

# Articulate

JULY 2020 NEWSLETTER



[facebook.com/AusDSA](https://facebook.com/AusDSA)



[instagram.com/AusDSA](https://instagram.com/AusDSA)



[www.adsa.org.au](http://www.adsa.org.au)

[www.adsa.org.au](http://www.adsa.org.au)

# CONTENTS

- 01 ADSA Cup Update
- 04 ADSA Outreach Program
- 05 ADSA Podcasts
- 06 ADSA Instagram Takeover
- 07 Oral Health Update
- 09 University Updates

## ADVERTISING ENQUIRIES

Tanisha Fernando  
[sponsorship@adsa.org.au](mailto:sponsorship@adsa.org.au)

## PUBLICATION SUBMISSIONS AND ENQUIRIES

Natalie Tsang  
[publications@adsa.org.au](mailto:publications@adsa.org.au)



[facebook.com/AusDSA](https://facebook.com/AusDSA)



[instagram.com/AusDSA](https://instagram.com/AusDSA)



[www.adsa.org.au](http://www.adsa.org.au)



# President's Welcome



What a year to be spending my term as ADSA President! It has proved to be hugely surprising and challenging thus far, albeit interesting and rewarding. The ADSA team has been very busy adapting and reimagining the activities and events we run into online formats and the reception to these have been so positive and heartwarming.

We had two weeks of takeovers on our Instagram where we had some of the best dentists in Australia show us what their routine is like during this era of social distancing. It was insightful seeing how others in our profession are using this time to rejuvenate themselves. Many cases were shown and explained which led to many educational discussions with our members.

The ADSA Brace Yourself podcast was also an idea conceived at a meeting we had in December of 2019 and has quickly come to fruition as another initiative to keep our members busy during these uncertain times. We have twelve episodes planned, covering a range of different topics and issues. It is definitely something to listen to, so head on over to Spotify or Apple Music to stream!

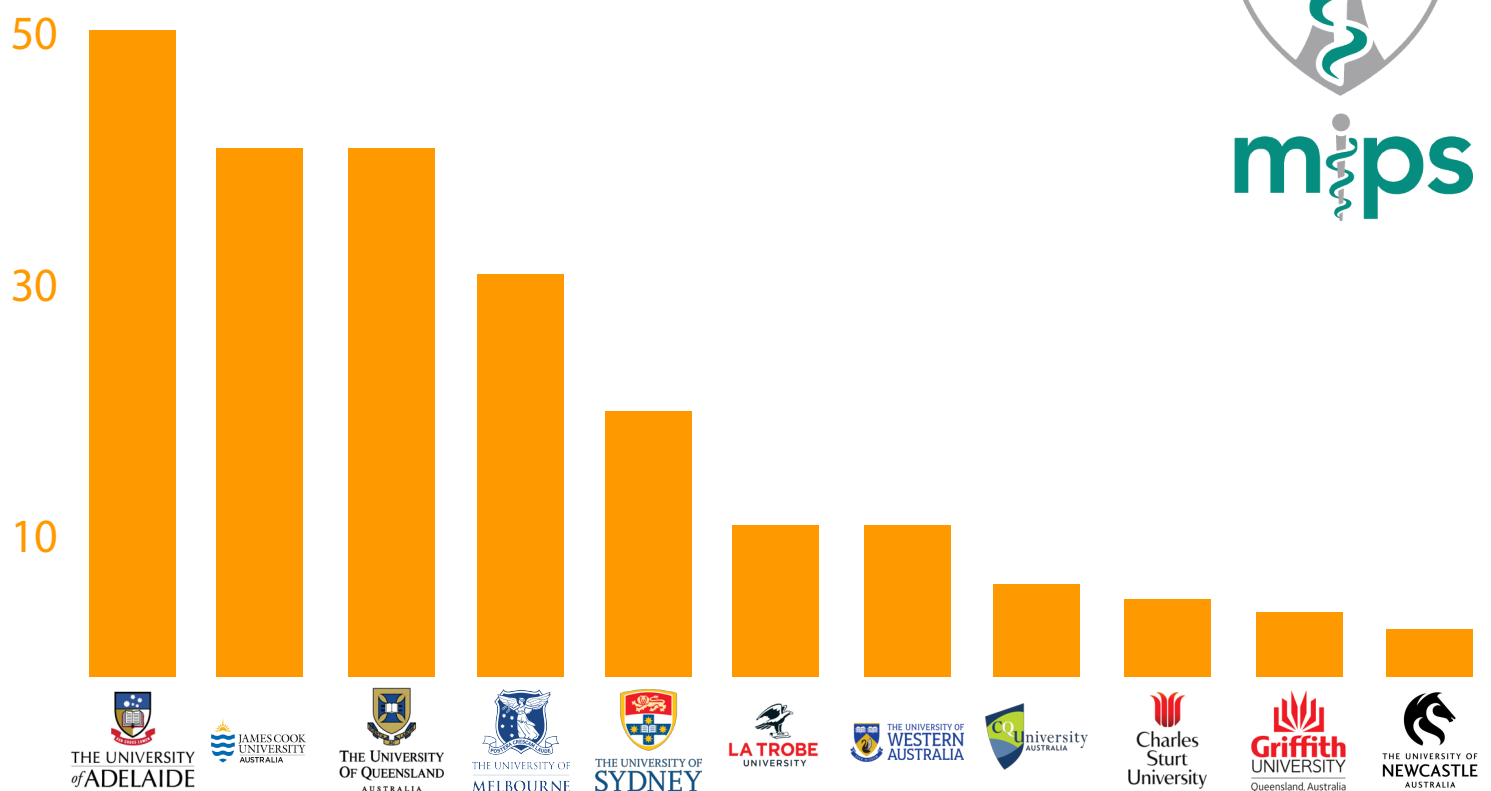
ADSA Convention is always a highlight of our calendar but with the current restrictions, we have had to cancel this year's week-long event. However, we are currently planning alternative online events as well as possibly an end-of-year social event so keep your eyes peeled for more details to come.

