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AUG 2017 NEWSLETTER

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# PUBLICATION OFFICER'S REPORT

Dear ADSA students,

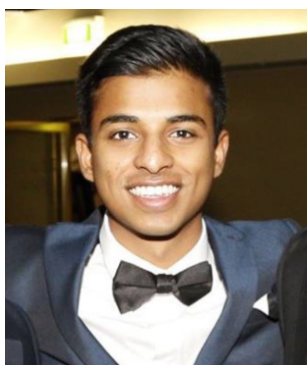
The ADSA team has finally recovered from the week that was ADSA Convention 2017. We hope you had an amazing time in Sydney – be sure to check out all the photos on Facebook. I'd like to say a huge thank you to the entire convention team and ADSA committee for putting together an amazing week. You will find a recap of all the fun and excitement on [page 5](#).

Semester two kicks off with the annual Health Students Blood Challenge (HSBC) Cup. Get pumped for some friendly competition with your fellow Australian dental and oral health schools to see which university can donate the most blood. Following the blood challenge is R U OK Day – a campaign to raise awareness of mental health issues and knowing that simple questions such as “are you ok?” can have a profound impact on somebody's life. Further information is provided by our Media and Community officer Cindy on [page 14](#).

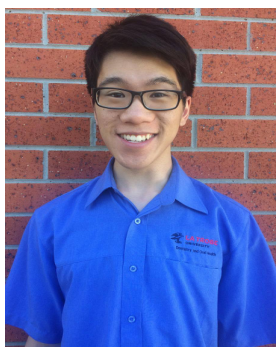
Rural update is on [page 16](#), read about what's happening from Sheryl, our rural officer. In addition our Oral Health Officer, Josie, gives an insight into her overseas volunteering experience on [page 18](#).

Make sure to make the most of this semester before the year comes to an end and most importantly, KEEP SMILING!

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



What's up everyone!

Convention has finally come and gone, and I already miss everyone! I hope those that attended had an unforgettable time and made some lifelong friends. I would like to take the time to thank the convention team, volunteers and my committee who worked above and beyond what was required of them. If you see any of these peeps around uni or at events, please thank them for running an amazing event:

#### Convention Team:

Tasleem Khan	Arruni Kandasamy
Jonathan Nguyen	Lorynn Westad
Aran Ravishanker	Arash Baroumandi
Catherine Wu	Shanash Bishnulall
Verona Nada	

#### Convention Volunteers:

Angela Zhang	Aanchal Shankar
Khashish Khatr	Scott Church
Barry Lai	Rahal Kuruppu
Hannah Kim	Lydia Skabar
Mei Lin Lai	Jane Lee
Amarah Tasneem	Julia Kho
Claire Champine	Harneep Sunner
Amanda Lin	Jovita Setiono
Ya-jin Hah	Douglas Truong
Victor Lin	Tara Mehta
Sarrah Wood	Nhu Nguyen
Darshana Dhanji	

#### Committee:

Cheryl Chen	Sheryl George
Laurence Doan	Rojina Fadaei
Hazel Wright	Miff Lee
George White	William Hong
Jeffrey Ding	Elizabeth Xu
Lina Zhou	Elizabeth Lim
Tasleem Khan	Jennifer Tran
Cindy Zhou	Phuong Tran
Josie Aboumrar	Terence Lau
Keertana Avalur	

Of course ADSA isn't just about convention, in the last few months we've been working hard to build relations with the New Zealand Dental Students' Association (NZDSA) and the International Association of Dental Students (IADS), and we hope to expand on this in the coming months. This semester we have the Health Students' Blood Challenge, R U Ok? Day, our newly kickstarted ADSA Wellness Week, updates on our new "Volunteering Hub", more ADSA Talks sessions, and many student competitions, awards and volunteering opportunities!

I hope you're enjoying these ADSA initiatives, and if there is anything else you would like to see or if you have any light bulb ideas that ADSA can get involved with, feel free to shoot the ADSA page a message over Facebook or contact us here <https://adsa.org.au/contact-us/>.

