



Dalhousie Medical Students' Society Newsletter

January 20th, 2013

Vol. 6

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Welcome!

Thank-you for reading this edition of the DMSS newsletter. The goal of the newsletter is simple; we want to keep you in the loop about events Dal Medicine is involved in. The newsletter will provide an avenue to showcase the many interest groups, student initiatives and intermural teams within Dal Med.

If you would like to make a submission for the upcoming issues please email them to DMSS@dal.ca

DMSS: In the Loop

January has already been an eventful month for the DMSS executive!

Med Games was Jan 11-13th in Montreal, many Med 1 and 2's were able to attend the weekend long event hosted by Universite de Montreal. Some highlights of the weekend include the co-ed flag football team's 1st place finish, a daring dance duet by two of Halifax's finest gentlemen, eating lots of poutine and two fabulous parties MedGames parties! A big thanks to Joe Sadek for his hard work in coordinating the event for Dal students.

The student lead track selection was done earlier this month and was a huge success with 76% of students getting their first choice. There is currently a process underway which gives students an opportunity to switch tracks. Thanks to Bob Farmer for creating and implementing the track allocation program!

The Moving On Up Conference was held Jan 10-11th where the pre-clerkship and clerkship curriculum was discussed and evaluated in it's ability to prepare students for their next academic stage. Check out next month's newsletter for a discussion on the conference conclusions.

There are lots of upcoming interest group and humanities events in the upcoming month! Check out some of event blurbs in the pages of this newsletter.

Our next meeting Feb 6th, everyone is welcome!

- Rachel Doucette
DMSS VP Communications

Reminder from UGME:

A friendly reminder to always wear your name tag that identifies you as a medical student while at elective or in clinical skills!



*Above: First place flag football team.
Missing Harrison Petropolis*



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Pediatric Interest Group

The Pediatric Interest Group is organizing an informal night of FOOD and DRINKS with the Pediatric Residents to give students interested in PEDS the opportunity to find out what residency is really like!

A potluck will be held on Thursday February 28th at 6pm at 5234 Morris Street (lounge on main level). To RSVP please follow the link below. Students are asked to bring an appetizer, main dish or dessert. Beer and wine will be provided. Please RSVP no later than Monday, February 25th. Any questions contact dalmedpeds@gmail.com.

<https://docs.google.com/spreadsheet/viewform?fromEmail=true&formkey=dHQxSUtxaGFzMERpSG12VEF6MnZKV2c6MQ>

Hope to see you there!

Bhreagh, Jennie, Geoff and Rachel
Pediatric Interest Group Co-Chairs

Psychiatry Interest Group

Come watch the film "Lars and the Real Girl", starring Ryan Gosling, with the Dal Med Psychiatry Interest Group on January 28th at 6pm in the Halifax lounge. Popcorn will be served and discussion with psychiatry residents will follow! Contact dalmedpsych@gmail.com for more information!



POLITICAL ADVOCACY COMMITTEE

The Dalhousie Political Advocacy Committee (PAC) is gearing up to join other PAC representatives from medical schools across Canada at the Annual CFMS Federal Lobby Day on February 4, 2013 in Ottawa! Dal Med will be sending Haley Augustine (Med 2), Tara Jennings (Med 1 DMNB), Alison McIntyre (Med 1) and Austin Zygmunt (Med 1) to represent both Dal Med campuses. Our students will receive advocacy training and meet with Federal Members of Parliament from their ridings to advocate for issues important to all Canadian medical students and residents. We offer our support and encouragement to our students and wish them a safe and enjoyable weekend in Ottawa!

We are also planning a Provincial Lobby Day in NS and NB, so if you are interested in becoming a health advocate and would like to join us in our initiatives, please contact Nada Ismaiel (ismaielna@dal.ca) or Haley Augustine (haleyaugustine@gmail.com)!



Medical Students For Choice

Medical Students For Choice (MSFC) is an internationally known non-profit organization with a network of over 10,000 medical students and residents in North America and abroad. MSFC is dedicated to ensuring that women receive the full range of reproductive healthcare choice and recognizes that one of the greatest obstacles to safe and legal abortion is the absence of trained providers. The Dalhousie MSFC group is run by Carolyn Reardon and Jaclyn DesRoches and recently provided a successful skill workshop known as the "Papaya Workshop". The Papaya Workshop engagingly teaches manual vacuum aspiration but can also be used for other skills such as IUD placement. This event also included a Q&A session about services provided in Nova Scotia. We would like to thank all of the participants and especially Dr. Lianne Yoshida for volunteering her time to teach this skill to students.



Above: Med 1 and 2 Students with Dr. Lianne Yoshida

Family Medicine Interest Group – NS

Congratulations to Senior Co-Chair of the FMIG, Iain Vergie on his recent selection as the co-chair for the CFPC Section of Medical Students (SOMS) and onto the board of directors for the College of Family Physicians of Canada. He is well suited to represent Dalhousie medical students, particular those in the FMIG, at the national level.