We, the ADSA Committee, always value our members' feedback, more now than ever as we are implementing new initiatives. Please let us know what you want from us, whether it be advocacy issues, topics for our podcast or answers to your questions. We are always here for you.

**Phillip Nguyen**  
**ADSA President 2020**

# ADSA CUP

## RESULTS SO FAR...





# Give life. Give blood.



## ADSA

## Blood Donations

In these unprecedented times, dental and oral health students around the country have continued to pull up their sleeves to provide life-saving blood donations to those in need. With many donor centres experiencing critically low donation numbers due to the lockdown climate, it became more pertinent than ever to rally together. New challenges were faced, however, as some local donation vans were unable to operate and many of our rural/regional students found access to centres more difficult. Nevertheless, there have been 134 donations to date in the ongoing ADSA Blood Drive with JCU in the lead and Adelaide close behind! We thank all our ADSA members who were able to pay a visit to the incredible and friendly Red Cross volunteers and give back to their community.

**Xin Jie Tan**  
ADSA Community Officer 2020



# First Year



## Sign ups

In the first 4 months of 2020, 300 dental and oral health students have joined ADSA from across the country. This is a similar increase to 2019, with new members constituting 17% of our current membership base. While the majority of sign-ups have been first year students, continuing students at different stages of their course have joined us - perhaps learning more about ADSA through our campaigns at each university during orientation week. 80% of our new sign ups are dental students, and 20% are oral health - it is great to see increased engagement from oral health students. The University of Queensland has the highest number of first year members (61), making up a fantastic 75% of their DEN1 cohort. The University of Adelaide is a close second with 58 sign-ups - amazing work!

There are still so many months left in the year (and perhaps your degree) so jump onto our website (<https://adsa.org.au/members>) and sign yourself up! ADSA's constantly creating lots of content for all of our members, with so many unique and wonderful opportunities to take up. You don't want to miss a single second of it - so make sure you're subscribed to our mailing list!

**Nicole Wong**  
**ADSA Website Officer 2020**



# Outreach Program

Our UWA DMD Volunteers had the pleasure to deliver a number of pre-COVID incursions to WA primary schools with our 'Healthy Mouths, Brighter Smile' programme. Equipped with a barrage of resources from plaque disclosing tablets and toothbrushes to capes for our tooth heroes, we presented two sessions at Bentley PS and three at South Lake PS with years 2-6 students. Our enthusiastic audiences have consistently demonstrated a willingness to involve themselves in our interactive activities and all about learn oral hygiene essentials.