Keep at it and have an awesome semester guys!

Peace,  
Nicole Contemplacion  
President  
Australian Dental Students Association



# SYDNEY CONVENTION UPDATE 2017

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

Across the 3rd to the 9th of July, dental students from all across Australia flocked to the tourism capital of Australia, Sydney, for a week of convention festivities. It was a week of interesting academia, exciting social activities, and unforgettable memories.



Registrations began at the Novotel Central and Pullman Hyde Park, with the delegates arriving brimming with enthusiasm and keen for a greet week. We kicked off the night by donning some very creative costumes for the "I'm glad I'm not..." themed cruise across the backdrop of Sydney Harbour. With some good music, pizzas and unlimited drinks, the delegates enjoyed mingling with their new found dental friends!

Following very little sleep and a hangover for some, we commenced the academic program. First off was the official welcome by the ADSA president Nicole Contemplacion, and the Head of Schools from both Charles Sturt University and University of Sydney respectively, Professor Boyen Huang and Professor Chris Peck. Highlights of the day included a thought provoking panel discussion lead by MIPS about the future of dentistry.

Tuesday evening, we let off some steam at the "Mardi Gras" themed Pub Crawl which showcased Sydney's Newtown. Costumes came in a variety of vivid colours as we hit up Kelly's, The Bank and Newtown Hotel.

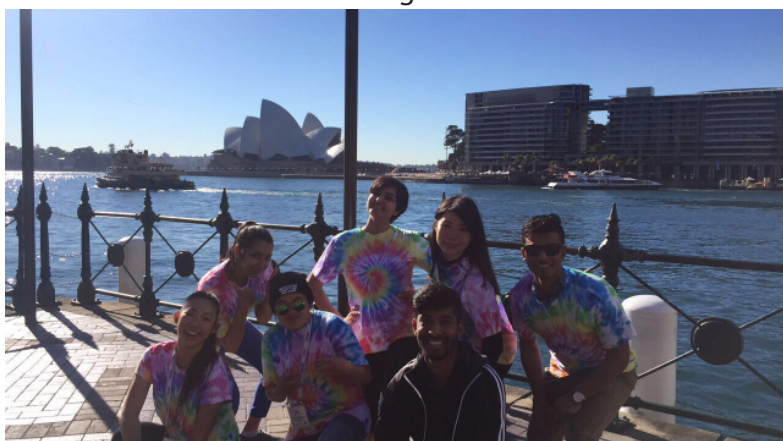
Wednesday morning was filled with exciting lectures from ADOHTA and Colgate and streamed seminars

in multiple fields of dentistry such as restorative and periodontics. The seminars were given from distinguished members of the dental community, among whom were Prof. Bryant and Prof. Martin. Recent graduate, Liza Pretorius, also gave an insight into life as a fresh oral health therapist. Wednesday night offered the chance to take the night off and have a breather, or explore more of the sites and activities of Sydney. While some students decided to



take the night off, a majority hit up the infamous Ivy Bar for a student's night out!

There was an impressive turn out for the iconic Sydney Harbour Bridge climb the following day, with the students having little time to get some shut-eye despite a chance to take the night off. Students were organised into groups of fifteen as they journeyed to the summit of the iconic Harbour Bridge and took in a 360-degree panorama of Sydney. A highlight of convention for many!





Friday morning's academic program kicked off with lectures from DPL, Colgate and the Guild to name a few. This was followed by the annual tradeshow, where delegates were able to mingle and speak to many sponsors of ADSA.

Friday night saw us take off to Darling Harbour for a club night at Home the Venue. Starting off at the Rooftop Level, an impressive space with breathtaking views over Darling Harbour, delegates showed off their ability to pull off the opposite sex in the "Gender Bender" themed night. It proved to be an excellent night where the very keen and thirsty dental students made the most of the unlimited drinks package.

