



# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8

## In This Issue

In The Loop	page 1
Everest Challenge	page 1
Family Med Interest Group	page 2
Phi Chi News	page 2
Camp Triumph	page 3
SPRING Talk	page 3
Global Health News	page 4
Political Advocacy Committee	page 4
The Researcher – Dr. Berman	page 5
DMSS Elections Guide	page 6

## Everest Challenge

The Everest Challenge was started in 2002 and is organized by first and second year Dalhousie University medical students who believe it important to educate youth about exercise and healthy living. The medical students prepare a curriculum that is fun and engaging and that encourages a high level of student interaction. Last year we visited over 60 classrooms in Halifax and St. John and would like to see this number grow this year.

Everest Day will be taking place on April 17 from 9-11 am. If you'd like to be involved sign up at <http://tinyurl.com/ccd3sh2> or contact Claire McNeil at [mcneil.claire@dal.ca](mailto:mcneil.claire@dal.ca)

## 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](mailto:DMSS@dal.ca)

## DMSS: In the Loop

Hello Everybody!

This past month held some big events for Dal Med students of all years. The class of 2013 had some major excitement with CaRMS match day on March 5<sup>th</sup>. Congratulations! Also of equal excitement and prestige, this legendary class won Euphoria again!

Med 1, 2 and 3's all wrote exams last weekend, and we survived sharing the limited study space on campus with no major issues.

Elections for next year's DMSS executive, council and advisory members are currently underway. Nominations are due in March 31<sup>st</sup>. Check out the Election Guide at the end of this issue for information about nominating, voting and the specific positions. Please make an educated vote to help ensure you are happy with next year's DMSS leadership team.

Our next meeting is April 4th, everyone is welcome!

- Rachel Doucette  
DMSS VP Communications

*Congratulations to the  
Class of 2013 for  
winning EUPHORIA!*





# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8

## Family Medicine Interest Group Halifax

**Trip to Truro with the Emergency Medicine Interest Group: on Saturday March 2nd.** Awesome afternoon including a tour of their new, state of the art hospital. Lots of opportunities to ask physicians from the area about their practices. Great food & skills sessions including ECG reading, X Rays, casting & cyst aspirations. Email [fmig@dal.ca](mailto:fmig@dal.ca) if you would like to be signed up for our email list. Just a reminder that you do not have to want to be a family physician to be a part of the group. Sign up and have an opportunity to come to our events!

**Wine & Cheese:** Come help us congratulate the 4th year students who matched to family medicine this year. The event will be held on Tuesday, April 2nd from 6:00 - 9:00 pm in the lounge. Stop in for a drink, quick hello, or to catch up with some of the Med 4 class as they make their way back to Halifax to finish out the year. Anyone is free to attend! We have a special guest who will be attending, Dr. Jane Brooks, a family doctor from the valley, and winner of the 2012 Family Physician of the Year award from the Nova Scotia College of Family Physicians! She is thrilled to have the opportunity to come and speak to Dal's medical students.

**Business in Medicine**, presented via the DMSS, DoctorsNS & the FMIG: Session 1 (Wednesday, March 27, 6-8pm) will include details relevant to most medical disciplines. These include managing your accounts and taxes, legal issues and financial planning, and payment models.

Session 2 (Monday, April 1, 6--8pm) will be especially relevant to private practices, but also includes job-seeking skills. Topics will include transitioning from resident to independent contractor (and negotiating contracts with hospitals), advice on how to start an independent practice, the benefits of incorporating your business, and leasing property.

The sessions will be recorded & distributed for those who cannot attend.

**Dining with Docs:** Stay tuned for details on this fabulous evening of wining & dining! The date is set for Wednesday, May 1st.

## Phi Chi News

**Alumni banquet - March 1st.** Great night of networking with current & alumni members at the University Club. Awards were presented along with appetizers & drinks!

On the afternoon of March 24th, Phi Chi was able to give back to our community. We baked a delicious meal for the **Ronald MacDonald Charity House** (lasagna, salad & brownies).

Email PX if you are interested in getting involved this year or next! [phichiexec@googlegroups.com](mailto:phichiexec@googlegroups.com)

*Below: Action shot at Ronald MacDonald house*

*Below Left: FMIG and EMIG casting session in Truro*





# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8



Camp Triumph is looking for enthusiastic young people for volunteer and paid positions this summer. Located along the beautiful shores of PEI, Camp Triumph is a registered charity offering free weeklong summer camps for children who have a family member with a chronic illness or disability. The camps provides these children, who come from across Atlantic Canada and beyond, with an opportunity to meet other children with similar life challenges all the while having fun trying out a wide range of exciting activities.