It's also been so rewarding to see a few familiar faces from our 2019 programme in this year's sessions who were incredibly excited to show us how far they'd come with their oral care.

**Emma Turner**  
**Immediate Past ADSA President**





# ADSA

## Podcasts

This semester, I have been working very hard with my beautiful team to create our first ever series of Brace Yourself. Here at ADSA, we are all about encouraging communication between our schools, supporting our members throughout their course and keeping all students informed of issues affecting our student life and the dental profession – and to our delight, this ADSA Podcast Series has been very successful in doing just that! Our listener base has been growing every week, with listeners saturated all across Australia (and overseas)!

Each episode is hosted by myself, and representatives from a different dental school across Australia, with the first half being a Q&A discussion about the dentistry life at their respective University. Ever wondered what another school's dentistry/Oral Health course structure is like? What their social scene entails? Placement stories or overseas opportunities? Well, all of these gruelling questions are answered in the first half of the episode. The second half of the episode includes a heated, yet fun discussion revolving around a unique theme of the week, whether it is the impact of Social Media in Dentistry today, or a president's perspective on how to successfully run a Dental University Club, to topics like brain-foods and higher grades, dental mythbusters, and a collection of your favourite Placement stories... I'm sure our listeners have taken away something new with each episode release.



The graphic features the ADSA logo (Australian Dental Students' Association) and a cartoon illustration of two teeth holding a string tied around a microphone. The text 'Brace yourself!' is written below the teeth. The main title 'adsa podcast series' is prominently displayed in a large, stylized font. A list of episodes is provided in a rounded rectangle at the bottom.

29/04	Episode 1: Dr Daniel Maryanovsky's Journey - how to make the most out of student years and a sneak peek into life after graduation
06/05	Episode 2: COVID-19 – ALL you need to know to survive this period
13/05	Episode 3: Mr President – How to run a Dental School Club
20/05	Episode 4: #Social-Media-in-dentistry
27/05	Episode 5: Placement – a collection of your favourite stories
03/06	Episode 6: Brain foods and higher grades
10/06	Episode 7: RIP 2020 ADSA Convention
17/06	Episode 8: Hustling without burning out
24/06	Episode 9: Who you gonna call? (DENTAL) Mythbusters!
01/07	Episode 10: Joining a university club – worth it or not?

Listed above are the episodes in this series, with a final Surprise Episode 11: Adsa Alumni - where are they now?

What are you waiting for! Whether you are on a long drive home, cooking a scrumptious meal, or taking a relaxing bath, choose an episode of choice and click play! Find us on Spotify at ADSA: Brace Yourself.

**Natalie Tsang**  
**ADSA Publications Officer 2020**



# ADSA

## Instagram Takeover



Hey guys, I'm Zainab Noor, the ADSA Media Officer for 2020! I had the pleasure of organising the Instagram takeover this April, featuring a variety from fellow dental students to experienced dentists of Instagram! The two-week takeover built a lot of engagement and hype, addressing topics such as: COVID-19 impacts on dentistry, ways to stay busy during social isolation, day in the life routines of colleagues across Australia and tips for working!

The takeover featured Dr Sam Koh, Dr Aodhan, Dental Headstart, Dr Daniel Maryanovsky, Josephine Teo, Zohair Kazmi, Dr Omar Ikram, Dr Monica Farrelly and Dr Nicole Contempacion! The variety provided the ADSA IG followers with a good content each day!

Dr Omar Ikram, Dr Sam Koh and Dr Aodhan took us through working at Level 2-3 restrictions during the COVID-19 crisis. They shared tips on how to manage many emergency patients at time like this, featuring case management while following the ADA restrictions to facilitate appropriate infection control!

David from Dental Headstart took us through a behind the scenes tour of the DHS podcast, the different programs used to produce the podcast, introducing the team, and also giving us a special sneak peek into their future episodes!

Dr Daniel Maryanovsky gave us insight into life at home during the COVID-19 crisis, as this currently

applies to many dentists and dental students! He provided amazing tips on starting up your own dental clinic as a two-year out graduate and the first few stages of doing so!