The final day saw lectures from recent graduates, Dr. Zvirbilis and Dr. Pagliano, sharing their wisdom as practicing dentists. We also had very engaging lectures from RACDS, Paediatric Dentistry, Durr Dental and Phillips. The annual general meeting followed, where voting for the new ADSA committee for 2018 took place – to the incoming committee, we would like to extend a big congratulations and our best wishes for the year ahead.

In a bittersweet finish, convention week ended with the lavish twilight cocktail ball, this year, hosted at the



picturesque Doltone House. With views of the Sydney Harbour, delicious canapés, a chef's station and drinks package, it sure was the perfect way to conclude the week of festivities.

Overall, it was a pleasure to organise and participate in the amazing experience that is the ADSA convention. We would like to extend our thanks to the sponsors, academics, the ADSA committee, and the volunteers – through the highs and lows, it definitely was an



incredible experience to work with you all. Another big thank you also to our delegates – we hope you enjoyed your week and sure look forward to reuniting with you all at the ADSA Convention 2018!



# NEWS AFFECTING YOU

## UNIVERSITY OF QUEENSLAND MNHHS PARTNERSHIP

This year marked the beginning of a new partnership; the Oral Health Alliance, between UQ and the Metro North Hospital Health Service! This builds on the strengths and resources of each organisation, to provide a greater range of staff, stronger patient environment, and ultimately, richer learning experience.

One advantage of this partnership between UQ and MNHHS is being able to access Metro North's patient base. Eligibility criteria for patients will continue to be based on concession or healthcare card status.

On a separate note, the post-graduate program at UQ is expanding, with the addition of prosthodontics, periodontics, endodontics and special needs dentistry from 2018. For students, this means an increase in specialist staff providing clinical

care and supervision, ensuring a richer learning environment, and potentially more interesting and complex cases for students to observe.

With the rollout of the new curriculum and change in course structure continuing since 2015, growth of the post-graduate program, and now, partnership with the Health Service, the future looks bright for dental students at UQ! If you'd like to share your story with the ADSA community, send us a message at [publications@adsa.org](mailto:publications@adsa.org).



< University  
of  
Queensland  
Oral Health  
Centre

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# ADSA TALKS UPDATE

Following on from the highly successful opening of ADSA talks from Dr Omar Ikram on endodontics, the second series of our educational series continued with a presentation from Dr Michaela von Geijer, a Specialist Odontologist at TrollDental, on the links between Systemic Diseases and Periodontal Disease. We were very fortunate to have Dr von Geijer, who is experienced in lecturing for the University of Lund, pharmaceutical companies as well as companies in the dental industry, speaking for us.

With comprehensive and ever evolving research on the bilateral links between periodontitis, diabetes and cardiovascular diseases,

Dr von Geijer brought us a great update from both a scientific and clinical perspective. This included the latest research on the effect of periodontitis on the body, as well as the possible effect of systemic diseases on periodontitis, and how this research can be applied to impact oral health and how we approach our everyday clinical practice.

If you are interested and available as a potential speaker, feel free to contact the team at [education@adsa.org.au](mailto:education@adsa.org.au). With many exciting talks coming up soon, make sure to stay up to date by following us on Facebook, Instagram, or visiting the website at <https://adsa.org.au/adsatalks/>.







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To find out more, visit [boqspecialist.com.au/futurefocus](http://boqspecialist.com.au/futurefocus)

Applications close 1 September 2017.



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The 2017 FutureFocus grants are promoted by BOQ Specialist – a division of Bank of Queensland Limited ABN 32 009 656 740 AFSL no. 244616 ("BOQ Specialist").  
\*Eligible placement dates: 1 October 2017 - 1 October 2018. See [boqspecialist.com.au/futurefocus](http://boqspecialist.com.au/futurefocus) for full terms and conditions.