If you love working with kids, being outside, and trying new things, then Camp Triumph is for you. We look for great people who want to get involved with some wonderful kids in a haven where fun is the goal.

Camp Triumph is largely run by volunteers but we have two paid positions available as well. Volunteer counselors can choose to volunteer for one, two, or more weeks, whatever fits your schedule. Camp Triumph is located in PEI but there are a number of volunteers who come from all over so car pooling is a possibility. Room and board are also supplied for all staff including volunteers.

We are also looking to hire two people for the summer, that would join our team as a senior staff. These two positions would require at least a 6 week commitment. One position is a Waterfront Coordinator and the other a Program Coordinator. Experience is necessary for the paid positions.

Please check out our website, [www.camptriumph.ca](http://www.camptriumph.ca) for more details about the camp. If interested please fill out the application form that you can download from our website and include a resume. If you are interested in volunteering this summer please email us at [info@camptriumph.ca](mailto:info@camptriumph.ca).

## **SPRING (aka: Innovation Interest Group)**

Guest Speaker Barbara Arrowsmith-Young - 'Nurturing Neuroplasticity - Healing Learning Disabilities'

April 4th at 7:00pm. The talk is based out of Saint John, with videoconferencing to Tupper room G36 and other sites in New Brunswick.

Barbara has been featured in Norman Doidge's book 'The Brain that Changes Itself', and she is the author of 'The Woman who Changed Her Brain'. She discusses dealing with root causes of learning disabilities in children instead of simply managing the symptoms - a capacity-based educational approach works with the brain to change the ability of a child to learn, not just accommodate the problem. The focus is not only on cognitive aspects, but on motor and communication development. She has pioneered a school located in Toronto, as well as developed programs that can be implemented in schools and rehab settings.

She has an interesting TedTalk at the following link

<http://www.tedxtoronto.com/talks/tedxtoronto-2012-talk-barbara-arrowsmith-young/>

Please RSVP to Rachel at [doucett@dal.ca](mailto:doucett@dal.ca) if you would like to attend in Halifax, or to Sara at [sara.davidson@dal.ca](mailto:sara.davidson@dal.ca) if you would like to attending at one of the New Brunswick sites.



# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8

## Global Health News

### 1. Call for Nominations: Global Health Awards 2013 (Deadline: Mar 28, 2013)

Dr. John Savage Memorial Faculty Award (Medicine)

Dr. Jock Murray Resident Award (Medicine)

Dr. Ronald Stewart Student Award (Medicine, Health Professions or Dentistry)

Do you know a Faculty member, Resident or Student who has made an outstanding contribution to global health at Dalhousie? Please review the nomination criteria and process on the Global Health Office's Awards page and submit your nomination package by Mar 28, 2013 @ 4pm. These awards recognize an outstanding contribution to the global health community @ Dalhousie through:

- Promotion, development and enhancement of global health @ Dalhousie
- Demonstrated leadership in global health
- Practical work experience with marginalized communities
- Engagement in global health research (faculty and resident only)
- Mentorship in global health (faculty and resident only)

Please download the 2013 Nomination Form to complete and return to [gho@dal.ca](mailto:gho@dal.ca) with supporting documents.

For more Information: <http://gho.medicine.dal.ca/events/events-awards.htm>

### 2. Celebration of Global Health at Dalhousie

The Global Health Office will be celebrating successes in Global Health leadership and achievements at Dalhousie. Please join us in recognizing the first graduates of our new Advocates in Global Health Program as well as the recipients of our faculty, resident, and student Global Health Awards.

The event will take place: Thursday, April 11<sup>th</sup> from 12 - 1:30 pm @ the NS Public Archives (Corner of Robie and University)

### 3. Global Health Journal Club: Engaging Health Partners in Belize

Facilitators: Ruth Duggan and James Adderson

Apr 16, 2013 @ 12pm

Halifax: Tupper G36, DMNB: Rm 218

## **POLITICAL ADVOCACY COMMITTEE**

**Nova Scotia** - We are going to be meeting with MLAs in the next month (April/ May) to advocate for Nova Scotia provincial loan deferment until completion of residency. IF you are interested in participating in some of these meetings and advocating with us, please contact us at: [haley.augustine@gmail.com](mailto:haley.augustine@gmail.com), [nd729331@dal.ca](mailto:nd729331@dal.ca), or [alison.mcintyre@dal.ca](mailto:alison.mcintyre@dal.ca)

**New Brunswick**- Is hosting a panel discussion on **Monday May 6th** (details to come). The focus will be on the recruitment and retainment of New Brunswick Med Students after we graduate. Issues and ASKs are focused on the topics of residency positions (opening up new spots for the new grads in NB), billing numbers (allowing room for new grads), and incentives (ie. the rural incentive, and return to service agreements). More details to follow- we look forward to all the students who can attend!