From the selection of people, two were students: Zohair Kazmi and Josephine Teo giving us a look into their daily routine, managing online university classes while balancing their hobbies – honestly, who can forget Josephine's cute pugs!

Dr Monica Farrelly gave us amazing insight and tips into finding work after graduating and the transition between working as a dental student to working as a graduate student!

The last but not the least takeover was done by a previous ADSA President Dr Nicole Contempacion! Dr Nicole gave us a look into her daily routine and her work at a non-government organisation!

**Zainab Noor**  
**ADSA Social Media Officer 2020**





# Oral Health Update

## University of Sydney

Over a tumultuous year of scope of practise changes, changing professional boundaries and everyone's favourite pandemic – the first seven months of 2020 have shaped up to be quite the year for oral health students nationally. Students have been adapting to new modes of learning and have found new ways to thrive and innovate in the era of COVID.

At the University of Sydney, final year oral health students have returned to clinics in a number of NSW local health districts and are back to seeing patients across paediatrics, periodontics and adult restorative clinics. The transition has been smooth albeit with a whole lot more PPE and more stringent infection control practises.

As many a dental / oral health student can attest to – Zoom has well and truly replaced the 2020 lecture room. Facing the barrage of Semester 1 assessments, student have truly had to rapidly adapt to new ways of learning (from the comfort of their living room!). That being said, online learning hasn't been without its perks.

Although some students nationally were lucky enough to engage in overseas / local rural placements immediately prior to the outbreak; oral health students have since utilised the Zoom video conferencing platform to engage with rural and regional communities online as part of a "virtual rural placement", conducting and delivering vital oral health promotion to communities often affected by inadequate oral health services. Other forms of health promotion volunteering and collaborative public health research projects have been similarly transitioned online for many OH students.

Despite the unprecedented times dental and OH students nationally find themselves studying in, it's truly exciting to witness the next generation of dental health practitioners leveraging the power of online media and playing their part in Australia's health landscape.

**Zohair Kazmi**  
**ADSA Oral Health Officer 2020**





## CQ University Australia

During COVID-19, the 2nd year cohort of Bachelor of Oral Health have been learning theory online through zoom. The teachers sent back teeth models used in simulation along with disposable scalers and instruments to practice debridement techniques as best as possible! A lot of us found it quite frustrating and difficult as it is very different to the real thing. We're now back in simulation and clinic and we feel that those few practice sessions at home and theory based topics were actually beneficial without realising.

Week 1 we continued with hygiene in simulation, using the ultrasonic and scalers. Monday week 2 we had our first barrier exam for the year (as it was postponed in term 1) which everyone in the cohort passed first attempt! We are now coming to the end of week 2 and starting operative on permanent dentition this week

which is term 1 content. In the CQU clinic, we're performing debridements on typodonts in preparation to see patients in week 4, which everyone is very nervous and excited for!

Our term 2 units will begin in week 8, while we continue term 1 subjects which we missed out on. Due to COVID-19, we are now at university until mid December to make sure we have completed all our year 2 units, ready to enter final year next year.

**Chloe Benedickter**  
**ADSA Oral Health Officer 2020**





## UNIVERSITY UPDATES

LA TROBE  
UNIVERSITY

Everyone here at La Trobe University was eager to see what 2020 had to offer, including its surprises, challenges and spectacles of fun. Although the world managed to create an obstacle our generation didn't expect to face, all our students did begin the year with great enthusiasm. First years commenced with their Introduction day which provided a glimpse of what the next five years had in store both academically and socially.

Bendigo continued to welcome everyone with warm, sunny days where students enjoyed the pool party, which was organized by Latrobe's Dental Society, BOHDS. Students across all cohorts bonded over sausages, barbeque sauce and their excitement to get the year started. Bowling night was also a great success giving everyone another opportunity to socialize, have a laugh and try their best not to get the ball in the gutter. Ensuring everyone feels embraced in our little community is of paramount importance to BOHDS so these events really helped us enforce such values.

Most of our students live on campus or close by so everyone really took the time to enjoy each other's company outside of university hours. This ranged from exploring what was nearby, visiting each other's rooms or the occasional Coles trip to grab some snacks.