BOQS001673 V1 05/17

# UNIVERSITY UPDATES

## CURTIN UNIVERSITY



Curtin started semester one with a bang. In February we held our annual graduation night as a way to congratulate the new graduates on their achievements. This happened to fall on the same night as UDSSs first annual event to welcome the first year students so we were able to celebrate further into the night with the fantastic DMD UWA students. We had multiple guest speakers come to share their knowledge with us including ex master chef contestant Dr. Matthew Hoppcraft. We also have an exciting new initiative that sees our wonderful 2nd year OHT students seeing patients in clinic earlier. An exciting opportunity allowing them to gain a

lot more experience for when they graduate. The third years will soon be embarking on a wonderful experience, a voluntary rural placement in the towns of Kalgoorlie and Busselton. The program runs for 3 weeks where the students get to work with DHS in selected schools and have a chance to connect with the local community and get a taste for what life could look like if they opt to go more rural after graduation. Organization is on the way for a few fun events including ADSAs annual blood drive, UDSSs annual end of year ball and of course the graduation night for our amazing 3rd years.

Jade Martens,  
Curtin University ADSA Representative

## RMIT

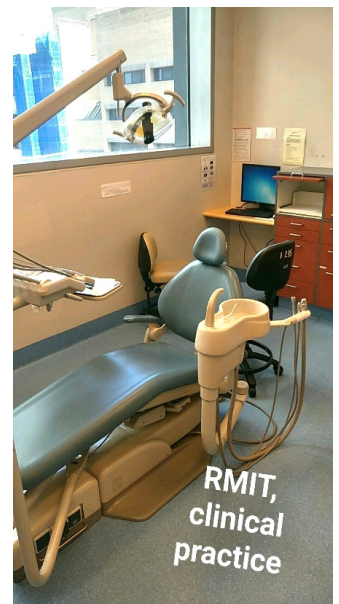


RMIT semester three of oral hygiene has been extremely busy with clinical days taking place in the Royal Dental Hospital of Melbourne every week to ensure sufficient skills and knowledge is gained with patient/practitioner experience. Students are also on a roster during the year taking turns going to Robinvale, a small town on the south bank of the Murray River in north western Victoria, to provide oral hygiene care to the people of the community. Robinvale provides an amazing experience to the students including being a part of the beautiful culture of the rural community including treating many Indigenous and Aboriginal individuals, which is a great honour.

Throughout the semester students are also on a rotation to attend a Cohealth clinic in Fitzroy to treat patients and to receive a more one on one teacher and student learning experience that allows for

the students to work and perfect any skills they might be struggling with. Students have also been focusing on their theoretical knowledge with lectures to provide a more in depth focus into areas that prepare students for their graduation into becoming oral hygienists

Krisztina Plaganyi,  
RMIT representative





# GRIFFITH UNIVERSITY



What a trimester this has been! With GUDSA hosting so many academic, social and sporting events, we're starting to lose count. Keeping to tradition, the annual Meet & Greet Games Night was definitely a night to be remembered, giving us the chance to welcome the new first years and catchup with old friends. Next up, we had our Trivia Night in support of the Leukemia Foundation's World's Greatest Shave, which had 8 teams strain their brains to raise money for a great cause. A big kudos to Ray, Sean and Lex for sacrificing their luscious locks and raising an amazing \$2111.10 between them!

Our clinic now has everyone walking around with a new look with the introduction of navy scrubs to replace our traditional blue dental coats. We sure do scrub up well! In the sporting arena, we had the opportunity to show off our athletic prowess in our annual beach volleyball, soccer and touch tournaments. With great weather and an even greater turnout, everyone enjoyed stretching their legs and had an amazing time!

Our tradeshow keep getting bigger and better with a record number of sponsors this year, giving our students the chance to learn more about anything from loupes to insurance.

Before we all "buccal'd" up for our exams, the Coat Crawl, held in the heart of Surfer's, gave us one last chance to relax and unwind outside of clinic. Also, keep your eyes peeled for



the release of Dent Revue tickets. It's shaping up to be a spectacular show, once again showcasing that shaping canals aren't the only thing Griffith Grads can do well.