Site visit with Dr. Ajantha Jayabarathan (Dr. AJ) at her practice on Robie Street: Central Halifax Innovative Health Clinic, on Wednesday, January 23rd from 6:00-8:00. Dr. AJ is a family physician who's clinic integrates an electronic medical record system, a personal health record and the use of a Geographical Information System (Arc GIS). These technologies, in addition to a collaborative and interdisciplinary care model, illustrate the direction the NS government would like to take on primary health care. Spots for the site visit are still available. Email fmig@dal.ca

Stay tuned for February speaker event with Dr. Jonathon Fowles on the role of physical activity and exercise in the management of chronic condition. Tentatively scheduled for Wednesday, February 27th.



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Phi Chi

We recently had our annual Casting Skills Night, hosted by Dr. Ross Leighton and colleagues. It was a great evening and all Phi Chi members (present and futures) had a blast getting multiple body parts casted.

On Saturday, January 19th we will be hosting a "Random Acts of Kindness" around the city--who knows what admirable things the members of Phi Chi will do for the people of Halifax that day!

Email the Phi Chi exec if you have any questions about how you can become a member of our medical fraternity! phichiexec@googlegroups.com



Top Right: PGY-2 Anesthesia Resident Matthew Kiberd (R) teaches 1st student Devin Ferguson (L) how to insert a central line
Bottom Right: Med 2 student Haley Augustine (L) inserts an IV into Jocelyn DesRoches's hand (R)
Above: (L-R) Anesthesia Interest Group reps Jaclyn DesRoches, Nicholas Humphreys, and Nada Ismaiel with an ultrasound machine. Missing: Rachel Schoon

Anesthesia Interest Group

The Anesthesia Interest Group held their first ever regional anesthesia skills night. It was the second skills event this year! The skills nights are always a fun time and this was no exception. Some of the stations included central line insertion, introduction to ultrasound guided techniques and IV insertion. We would like to thank Dr Ben Schelew for helping to organize this event and Drs Kwesi Kwofi, Tristan Dumbarton, Matthew Kiberd and Narjis for volunteering their time to teach students these valuable skills. These events would not be possible without the support of the Anesthesia Department. Stay tuned for upcoming events!

- Anesthesia Interest Group
Jaclyn, Nada, Nick and Rachel





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MMI Weekend

Nov 23-25 was MMI weekend at Dal and it was a huge success! The Med I class was very welcoming to all of the applicants and we have received a lot of positive feedback! In Halifax we held a Q & A session on the Friday night and a Potluck on the Saturday night while in Saint John a Potluck was held on Friday night. The events were well attended and a great opportunity for the applicants to mingle with Med Is and ask them any questions they had.

The MMIs went off without any problems in both cities. Tours were given of the Tupper building including the anatomy lab, library, tutorial rooms, and lounge (which is now super clean!). The Ask A Med Student Reps gave a presentation to the applicants about Dal and showed them our interview weekend videos. If you haven't yet seen them here are the links:

Halifax campus:

<http://www.youtube.com/watch?v=7UDRRIm90Io>

SJ campus:

<http://www.youtube.com/watch?v=jBJA1tSRLSg>

- Ask a Med Student Reps
Austin, Devin, Rowan, Taryn and Claire



*Left: Mario aka:
Leo Fares Med I
President
greeted
applicants at
MMI Weekend*

Interdisciplinary Volunteering Abroad Opportunity

Join students from the Atlantic Veterinary College on a volunteering trip this summer with VIDA!

Vida is an international volunteer organization that sends veterinary, dental and medical students to developing countries to provide veterinary, dental and medical care to residents (and their pets).

This summer VIDA is taking students to Nicaragua from May 18th-30th and to Costa Rica and Nicaragua from Aug 3rd to 15th.

Check out vidavolunteertravel.org or contact the Atlantic Veterinary College VIDA Chapter for more details at avcvida@gmail.com

WANTED

Medical Students of any year to be photographed for Dalhousie's ongoing marketing campaigns and promotional materials including Dal's website.

Can anyone name this Dal Website Celebrity from 2011?



This could be you! If you're interested please contact Rachel Doucette at dmss@dal.ca



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Summer Student Research Program Upcoming Deadline

Reminder to those students planning on doing a summer research project with the Summer Student Research Program, A hard copy of the application, with original signatures, must reach the Medical Research Development Office on or before **WEDNESDAY, FEBRUARY 13, 2013**. If you are still looking for supervisors/projects, remember to check out <http://research.medicine.dal.ca/SSRP-projects.htm>

If there are any questions regarding this, please feel free to contact Jesslyn Kinney at (Jesslyn.Kinney@dal.ca) or myself (springer.jeremy@gmail.com).