Unfortunately, the enforcement of stricter regulations the week before the much anticipated BOHDS Camp resulted in its cancellation. Nevertheless, social distancing didn't impede the BOHDS committee from organizing a successful Virtual Week. Turns out Zoom was the way to go. Students joined from across the country to participate in Trivia night, E-Sports night and more events in an attempt to win some impressive Uber Eats vouchers. As restrictions loosen and we return to everyday life, I hope we continue to support each other through testing times and embrace all the events planned for what remains of this fascinating year.

**Anika Moyeed**  
Year 2







# UNIVERSITY OF SYDNEY



THE UNIVERSITY OF  
**SYDNEY**

This year started off extremely enthusiastically with our President Anthony Yammine and the 2020 SUDA committee full of ideas and great ways to ingrate all year levels. We started with a packed orientation week and a fantastic beach events for the first years, which really made everyone feel welcomed into the USYD family.

As the weeks progressed, so did COVID- 19. This drastically changed all of our plans, and so we had to opt for some news ways of keeping us together, while we were so far apart. The SUDA community has started some great initiatives, such as a BOH and DMD pantry at Westmead. This gives everyone the opportunity to access groceries that they may not be able to get at this time and relive some

of the pressure. Other activities include online quiz nights whereby all BOH and DMD students have been invited to partake for some excellent prizes and some online webinars to increase our clinical knowledge from the comfort of our homes.

Overall, yes the year has changed and doesn't look like the way we had originally planned it. But we have some great people at the University of Sydney who have really made this year an unforgettable one. We are all looking forward to getting back into the clinic and back to some normality.

**Eveline Dwyer**  
**Year 1**





UNIVERSITY OF

ADELAIDE

THE UNIVERSITY  
*of* ADELAIDE

It has been quite the start to the year of 2020. It is fair to say that most of us were not expecting this year to unfold with such a significant impact to the world. However, we recognise that the faculty at the University of Adelaide are working tirelessly to ensure that their students are best prepared under our current restrictions. The Adelaide University Dental Students Society (AUDSS) was fortunate enough to host events such as the Freshers' BBQ and the Freshers' Welcome Party. The AUDSS also have been active online during this quarantine period with Pictionary Buddy Day, and Netflix Party with the AUDSS Sleep Out: Home Edition planned in May.

2020 was off to a great start with many laughs, dancing and music at the Freshers' BBQ pool party and Freshers' Welcome Party. Our events were unfortunately put to a halt along with the rest of the world when quarantine measures were put in place. However, this did not discourage our Adelaide students to stay in

touch. Our Pictionary Buddy Days, where groups of students were in competition to have the least amount of time to guess all the phrases assigned, and our Netflix Party, had students connecting again.

Our next event planned for this quarantine period is the AUDSS Sleep Out: Home Edition, where we raise awareness for homelessness and the Common Ground Clinic in Adelaide, through activities and entertainment via Zoom.

As of today, our academic content for semester one will be online with no plans to return to undergraduate clinical sessions. While it is unfortunate that we cannot return this semester, it is understandable that the right precautions are in place in order to flatten the curve and maintain it. Stay safe everyone!

**Michael O'Laco**  
**Year 3**





# GRIFFITH UNIVERSITY

2020 started with the warm greeting of our fresh 1st years. GUDSA organized a First-Year Cocktail party and Icebreaker at the bar to allow first-years to mingle with each other and upper years to strengthen team spirit at the start of their Dentistry journey.

Shortly after when clinical lab sessions started to actively take place, the 2020 Loupe Show was held. Students could try out the latest cutting edge loupes brought by company representatives and purchase them to incorporate them in their clinical sessions.

Though we had many more events planned out, the crushing presence of Covid-19 forced us to postpone these events indefinitely. Though social distancing has halted our offline activity, we continue our momentum online! GUDSA started "A day in a life" to show the various lives from dental hygiene students,

dental students to newly graduated dentists who are working in the field. Alongside that, GUDSA bingo was held for students to clash over to win a Nintendo Switch! And most recently GUDSA is ambitiously hosting the GUDSA Friday Night Trivia Online to engage the whole cohort.