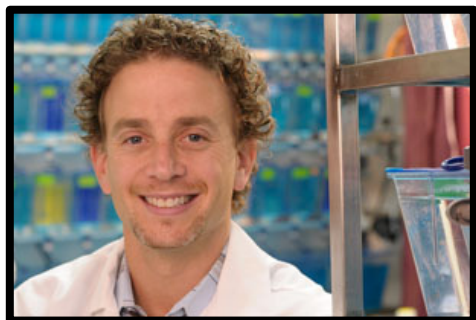




# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8



*Dr. Jason N. Berman, MD, FRCPC, FAAP  
MSC Clinician Scientist in Pediatric Oncology,  
Pediatric Hematologist/Oncologist,  
Associate Professor,  
Divisions of Pediatric Hematology/Oncology*

I am a pediatric hematologist/oncologist and clinician scientist. We use the zebrafish model to study mast cell biology, childhood cancers and other rare genetic diseases. My laboratory was the first to identify the mast lineage in the zebrafish and demonstrate conserved structure and function with mammals. We have generated transgenic zebrafish models of a number of human cancers and are using high throughput small molecule inhibitor screens in these fish models to identify new effective agents in these diseases. We have also pioneered the xenotransplantation of human leukemia, breast cancer, and sarcoma cells into zebrafish embryos with the development of cell proliferation and metastasis assays to test the efficacy of new therapies.

When not pursuing my research, I attend on the oncology ward and in the hematology and oncology clinics at the IWK, and oversee the management of children with leukemia. I had always enjoyed teaching and working with children, so Pediatrics was a natural choice of specialty. In second year medical school, I heard a lecture on childhood leukemia and I was hooked! I particularly like that Hematology/Oncology encompasses many aspects of medicine including, Radiology, Pathology, Molecular Biology, and Pharmacology. In many cases, you yourself can make the diagnosis by looking at a blood smear or bone marrow slide. You also have the opportunity to develop long-term relationships with your patients and their families.

I became interested in research late in my training, not until my fellowship. With funding from the Pediatric Scientist Development Program, I entered a basic science laboratory at the Dana-Farber Cancer Institute without much prior experience. While intimidating at the time – it was the right choice. While at times it can be very busy with commitments both in the lab and in the clinic, it is incredibly rewarding. The patients inspire my research and remind me why we need to continue to better understand childhood cancer and develop improved treatment approaches. I often bring patients and their families down to the lab to see what we are doing with the zebrafish and so my trainees can meet the patients we are trying to help. I think clinician-scientists make a unique contribution to the research enterprise. I am currently the Director of both the Clinician Scientist Graduate Program and Royal College Clinician Investigator Program at Dalhousie. We enjoy having medical students conduct summer research projects with us and hope to inspire them to consider research in their careers.



# Dalhousie Medical Students' Society Newsletter

Vol. 8

March 28<sup>th</sup> 2013

## DMSS Elections Guide

The elections for next year's DMSS leadership team are underway. To highlight the roles up for election the current team has developed this elections quick guide. We hope you'll use it to learn about the positions and make educated electoral decisions. It's also not too late to nominate yourself or someone else for the roles!!

### Elections Schedule

March 31st 11:59 pm all Nominations due!!!! Email Haley at [Haley.Augustine@dal.ca](mailto:Haley.Augustine@dal.ca) to submit nominations

April 1st: nominees notified by email

April 4th: candidates confirm nomination

April 5th: candidates submit blurb (under 250 words)

April 8th: speeches

April 9th-10th: voting

Title in GREEN – Position voted on  
by all Dal Med Students

Title in BLUE – Voted on by DMSS  
Executive

### DMSS Executive Members

Voting members of DMSS

**President** Currently held by Luke Richardson ([lucas.richardson@dal.ca](mailto:lucas.richardson@dal.ca))

**Role:** Liaison between all stakeholders. Ex-officio member on all DMSS committees, Faculty council, DMAA. Oversees DMSS operations. Enforce the observance of constitution. Arrange and oversee Gold and Silver D awards. Organize DMSS retreat.

**Big Perks:** Attends major functions (convocation, DMAA gala, ect), network with many political and medical leaders, attends CFMS conferences, thoroughly involved at DMSS, provincial, national levels.