Victor Vo,  
Griffith University ADSA Representatives





# JAMES COOK UNIVERSITY



The Cairns Clinical Cocktail night was a successful event held at Pacific Hotel Cairns and organised by JCUDSA, and our sister medical society, JCUMSA. The combined dental and medical event saw great networking across disciplines to foster stronger interfaculty ties. The sponsors were delighted by the outcome of the night.

The Biannual Trivia night was recently held at Bluewater Bar and Grill. Proceeds went to funding the JCUDSA award, which aims to recognise students who actively participate in university and community events. The night was a great success with the largest attendance to date! Many prizes were kindly donated by our local sponsors. And if anyone was wondering, a bag of air from Kobe Bryant's last game costs around \$16,000!

JCUDSA's First Mental Health Week was also a success! A visit from the local Headspace volunteers informed students of the services available in Cairns. The highlight for many in the week were the rescue puppies from YAPS (Young Animal Protection Society). Everyone was lining up to cuddle the little balls of fur and they weren't disappointed as their adorable faces, tiny paws and playful personalities warmed our hearts. A free pizza

lunch marked the end of the week, which was demolished in lightning speed! All in all the week gave the hard-working dental students a well-earned break.



Assassins was introduced this year as the game to win! The purpose is to foster student engagement and interaction across the years. Starting with 190 assassins, it came down to a show stopping end with Jeremy Yang taking down Tim Collins. Congratulations on winning a ticket for JCUDSA's Annual Dentistry Ball held later this year on August 12th. For anyone who'd like to watch the finale head to the JCUDSA's Facebook page!

May saw our amazing JCUDSA members give out over 300 donated toothbrushes and toothpaste to the Cairns homeless population as part of our continued contributions to Rosie's Friends on the Streets program! Rosie's reaches out to those most in need, those people who are abandoned, marginalised, socially isolated within our communities. This is what oral health promotion in the local community is all about!

Kashfia Jamali,  
James Cook University AD  
Representative



# LA TROBE UNIVERSITY



As semester one comes to an end, it's bye-bye Bendigo and home sweet home! Looking back, there have been a number of memorable occasions to look forward to and all the credit goes to BOHDS for doing a spectacular job organising them! Some of the highlights of the semester included BOHDS Camp, BOHDS Week, BOHDS Ball, and Back to Base for the 5th years.



An annual and much-loved occasion, BOHDS Camp proved to be a great way to meet all the new first years and touch base with friends, especially those from interstate, for a kick-start to the year ahead. Not far into the semester, BOHDS Week was the perfect way to kick-back and relax amidst the



pile of endless work, from 'Minute to Win It' games to Pub Crawl!

The star of the semester, however, was without a doubt The BOHDS Ball! Themed 'Midnight in Paris', the women looked elegant in stunning evening gowns and the gentlemen looked sharp in fine suits. The night air was filled with excitement as the student body let loose to mingle, take photos and dance the night away. Finally, Back to Base was a wonderful way for the 5th years to reconnect and re-group in Bendigo before they headed off to their next rotation.

Second semester holds plenty more to look forward to as Latrobe faces off with the University of Melbourne at the DSV Cup 2017 (this time on their terrain), and with BOHDS Week Round 2 and BOHDS Cocktail Night waiting in the horizon!



Congratulations to everyone on completing their first semester exams! Hope you all have a wonderful break and come back feeling fresh for Semester two!

Madara Mapa,  
Latrobe ADSA Representative

# HEALTH STUDENTS BLOOD CHALLENGE

24th July – 17th September 2017

The Red Cross Blood Service is challenging us again, and as defending champions, we've got a lot to live up to! Get pumped for some friendly competition with your fellow Australian dental and oral health schools to see which Uni can donate the most blood. If that doesn't get your blood boiling, how about competing against other health students from AMSA (Australian Medical Students Association), SPA (Student Paramedics Association) and NAPSA (National Australian Pharmacy Students Association)? These four national student bodies will go head-to-head again this year to help the Australian Red Cross Blood Service boost their blood bank during these chilly winter months. Remember, each blood donation can save up to 3 lives! To get involved, [sign up](#) to your local university's Red25 group using the group names below, and roll up your sleeves from the 24th July so that your donation counts towards the ADSA tally. Don't forget to get your friends and families involved too – they can

also sign up to your Red25 group! Keep an eye out for more details and updates on the Challenge in the coming weeks.