Though we are treading through hard times, our faculty and GUDSA is striving to keep up the spirit of our Dental students. The curve is flattening and it seems like the end of this crisis is not far away. Until then we pray that everyone will stay safe and healthy to embrace the upcoming times that will shine through like the end of a tunnel.

**Gihyeok Son**  
**Year 2**

# UNIVERSITY OF QUEENSLAND



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

2020... what can we say? Most of us upon seeing these numbers probably feel some kinda scammed - give us our promised new year back! But alas, in the face of adversity, UQ dental students aren't backing down.

For O-week, there was plenty of free food for all as per traditions, but the UQ Dental Students' Association (UQDSA) also had a jam-packed day of activities planned for the first years to break the ice - think chubby bunny, vegemite challenge and of course, rice and chopsticks to test those budding hand skills! Soon after, we pulled off an incredible Meet and Greet end of Week 1 to really orientate the newcomers- held in a unique vintage rodeo bull bar with neon lights, a massive bar-tab and the whole shebang - it was truly a night to remember.

For those with the intrinsic competitive streak, we organised a whole day of inter-year Dodgeball, and those with a keen eye for dental fashion- a brand new line of

UQ dent merchandise designed by our very own marketing officer, from iconic embroidered pull-overs to professional clinic polos.

Before we knew it though, we were soon confined within the bounds of our 4 walls, but social distancing can't stop us from social(media)ising. To get students up off their beds, we held an UQDSA Bingo via Instagram and put a pair of EarPods up for grabs. The student involvement was fantastic to see, so we soon followed with the first ever Instagram Live Trivia Night- this time with a \_\_\_\_\_ on the market.

UQDSA has so much more lined up for everyone; at this point we just wish everyone stay healthy, happy and sane at home - get ready for epic times ahead.

**Michelle Zhang**  
**Year 4**







# UNIVERSITY OF MELBOURNE



THE UNIVERSITY OF  
MELBOURNE

2020 began with intensive clinic weeks for upper years and a very warm welcome to our new students. The DDS1 orientation week introduced them to all things dental and ended with our annual scrub crawl event. It is tradition for first years to put on some scrubs and enjoy an evening mingling with students from all year levels. In an effort to make everyone feel welcome, peer mentoring program soon allowed everyone to sign up for an upper year mentor to gather some more advice for the year to come.

Our next big event, the annual dental camp, began with students enjoying some sun, beach games and BBQ in Torquay. This was followed by some more team games, Australian BBQ themed party and a night stay in the Great Otway National Park. This was the first of many adventures in the Australian outback for some, and a fun filled bonding experience for students old and new.

Along the way, some lovely DDS3 students delivered clinic ready seminars catering for new students in clinic, but before we knew it, COVID 19 had prompted our school to discontinue all face to face learning. Despite this, our staff have been more proactive than ever and are doing a fantastic job at managing didactic learning delivery via online zoom seminars and discussions. Although MDSS had to cancel a number of planned events, various social media platforms such as that of ADSA and our own accounts have been a useful tool to allow students to keep in touch. Our most recent event, University Mental Health Day, urged everyone to share their #studyfromhome photos with pets. We are eagerly waiting for semester 2 to commence as per normal, but in the meantime, wishing health and safety to everyone in these uncertain times.

**Arina Rawat**  
DDS3



# JAMES COOK UNIVERSITY



The year of 2020 has been unlike any we have encountered thus far. After a few brief months of comfortable student living, the whole world was shaken up by the greatest health crisis of our generation. As a result, there have been changes to our intended calendar, but JCU students intend to adapt and overcome!

The James Cook University Dental Student Association (JCUDSA) kicked off the year with our annual Orientation Week. O-Week festivities are designed to welcome first year students and allow them to get to know one another and the campus. The week was full of fun and exciting activities including a campus scavenger hunt, waterslide, and party bus!

With the COVID-19 pandemic, things have been a little different this year. We were fortunate enough to have held exciting events before the restrictions. Our charity division

organised bake sales and games to raise funds for those affected by the Australian Bushfires. Our social events included a Valentine's Mixer and a fast-paced game of Assassin's. Many of our most anticipated social events, such as Dentistry Ball, Inter-year Sports Carnival, and trivia have been cancelled; however, we continue to participate in the Tertiary Blood Challenge and other ADSA challenges to maintain a sense of community (not to mention the Zoom calls for studying and chatting to stay sane during isolation).