**Time Commitment:** 25-35 hrs/week

**VP Internal** Currently held by Dustin Conrad ([dustin.conrad@dal.ca](mailto:dustin.conrad@dal.ca))

**Role:** Second in command to the president. Organizes Med Ball, EUPHORIA and the charity auction. Oversees the Lifestyles in Medicine events. Assists all other council members as necessary.

**Big Perks:** Establishes relationships with administration and the DMAA. Gets to taste-test Med Ball food!

**Time Commitment:** 10 hrs/week

**Other important info:** Must be a student in Halifax

**VP Medical Education** Currently held by Alexandra Bishop ([albishop@dal.ca](mailto:albishop@dal.ca))

**Role:** Chair of Medical Education Working Group, student representative at key curriculum committees. Responsible for organizing the yearly DMSS book-sale

**Big Perks:** Get to be involved, give direct feedback and see the inside action of delivering our curriculum!

**Time Commitment:** 6-8 hrs/week

**VP Communications** Currently held by Rachel Doucette ([doucett@dal.ca](mailto:doucett@dal.ca))

**Role:** Manages DMSS email, website, newsletter and Tupper building lounge bookings. Responsible for student-faculty communications, UpToDate order, name tag and lab coat sales. Minute taker at DMSS meetings.

**Big Perks:** Key to DMSS office, attends Dean's Luncheons and DMAA events!

**Time Commitment:** 5-7 hrs/week



# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8

## DMSS Elections Guide

### DMSS Executive Members con't –

**VP DMNB** Currently held by Scott Lee ([sdlee@dal.ca](mailto:sdlee@dal.ca))

**Role:** Represent the students of DMNB within the DMSS, help to establish Dal medicine in the SJ community and NB

**Big Perks:** role with the big shots, free lunches and you get to know all of the behind the scenes of both DMNB and medicine in Saint John

**Time Commitment:** Variable

**Challenges:** being the only student on a board of doctors and other healthcare professionals and making sure you're voicing the opinions of students

**VP Finance** Currently held by Jennifer Doane ([jaedoane@dal.ca](mailto:jaedoane@dal.ca))

**Role:** Keep track of finances; manage the general account, write cheques, keep good records, keep accounts balanced, determine the yearly budget. Chair the finance committee and collect student project funding applications and help designate funding. Give out lockers and help other council members.

**Big Perks:** You have control over a lot of money, you can really make a difference in the school with allocating project funding and helping new groups. You get a vote in the DMSS, knowing all the inside knowledge and being ahead of the curve on knowing what is up-and-coming within the school/DMSS. It also looks great on a CV.

**Time Commitment:** Varies depending on time of the year.

**Other important info:** Must be a student in Halifax

**VP External Sr** Currently held by Will Stymiest.

Current VP External Jr. assumes this position, no nominations accepted for this role.

### DMSS Council

#### Voting members of DMSS

**DSU and HSSA Rep** Currently held by Maggie Lovett ([Maggie.Lovett@dal.ca](mailto:Maggie.Lovett@dal.ca))

**Role:** Represents the DMSS on the Dal Student Union and Health Sciences Student Association. Sits on other DSU related committees.

**Big Perks:** Helps foster a great relationship between med students with rest of Dalhousie.

**Sports and Wellness Rep** Currently held by Joseph Sadek ([joe.sadek@dal.ca](mailto:joe.sadek@dal.ca))

**Role:** Organize Med Games in Quebec in January. Run intramurals throughout the year. Run annual events for Dal Med students including the Curling Bonspiel and Harvest Hackfest. Come up with new events to run. Attend DMSS meetings.

**Big Perks:** Getting to be involved in MedGames is a blast. Freedom to run any events you think would be fun (for example we went paint balling earlier this year). It doesn't feel like a job at all. Attending DMSS meetings is surprisingly interesting.

**Time Commitment:** Very seasonal. Heavy time commitment leading up to MedGames. Rest of year 2-3hrs/week.

**Humanities Rep** Currently split between Marisa ([Marisawesbter@gmail.com](mailto:Marisawesbter@gmail.com)) and Jennie ([jn889696@Dal.Ca](mailto:jn889696@Dal.Ca))

**Role:** Assists the Medical Humanities Director in running the humanities program. Is a student liaison between the humanities director, the DMSS and the student population. Coordinates humanities events.