## Red25 Group Names:

ADSA at Curtin University  
 ADSA at RMIT University  
 ADSA at University of Adelaide  
 ADSA at Charles Sturt University (CSU)  
 ADSA at Griffith University  
 ADSA at James Cook University (JCU)  
 ADSA at La Trobe University  
 ADSA at University of Melbourne  
 ADSA at University of Newcastle (UoN)  
 ADSA at University of Queensland (UQ)  
 ADSA at University of Sydney  
 ADSA at University of Western Australia (UWA)  
 ADSA at Central Queensland University (CQU)

## Health Students Blood Challenge

24 July–17 September



#Red25challenge

Call 13 14 95 or visit [donateblood.com.au/health-students-blood-challenge](https://donateblood.com.au/health-students-blood-challenge)

**RED25**  
UNITE TO SAVE LIVES

**Australian Red Cross  
BLOOD SERVICE**



# VOLUNTEERING OPPORTUNITIES

One of ADSA's new initiatives this year involves partnering with ADA to better inform you of volunteer opportunities in your state. Use your specialised skills to lend a hand and improve local or overseas communities, challenge and improve your skills in a setting outside of your dental school, and network with like-minded students, dentists and oral health professionals in your region.

## ADA VICTORIAN BRANCH (ADA VB) - VOLUNTEERING INFO NIGHT

Held every 2 years, this is the best way to learn more about volunteer opportunities in Victoria.

Date: 4th September 2017

Venue: ADAVB Meeting Rooms

Become an ADAVB Student member to attend this event! Click here for more information.

## ADA VB - CPD EVENT VOLUNTEER

Help out at one of ADA VB's CPD events and receive free registration to the event!

Check out the list of events and fill out this application form if you're interested in volunteering.

## ADA NSW - VOLUNTEERING OPPORTUNITIES

ADA NSW has a wealth of volunteering opportunities available in the coming months. Dental and oral health students can apply for the following events by filling out this form (more details about these events can be found in the form):

AGQUIP GUNNEDAH FIELD DAYS: Tuesday 22nd – Thursday 24th August. Gunnedah NSW

BABY AND TODDLERS SHOW: Friday 22nd – Sunday 24th September. ICC Sydney Darling Harbour

RED CROSS CLINIC: Saturday 30th September & Saturday 18th November. St Leonards, Sydney

ORANGE NATIONAL FIELD DAYS: Thursday 26th – 28th Saturday October. Borenore NSW

Please email [media@adsa.org.au](mailto:media@adsa.org.au) for any questions regarding these volunteer opportunities.

# R U OK? DAY

14th  
September  
2017

Chatting to your colleagues about the latest memes and youtube sensations is easy, but chatting about mental health can be too. The R U OK? movement

encourages us all to break down the barrier and have the all-important conversation about mental health and wellbeing. This simple question has the capacity to potentially change someone's life. R U OK? Day celebrations will be taking place at each individual university, with free food and drinks to put a smile back on your dial, and activities to get the conversation started.

In addition to this, ADSA is bringing back our Wellness booklet after its successful debut last year and we would love to hear about your experiences with the ups and downs of student life! If you'd like to contribute, please email [media@adsa.org.au](mailto:media@adsa.org.au) for more information.

# RURAL UPDATES

By Sheryl George, ADSA Rural Officer

## 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	TROOHQ
The University of Sydney	MIRAGE
The University of Western Australia	SPINRPHEX
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 MYTH BUSTERS

The following are some common 'MYTHS' about working rurally. Which have been 'BUSTED' by fellow students and health care providers.