Although this year may not be as expected, we look forward to seeing what the rest of it brings for JCUDSA and ADSA!

**Pyper Smith**  
**Year 4**





# CHARLES STURT UNIVERSITY

The CSU SDA Committee had a big year planned for 2020. Whilst many of these plans were postponed or adapted, I think we can say that we did start the year by bringing everyone a little closer together and helping everyone stay connected.

We started off the year before we were even back at uni, with the release of our new Facebook page and our new sock merchandise design. Our first 50 member sign ups were offered this merchandise for free!

At the start of March, we met with our new first year students during Orientation and welcomed them to the SDA. Here we introduced our new mentoring program First Impressions which paired up first year students with a second or third year student in Dentistry. We received a very enthusiastic response to this sign up.

CSU SDA then made it to Instagram! By this point, we were no longer studying on campus,

so this helped us all to stay a little more connected. We released our Instagram Bingo competition which received a great reach and we gave out three pairs of our SDA socks to three lucky entrants.

This followed with The SDA Instagram Takeover, where we saw five of our SDA members take over the @sdacsu Instagram page for a day each. Here, we got a little insight into different lives in isolation, even that of students in Canada, students still on campus and a recent graduate at work in a clinic.

Although this year didn't quite go to plan, we are staying connected online and are prepared and excited for a jam-packed session once that is all possible.

**Tanisha Fernando**  
Year 3



# UNIVERSITY OF WESTERN AUSTRALIA



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**

2020 has been a rollercoaster of a ride for UWA! Dental school had a promising start in January with a lot of plans ahead! Prime and bond was a great beginning to 2020, with students from all year levels meeting, socialising and bonding. The food and drinks were an added bonus to the night!

The senior students, DMD3 & DMD4s kindly put together a presentation for the first- and second-year students, regarding the topics that will be taught later in their academic year. We found this very helpful as it served a valuable insight for study preparation for the future. The monthly journal clubs, hosted by the UDSS education reps, offered students with supplementary knowledge on top of our coursework. It was accompanied by great attendance and lots of free pizza.

UDSS had a lot more of plans for the remaining of the semester including a sports day, a possible pub crawl and many more educational events. However, unfortunately due to the coronavirus restrictions, a lot of

these events had to be cancelled or postponed to a future date. In an attempt to adapt to the current situation, all classes have been shifted to online learning and clinics are closed until June. Nevertheless, students are staying in touch with the fun zoom sessions and the virtual journal clubs. Who knows online scribble games with your friends could be so much fun!

These are testing times indeed, but we have been extremely fortunate due to WA's remoteness compared to the rest of Australia and the early restrictive measurements taken by our dental school! Hopefully the situation returns to normal soon and we can commence semester two full of optimism and productivity!

**Yasmine Mishani**  
**DMD2**





# Studying dentistry will open many doors, including ours



## Not everyone is eligible to be a client of BOQ Specialist. But you are.

We've worked with dental professionals for over 25 years. In that time, we've learned a lot about you and the challenges you face, particularly at the beginning of your career.

Whether you need help with everyday living expenses, upcoming elective costs, buying a new car to travel to clinical placements or even saving for your first home – we can help you get off to a good start.

Visit [boqspecialist.com.au/students](https://boqspecialist.com.au/students) to find out more.



Car loans | Commercial property | Credit cards | Equipment finance | Fit-out finance | Foreign exchange | Home loans | Personal loans | Practice purchase | Practice set-up | Savings accounts | SMSF | Transaction accounts | Term deposits | Vehicle finance

Products and services are provided by BOQ Specialist - a division of Bank of Queensland Limited ABN 32 009 656 740 AFSL and Australian credit licence No. 244616. Terms and conditions, fees and charges and lending and eligibility criteria apply





[facebook.com/AusDSA](https://facebook.com/AusDSA)



[instagram.com/AusDSA](https://instagram.com/AusDSA)



[www.adsa.org.au](http://www.adsa.org.au)