# Dalhousie Medical Students' Society Newsletter

March 28<sup>th</sup> 2013

Vol. 8

## DMSS Elections Guide

### DMSS Advisory Members

Non-Voting members of DMSS

**VP External Jr**      *Currently held by Haley Augustine ([haley.augustine@dal.ca](mailto:haley.augustine@dal.ca))*

Liaison between the CFMS and the DMSS

To be honest the position has all the perks and limited work! You attend all of the CFMS conferences (Vancouver next Fall) and are the messenger between CFMS and DMSS. It may seem like a lot but in comparison to other DMSS positions I think the VP external is more fun with less logistical headaches... however there is always a bit!

**Role:** The big things we do are:

- 1) Distribute all communiques (bi-weekly) and answer/ direct any questions people may have.
- 2) Complete a presentation and pizza lunch for first years and third years about what the CFMS is and what we do (Fall)
- 3) Complete the Toronto Notes order (Winter)
- 4) Help to organize funding/ hotels/ flights for CFMS conferences
- 5) Host the elections in the Fall and Spring
- 6) Organize award committee for med ball awards
- 7) Work with the PAC throughout the year to help organize events

**Big Perks:** Get to attend all of the CFMS conferences! Two year position without a huge time commitment!

**Time commitment:** Very variable, depending on the time of year but not overly burdensome.

**DMSS Chairperson**      *Currently held by Chris Green ([green@dal.ca](mailto:green@dal.ca))*

**Role:** Organizes and chair's DMSS meetings in accordance to Robert's Rules.

**Big Perks:** Chooses food for the DMSS meetings! People love the guy that brings good food!

**DMNB Treasurer**      *Currently held by Jon Leclerc ([jn769881@dal.ca](mailto:jn769881@dal.ca))*

**Role:** Manages the DMNB student budget for New Brunswick interest groups and integration moola (for events and travel between campuses) and balances the books. I am charged with the very exciting task of writing many many cheques to students (mostly DMNB but some Halifax for billets) to reimburse anything from interest group events, food for DMSS meetings, gas money to travel and the endless billet reimbursements (now 40\$/night~!) when students travel between campuses. I also attend DMSS meetings and do not vote because I am not worthy.

**Big Perks:** DMSS meetings delicious foodstuffs in NB. I get amazing right wrist workouts from writing cheques, especially after integrated weekends (O-week, med ball, euphoria...).

**Time Commitment:** 1-2 hr/week

**Lounge Manager**      *Currently held by Scott Murray ([sipmurray@gmail.com](mailto:sipmurray@gmail.com))*

**Role:** Responsible for running the Tupper lounge bar. Coordinates with building management and DSU bar services to organize events in lounge. Responsible for the upkeep of the DMSS store room.

**Time Commitments:** Varies depending on events



## DMSS Elections Guide

### Active Members of the DMSS – Elected by DMSS Executive

#### Non-Voting members of DMSS

#### **PEI Medical Society Rep** *Currently held by Joanne Reid ([joareid@dal.ca](mailto:joareid@dal.ca))*

**Role:** Serves as liaison between PEI medical students at Dal & MSPEI. Responsible for sending monthly/ bi-weekly emails with important events, news, deadlines; writing & coordinating submissions from students for a section in "The Pulse", PEI's medical quarterly newsletter; updating email lists/ contact info for MSPEI; coordinating 1 recruitment trip to PEI/ year; coordinating Health PEI visits / promotion in Halifax; updating DMSS of PEI events/ news; attending/ skyping into monthly MSPEI Board meetings & giving student input; responding to PEI Government recruitment strategies (writing proposals & sending response letters); working with media on news events if required

**Big Perks:** Getting familiar with Med Society's functionings & Board meetings; Meeting health care professionals on PEI; Being able to stay up on PEI health news; Working with some stellar!!\* Islanders; ..& Invited to attend DMSS meetings/ Dean's luncheons!

**Time Commitment:** Really depends on the week, & what is happening in media/ news..usually less than 1 hour/ week. However, if there are letters to be written/ responses or media stuff going on, may need to coordinate your schedule a little.....not usually a huge challenge!

#### **NS Medical Society Rep** *Currently held by Bob Farmer ([farmer@gmail.ca](mailto:farmer@gmail.ca))*

**Role:** Advocates for Nova Scotia students at Doctor's NS. Works closely with Doctor's NS to give input into policy. Acts as a liason between medical students and the provincial representation.

#### **NB Medical Society Rep** *Currently held by Philippe Tremblay ([ph926236@dal.ca](mailto:ph926236@dal.ca))*

**Role:** Similar to the PEI and NB roles.

*For more information on any of the roles listed above please see the Term's of Reference: Society Members' Role and Responsibilities available on the DMSS website*