procedural Errors
2. Making Complicated Cases more Predictable
3. Taper Tip and Size

Series 01

ENDODONTICS
with Dr. Omar Ikram

31st March 2017
5:00PM-8:00PM



O-WEEK 2017

Welcome to the world of dentistry! Whether you picked up a sickle probe for the first time, or took on your final year, ADSA had orientation week activities to help you get into the swing of things.

UNIVERSITY PRESENTATIONS

If you're a first year dental / oral health student, your local university representative would have introduced themselves to you during orientation week. Make sure to remember their name, as they will be your first port-of-call when it comes to upcoming events or updates from ADSA! Your reps can be found here: <https://adsa.org.au/about/universities/representatives/>

MEMBER-SHIP CARDS

Our brand new membership cards are being rolled out across the nation. Make sure you find your university representative to pick yours up and register it on our website to get access to great discounts from certain dental companies and to ensure you stay up to date with all the happenings at ADSA.

FREE LOUPES

Register your ADSA membership card

At www.adsa.org.au/membershipcard

For your chance to

WIN

A FREE set of
Eyezoom™ mini
And Headlights

Entries close 8th May

Members registered
from 2017 are entered
into the draw automatically



Made possible by:



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Get your card from
Your ADSA Uni Rep

2017 ADSA CONVENTION SYDNEY



By Tasleem Khan and Arash Boroumandi
2017 ADSA Convention Co-Convenors

Charles Sturt University and Sydney University will be co-hosting the 2017 ADSA Convention to be hosted in Sydney, Australia's premier tourist destination and a world famous harbour city. With July, only three months away, our team is working hard on the academic and social schedule to guarantee you an amazing educational and entertaining week! Get excited – it is lining up to be the best convention yet!

Prepare yourself for engaging presentations on restorative dentistry, endodontics, removable prosthodontics, dento-maxillofacial radiology (just to name a few!). Topics such as "Cone-Beam Computer Tomography in Dental Education: What is next?", "Posterior Composites in 2017 – General Practice Reality" and "Calamities in endodontics! How can I get myself out of this mess?" will have you immersed and help expand your breadth of knowledge.

and boasts striking views of Sydney. Pullman Sydney Hyde Park is also home to a spectacular rooftop pool and recreation deck.

Settle in comfortably at Novotel Sydney Central hotel, a short walk from Darling Harbour entertainment and CBD shopping. Spare contemporary style and sunny colours make your room an inner-city haven – and many come with a balcony. Unwind after work or shopping in the heated rooftop pool or on the garden terrace, an urban oasis at Novotel.



The social program will have you checking into either Pullman Sydney Hyde Park or Novotel Sydney Central on Monday 3rd July. Pullman Sydney Hyde Park is at an absolutely perfect location in the epicentre of the arts, retail, and business precincts. Situated opposite iconic Hyde Park, the hotel is equipped with every possible convenience



For your first night, come down to the wharf for the 'Meet and Greet' cruise on the Bella Vista vessel as it takes you around the famed Sydney Harbour. Party the night away as you enjoy a 360-degree view of the harbour on Sydney's ultimate viewing vessel!



On Tuesday, discover some of the best bars that Sydney has to offer on the pub crawl. Free drinks on entry and plenty of food provided; this event has a history of being a hit and we KNOW you are going to love it too!

Wednesday night offers you the chance to take the night off and have a breather or explore more of what Sydney has to offer. The city has sites and activities that can appeal to all students. The natural beauty of Sydney's renowned beaches including Bondi, Coogee and Palm Beach, the historic and cultural monuments surrounding Sydney Harbour and the Rocks, as well as the many national parks, Royal botanic gardens and bushwalking are a small snapshot of what Sydney has to offer.

On Thursday, you will be absorbing a 360-degree panorama of Sydney as you journey to the summit of the iconic Harbour Bridge. Traverse the outer rim of the bridge as it delivers you all the way to the top, where the sky remains just beyond your outstretched fingertips.



Get ready to party like you have never before at Sydney's #1 Superclub on Friday night! Home, Sydney's House of Music, is a premier nightclub located in Darling Harbour boasting three levels and eight rooms! The night starts at Rooftop Level, an impressive space with breathtaking views over Darling Harbour with a world-class beverage and cocktail listing!



Finally for Saturday night, don your finest garb and sip on some champagne as we celebrate the end of convention with our annual ball on Saturday night. Hosted by Doltone House, enjoy a spectacular waterfront venue on the foreshore of Sydney Harbour, with views of the iconic Sydney Harbour Bridge and the magical city skyline, as you party to your heart's content!

Registrations open very soon! Keep a look-out on the ADSA website, Facebook page, and Twitter for more updates. Hope to see you in July!