**Myth:** You won't get good experience because of the lack of resources

**MYTH BUSTED:** During my clinical placement in Alice Springs I was able to do a vast range of clinical procedures as well as work in some challenging and stimulating environments. These included working on patients at the correctional centre, treating children in theatre under GA (think pulpotomies, stainless steel crowns, extractions) and operating out of a dental truck providing treatment to some of Australia's most isolated and disadvantaged people. Clinically I was exposed to some crazy pathology, the stuff you see in textbooks and lecture slides. Things you wouldn't necessarily see living and working in metropolitan areas. Overall it was a great learning experience and I have no doubt I have come out of it a better clinician.

Mass Nasir  
(James Cook University, 5th Year Dentistry)

**Myth:** You will have limited support, including mentoring and adequate clinical supervision.

**MYTH BUSTED:** This will depend on the individual and the context of their employment. I am a new graduate dentist and work at a rural practice one day a week. I am the only dentist at the clinic on this day so I do not have a mentor to assist me in person if I get stuck, however I have fantastic phone support which

I can utilise when I need it. This has helped me to develop good self-reflection skills in knowing my clinical limitations and when to seek help. Working rurally I have had increased exposure to procedures because the books are always full and I have learnt how to work independently, developing skills such as time management, workload management and improved communication. Working rurally can also have a more family/community feel which you can become part of.

Paige Ipsen  
(La Trobe University, recent grad)

**Myth:** There's nothing to do in the rural areas

**MYTH BUSTED:** Each rural town that you visit have their own unique and exciting activities. You can have a great time and even the most rural places such as Mildura are filled with places to go and visit like the Murray River and the sand surfing dunes! If you are working at a rural area have a chance to do some research on the town to scope out what it has to offer!

Lakkhana 'Lucky' Rabel  
(La Trobe University, 4th Year)

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!



# CAMBODIA ADVENTURES



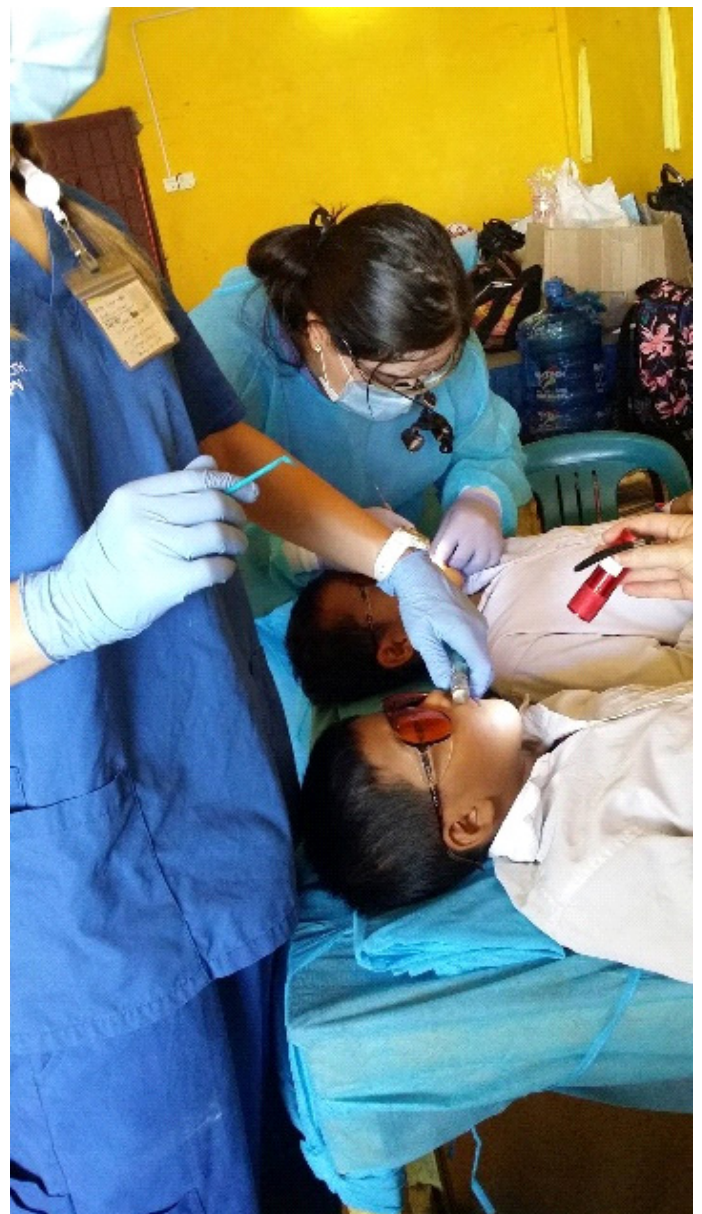
On the 8th of January 2017, twelve third year Oral Health Therapy (OHT) students and two clinical supervisors from the University of Newcastle (UON) travelled to Cambodia through Antipodeans to commence a much looked forward to overseas clinical placement