Happy Researching!
Jeremy Springer
DMSS Research Representative
springer.jeremy@gmail.com



Apply for...CRA – Abbott Summer Clinical Studentship Program

- Introduce medical students to the subspecialty of Rheumatology, enhancing clinical skills of the student
- 12th year of clinical summer studentship program- 2012
- Up to 12 weeks, full-time, 37.5 hours, May – August, Up to \$5000
- Clinical experience with a rheumatologist (adult or pediatric)
- Eligibility:
 - Currently registered medical students of Canadian citizenship
 - Mentor Rheumatologists, members of the CRA and accepted to supervise
 - Not related to mentor

Apply for... CRA – Roche Summer Research Studentship Program

- Introduce medical students to the subspecialty of Rheumatology, enhancing research skills of the student
- 4th year of research summer studentship program- 2012
- Up to 12 weeks, full-time, 37.5 hours, May – August, Up to \$5000
- Eligibility:
 - Currently registered medical students of Canadian citizenship
 - Mentor is a CRA member with a feasible project who has accepted to supervise
 - Not related to mentor
- Research (clinical, basic, epidemiologic, etc)
- If required, ethics approval must be obtained before the student starts the project

Contact

Application deadline March 1, 2013

Christine Charnock at the Canadian Rheumatology Association Christine@rheum.ca

rheum.ca/en/students/summer_studentship or rheum.ca/fr/students/summer_studentship T: 905-952-0698



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Dr. Sultan Darvesh, MD, PhD, FRCPC
Neurologist, Professor, Divisions of Neurology and Geriatric Medicine

I am a researcher and staff neurologist in the Department of Medicine. I have a PhD in synthetic organic chemistry and a medical specialty in behavioural neurology. My research interests are in the area of medicinal chemistry as it relates to the diagnosis and treatment of Alzheimer's disease (AD) and other neurodegenerative disorders. The specific focus of the research is on the enzyme butyrylcholinesterase and its relationship to dementia.



My motivation in this field is driven by the enormous social and economic burdens produced by disorders such as AD that will increase exponentially with an aging population. At present there is no cure for AD and it is difficult to diagnose with certainty except at autopsy. Research efforts are therefore concentrated on understanding the role of butyrylcholinesterase in the progression of AD and on developing agents for the early diagnosis of the disease during life and for more effective treatments that can halt disease progression. Such work is facilitated by a background in chemistry, molecular biology and clinical practice as well as by being a founder and director of the Maritime Brain Tissue Bank located in the department of Anatomy and Neurobiology where I am cross-appointed.

One of the biggest challenges encountered with a career involving both clinical practice and research is balance. It is very easy to fill every moment with the demands of clinical practice. Carving out time for research requires discipline, focus, and a good routine. I equate much of my success to the faculty students and staff with whom I collaborate. I am also endlessly grateful to my wonderful family who are so supportive of my passion for research. When you are doing research you are thinking about how it relates to patients; when you are looking after patients you are considering how the research may help to understand disease and affect outcomes. It's all part of the whole picture and trying to move forward.

As to advice for those keen to begin research, it would have to include the following: when writing grants and papers don't get discouraged by unfavorable reviews. Do not take their critiques personally. Try to take their positive suggestions and resubmit work you believe in.

Over the past 20 years I have taken on many students as research assistants (medical, co-op undergraduates as well as grad students). It is always refreshing to receive new enthusiasm and fresh insights from those eager to solve problems.

If you are interested in discussing a research project with Dr. Darvesh, feel free to contact him at Sultan.Darvesh@Dal.ca



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Help with a research and have a chance to win a \$500 gift certificate!

I'm a Dalhousie psychiatry resident conducting a study on factors that contribute to stress in medical students and residents. By filling out an anonymous online survey you will help us understand more about student stress and you will be eligible to put your name into a draw to win a \$500 gift certificate at a retail location of your choice. It will take approximately 15 minutes to fill out the survey.

Until February 8, 2013 you can complete the survey online by going to:
<https://surveys.dal.ca/opinio/s?s=15413>

If you require any additional information, please do not hesitate to e-mail me at kmmathes@dal.ca. Thank you in advance for your participation. Your opinion is greatly appreciated!

- Dr. Katherine Matheson
Primary Investigator

An UN-Professional Night

(feat. Law, Medicine, Dentistry students)

January 25 at 10:30pm

The Red Stag Tavern in Halifax, Nova Scotia

Who do you think parties the hardest? It's time to find out

The drinks will be flowing, the tunes will be pumpin' (with the help of an AWESOME DJ), and the dance floor will be the place to be. Come out to the Red Stag and do your class proud!

Tickets are \$7 and \$10 at the door. They will be sold at:

The Tupper Building - January 16, 22, 23 from 11 - 1

Get your ticket ASAP!

<http://www.facebook.com/events/538472809503701/>



Upcoming Events...

- Jan 22nd – Art in Medicine Anatomy Social @ 6pm in Tupper Lounge
- Jan 27th – Making Waves Starts for the winter session
- Jan 25th – People Performing Badly @ 7pm in the Tupper Lounge
- Jan 25th – An UN-Professional Night @ Red Stag Tavern Halifax
- Jan 28th – Psychiatry Interest Group Movie Night @ 6pm in Tupper Lounge
- Jan 29th – Surgery Interest Group, Residency Night @ 6pm in Tupper Lounge
- Jan 30th – SHOUT Orientation Night @ 6pm in Tupper Lounge
- Feb 1st – Munro Day: No Classes
- Feb 6th – DMSS Meeting
- Feb 14th – SPRING Innovation Interest Group Meeting
- Feb 16th – Med 2 Metabolism Midterm
- Feb 23rd – Euphoria