Tasleem Khan and Arash Boroumandi
2017 ADSA Convention Co-Convenors

UNIVERSITY UPDATES

UNIVERSITY OF ADELAIDE



While first and second years enjoyed their summer break, seniors slaved away at pre-clin, ending with the Preclin Pubcrawl. This culminated in a night of dancing at the Royal Croquet Club along the Torrens.



O-week was the unofficial unveiling of the new Adelaide Medical and Health Sciences Building as the Freshers were given their first glimpse to dental school. The first years were then introduced to the rest of the cohort at the Fresher's BBQ, graciously hosted



by a fifth year, where everyone got to know each other lounging by the pool.

After two weeks of university, we are all looking forward to the second last basement party ever after several decades of getting smashed in the basement of the Adelaide Dental Hospital. A few weeks after that comes dental camp, 2 nights of dancing, fun on the beach, and academic activities too of course.



The rest of the year promises all new things, with first years learning tooth ID, second years practicing wax carving, third years seeing their first patients and fourth and fifth years out on placement, so I wish everyone the best of luck with their year!

Linh Huynh
University of Adelaide ADSA Representative

CENTRAL QUEENSLAND UNIVERSITY



The official CQ University O-week for Term 1 was Monday the 27th February 2017 to Friday the 3rd March 2017. There are different days for different degrees across all CQU campuses in Australia.

1st year oral health students primarily study via distance and correspondence. Most students attended orientation online or on the primary campus for Oral Health which is in Rockhampton, Queensland. Each term they have residential schools which involves practical workshops on the Rockhampton Campus.

2nd year oral health students had a pre-2-week intensive for the first time which introduced them to QLD health and more. After this they began lectures, sim lab & clinic with QLD Health.

3rd year oral health students also had a pre-2-week intensive from the 20th of February where they revised sim lab skills,

organised school talks, and prepared for various placements. After this 3rd years started placement 4 days a week at various locations across Rockhampton from the CQU private clinic to nursing homes.

Jackie Lewis
Central Queensland University ADSA
Representative





CHARLES STURT UNIVERSITY

O-week at CSU began on the 20th of February with our freshers excitedly moving in to their residences the day before. The week was packed with presentations from the university and some great social events including the C, S or U bar night, Amazing Race and "When I grow up" themed social. The first year students also received an insight into ADSA with a presentation from CSU-bred ADSA president Nicole and the ADSA rep. It was great to see the enthusiasm for the upcoming convention in Sydney in July!



Meanwhile the third, fourth and fifth year students had been back to study from late January and early February, working their hearts out in the clinics, simulation clinics and dental tech labs. As the academic term



started, first year students had their first taste of dental tech lab work while second year students made their first steps into the patient clinic.

The social calendar for Term 1 was hectic. Week 1 had Clubs day where all students could sign up as members of the Student Dental Association and at the end of the week was the dental wine mixer and SRC cocktail bar night. As always both were fantastic ways to kick-off the year, where students in all years could mingle with each other. In week 4 students scrubbed up for the Dentistry Commencement Ball which is always a highlight of the year. Later this semester will be the Roland Bryant Sports Cup which pits CSU students against the University of Sydney, where we hope to hold onto the cup for another successive year!



Aran Ravishanker
Charles Sturt University ADSA
Representative

RURAL UPDATES

Welcome to 2017!

By Sheryl George, ADSA Rural Officer

Rural Scholarships

As many of you may have already seen, there were numerous Rural Scholarships on offer, a few scholarships are open for applications. Have a look and see if you're eligible. Many are in need of applicants, so don't be afraid and APPLY!

<http://adsa.org.au/wp-content/uploads/2017/02/Rural-Scholarship-Timeline.pdf>

Introducing your Rural Health Clubs

NRHSN: The National Rural Health Students' Network (NRHSN) is a multidisciplinary health network comprising of 28 Rural Health Clubs (RHCs) located at Universities around Australia. The following are the list of YOUR rural health clubs.

Charles Sturt University	MARHS (Albury) WARRIAHS (Wagga Wagga)
Griffith University	HOPE4HEALTH
James Cook University	RHINO
La Trobe University	LARHC
The University of Adelaide	AURHA
The University of New Castle	BREATHHE
The University of Queensland	TROOHIQ
The University of Sydney	MIRAGE
The University of Western Australia	SPINRPHX
University of Melbourne	OUTLOOK

Get in contact with your university rural health club for many more exciting opportunities; Participate in positive rural experiences through activities such as Rural High School Visits, Indigenous Community Engagement Activities,

volunteering opportunities and a chance to network with other allied health students from your University.