First stop was the city of Phnom Penh where we spent the first 13 days. Upon arriving, we were met by our tour guide Thida. Thida was caring, patient and highly knowledgeable as she immersed us in the beautiful Cambodian culture and taught us terms of the official Khmer language to utilise on our trip. Some of these words were 'Soursdei' hello, 'Soum' please, 'aakun' thank you, 'ot te' no, 'Ha-ha' open. We learnt to address females as sister or lady, and males as brother.



## University of Newcastle

Visiting the Royal Palace was a must do. Entering the front gates of the palace was like entering a whole new world. The palace was full of great buildings, beautiful gardens with the most serene environment. Watching the Cambodian traditional dance show at the National museum in Cambodia was phenomenal. The dancers and musicians were amazing with the most beautiful costumes and outstanding choreography.





Now that we had a taste for Cambodia, it was time to make a difference. Our team of 14 was split up into two groups. Group A was assigned to the rural PIO school Borey Sentepheap and Group B was assigned to the PIO city school Stung Meanchey. The groups swapped locations half way through the program. The school hall and class room was transformed into an oral health clinic. We were faced with several barriers such as having no suction, poor lighting, only one portable dental chair between six clinicians, with the remainder having to stand while operating. Treatment ranged from screening, topical applications of fluoride in the form of Duraphat 22,600 ppmF and silver fluoride 44,800 ppmF, hundreds of fissure sealants and restorative treatment using the Atraumatic Restorative Treatment (ART) approach.

The working environment in Cambodia was typically hot and humid, and initially out of our comfort zone as we were so used to the great working conditions of the UON Ourimbah Oral Health Clinic. It was challenging at times, however working with a supportive UON team allowed us to easily adapt and embrace the experience.

The UON OHT placement was a great opportunity, as it was a highly beneficial opportunity

to utilise our clinical skills to make a difference to the young disadvantaged Cambodian children. Further, passionate local dental students from the Phnom Penh University of Health Sciences worked as translators between the local school children and the UON team. Volunteering in Cambodia was an unforgettable and highly rewarding experience. It was so difficult to leave the schools after becoming so familiar and accustomed with those involved

in our placement and especially the young Cambodian children.

Following our placement, we traveled to Siem Reap where we spent our last few days exploring the cafes, markets and sights of Siem Reap. Further, we visited Bayon Temple, Ta Prohm and Angkor Thom. All of these sites are must do's if you're visiting Siem Reap.

My Cambodia student placement has by far been the best opportunity I have taken part in and I will be forever grateful for the enhanced clinical skills, confidence gained and friendships made. If you are considering an overseas placement don't think twice, just go for it! You will be faced with challenges adapting to a new culture, different working



conditions and limited resources. However the skills and strength you gain from this once in a lifetime student placement is invaluable and will be treasured for the rest of your career.



(02) 4023 7181

SYDNEY Branch Floor 1, 15 Railway Avenue, Wahroonga  
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A big thank you to Dr George Tsai of GT Periodontics at Broadmeadow for sponsoring our scrubs for our student placement.

Josie Aboumrad,  
Third year Oral Health Therapy student  
University of Newcastle



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