Rural Placement Guide

Is a publication by the NRHS, which has plenty of information to help prepare and organise you for a rural or remote placement. It is a great resource that provide scholarship information, how to handle challenges, placement contacts and many more.



RURAL REFLECTIONS

Mildura, Victoria: Akansha Kumar, 4th Year Dentistry Student
La Trobe University

Being a city lover, I was anxious about the move 6 hours away from Melbourne. However, after only having spent a month in Mildura, I can honestly say it's beginning to feel like home. Sunraysia Community Health has been incredibly rewarding for our placement. Not only are we able to see numerous patients from all walks of life, but the demonstrators and staff are so lovely and happy to share their infinite knowledge with us. As students this is immensely valuable.

Mildura itself is beautiful and we are always kept busy by all the exciting activities it has to offer. Whether it be having a picnic down by the Murray River, racing down the Perry Sandhills or wine tasting at Trentham Estate to name a few, there truly is something for everyone. I was also fortunate enough to be able to volunteer with the Royal Flying Doctor Service. Over 4 days, with an amazing team of 5, we were able to perform oral health screenings and provide oral hygiene education to approximately 300 people within rural Victoria.

We were lucky enough to see kindergarten and school children and even adults in aged care facilities. It was an incredibly rewarding and eye-opening experience. I highly recommend reaching out to them for volunteering opportunities, as it was easily the best experience I've had in dental school over the last 4 years.



Sand boarding down
the Perry Hills



RFDS Experience

Stay tuned for the more upcoming rural events and many more experiences that are on offer, make sure you get involved and spread the message of **Going Rural!**

A BUSY START TO 2017

O-week Video

Find out who we are and about all the incredible events and opportunities we have on offer throughout the year, with ADSA's first ever O-week video! Did you know that as a dental or oral health student, you are automatically a member of ADSA? If you missed out on a screening during O-week, check out ADSA's YouTube channel to catch up:

<https://www.youtube.com/watch?v=-XLpOg2SLlg>



Snapchat Takeover

Ever wondered what dental students at the other universities get up to? Follow AusDSA on Snapchat to take a peek at the shenanigans going on around the country!



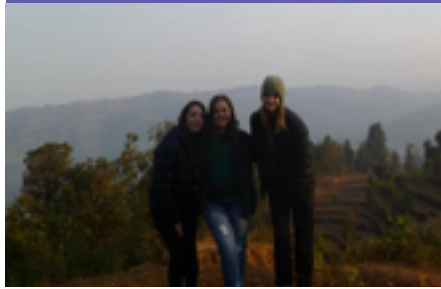
Back to Uni Photo Competition!

Whether you loved your new look in your lab coats or were a proud owner of a formidable collection of textbooks, we wanted to see your photos! Congratulations to Phillip Nguyen from La Trobe University for winning the competition! Phillip won your votes with those pearly white smiles and we're sure he will be grinning once he receives \$50 off his Convention package. We'll see you in Sydney this July, Phillip!

Thank you to all who entered the competition, and to those who voted. Keep an eye out for more competitions coming your way soon!



OVERSEAS RURAL PLACEMENT



By Klare Mattingley, 3rd Year Oral Health Student
La Trobe University
(Oral Health- Nepalese Placement)

On January the 20th a group of 5 oral health students from La Trobe, set off to complete a two week placement in Nepal. We were the second group of the cohort to make the trip and were enthusiastic to begin and see a different way of life. As we flew into the city of Kathmandu we were greeted by the picturesque Himalayan ranges, draped across the skyline. We were soon surrounded by a rich and vibrant culture.

Our first destination was a very remote village called Maidi, located 55kms from the city. However due to the poor road quality the drive took us 5 and a half hours of continuous travel by car (I will never complain about Melbourne traffic again!). It was here we slept in bamboo huts, showered in water from the mountains and ate locally grown produce.

On the hectic days to come we completed oral health empowerment sessions, screened community members and completed hygiene

work. Whilst screening and treating members the sheer level of disease was extremely overwhelming and our message of prevention is better than cure became so increasingly urgent. Majority of community members had never visited a health practitioner or dentist due to the poor access and cost. Due to this many opt for extractions, rather than restorative work, which is completed by the local paramedic with no local anaesthetic.



Students from the autistic school



View of Kathmandu city



ties, and although I think this was true, I found that the communities had so much more to give me. This was a great experience which taught me about the important role we have in the wider world community.

In my second week I ventured off to a special needs school and rehabilitation centre. This school was highly sought after as it was the only special needs school in Kathmandu. It also became apparent that intellectual disabilities are just beginning to be recognised in Nepal.

From my travels to Nepal I expected that I would give much to the Nepalese communi-



Maidi village



View of the Himalayan ranges

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