



SURF SAFETY AT BEACCHES: BEGINNING EDUCATION AT CENTRAL COAST HOSPITALS

2018

Central Coast Medical School

March Newsletter

IN THIS ISSUE...

What's happening in 2018...

Medicine commences for 2018

The academic year commenced in mid-January for Joint Medical Program (JMP) students placed on the Central Coast. First to return were year 5 students on 15th January, followed a week later by year 4 students, who spent common week in Newcastle attending lectures.

Launch of BEACCHES

February saw the launch of BEACCHES (Beginning Education At Central Coast Hospitals) – a two-day intensive program for medical students on the Central Coast to teach first-responder skills, and to introduce them to staff, fellow students and the environs of the local area. Students at BEACCHES (below) were enjoying a BBQ on the Balcony of the Ocean Beach Surf Club.

Academic Staff Update

Two new academic staff from the University of Newcastle recently joined the staff of the Central Coast Medical School (CCMS):

- ▶ **Dr Mary-Ann Ryall**, Lecturer in Medicine; and Geriatrician/General Physician with CCLHD
- ▶ **Dr Brooke Short**, Lecturer in Psychiatry; and Psychiatrist with CCLHD

Teaching Update

- ▶ STITCCH Program
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- ▶ The MBA is coming to Gosford

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A Message from the Dean of CCMS

Dr Amanda Dawson

Starting off 2018

This year has started with a flurry of activity in the medical school. The fifth year students have already completed their first rotation and the fourth year students are now mid-way through the first semester.

BEACCHES

Many students joined us for the inaugural BEACCHES program in February and a very successful student wellbeing session was held in the evening of the first day, attended by several faculty and conjoint educators (covered later in the newsletter). We look forward to evaluating this year's program and to building on this experience in 2019.

I would especially like to thank Dr Brok Glenn, Dean of Central Coast Campus of UON, for the donation of \$1500, which amongst other things, paid for the Australian Reptile Park session.

I would also like to thank our professional staff Louise Lambeth and Carol Hood, who worked tirelessly in the lead-up to ensure that everything ran smoothly, and that a special experience was had by all.

PRAISE and STITCCH Programs

We also supported an introductory workshop for our JMO educators as part of the PRAISE (Promoting Resident Active Involvement in Student Education) program. Pleasingly, the

JMO organisers have been inundated with expressions of interest for JMOs to participate. The STITCCH program for surgical teaching also continues in 2018.

The IMAGINE Trial

On the student research front, recruitment for the IMAGINE trial has now closed and the third round of data collection has commenced. We are currently preparing an ethics application for our students to also be involved in GlobalSurge3 (www.globalsurge.org)

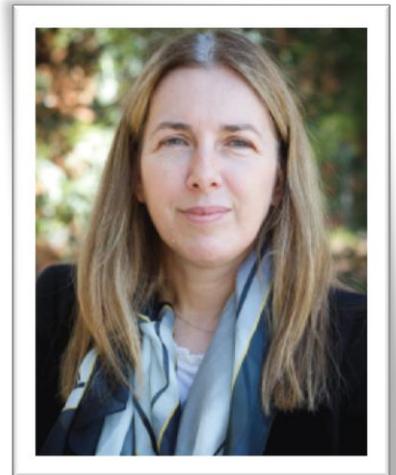
The new Medical School

Planning continues for construction of the new Central Coast Medical School and Research Institute, which remains on track for completion in 2020. We are also preparing to welcome students from the year 3 cohort of the new MD program for the first time in 2019.

New Academic Staff

A couple of new members of academic staff have also joined us at the Central Coast Medical School recently and are profiled later in this newsletter.

I welcome Brooke and Mary-Ann to the team, and look forward to their ongoing input.



Conjoint Academic Staff and the new MD

It is exciting to be part of a strengthening community of academic practice on the Central Coast and I look forward to the ongoing development of many of the innovative ideas outlined in this newsletter.

I also welcome the contributions of conjoint academic staff, and invite you to submit an expression of interest if you are interested in participating in focus groups for the implementation of the new MD program.

Amanda Dawson

Dean, Central Coast Medical School



Dr Amanda Dawson (left), with students and staff holding a Burmese Python from the Australian Reptile Park on Day 2

Launch of BEACCHES in 2018

BEACCHES Kicks Off

February 2018 saw the launch of BEACCHES (Beginning Education at Central Coast Hospitals), a two-day intensive program for Joint Medical Program (JMP) students in years 4 and 5 who are based on the Central Coast.

BEACCHES was held at the Ocean Beach Surf Life Saving Club from Monday 12th to Tuesday 13th February 2018.

The aim of BEACCHES was to introduce students to critical medical and evacuation decisions, as well as to medical and first aid responses relevant to coastal or remote locations. Students were faced with typical scenarios they might meet in the field.

With a combined attendance of over 60 students, staff and educators over the two days, BEACCHES provided an opportunity for students to meet up with academic, clinical and administration staff; as well as with fellow students on the Coast, so as to settle in and get to know one another better.

Day 1

BEACCHES Opening Ceremony

The opening of BEACCHES was commenced by Uncle Reg, a local Darkinjung Elder, followed by:

- ▶ Dr Amanda Dawson, Dean of the Central Coast Medical School;
- ▶ Dr Brok Glenn, Dean of the Central Coast Campus of the University of Newcastle;
- ▶ The Hon Taylor Martin, MLC NSW Parliament, on behalf of Lucy Wicks, Federal Member for Robertson;
- ▶ Dr Andrew Montague, CE, Central Coast Local Health District.



Dr Andrew Montague (speaking), Dr Amanda Dawson, Dr Brok Glenn & Taylor Martin at the launch

Surf Safety

Day 1 was a full day of activities for the students! The Central Coast Surf Life Saving Education Team provided both theory and practical surf safety sessions designed to help educate students on how to stay safe in the surf. Perfect weather and perfect surf conditions saw our students on 'board' with learning rescue techniques.

First Aid and Mock Scenarios

After lunch, a session conducted by a team of Ocean Beach surf lifesavers was run covering: first aid injury management; drowning; CPR; how to manage a first aid scenario; and improvisation. This was followed by a mock scenario of the typical injuries they might face in the local Central Coast environment.

Student Mental Health Forum

In the evening, Dr Brooke Short hosted the student mental health forum, which addressed issues of student welfare during their medicine training.

Brooke's initial presentation was followed by a panel discussion, which provided insights for students on how to cope with the demands of the medical program, as well as giving them information about the University of Newcastle's Student Support for Professional Practice initiative.

The evening forum was attended by students, staff, educators, clinicians and JMO's, and included a special guest from UON: Prof Brian Kelly, Head of the School of Medicine and Public Health.

The forum was followed by a 'BBQ on the Balcony', which gave attendees a chance to mingle with one another on the balcony of the surf club, which overlooked scenic Ocean Beach.



Practical Surf Safety lessons from the Central Coast Surf Life Saving Education Team on Day 1



Dr Brooke Short (far left), host of the Student mental health forum and panel discussion on the evening of Day 1, along with some of the students, educators and staff who attended the event

Day 2

The start of the second day of BEACCHES gave students an informal opportunity to meet up with Dr Amanda Dawson for breakfast on the balcony.

Insights into Indigenous Culture

This was followed by the first formal session of day 2, presented by UON Wollotuka Elder in Residence, Aunty Bronwyn Chambers, who met with students to provide them with valuable insights into indigenous culture, including that of the Central Coast and surrounds.

Australian Reptile Park and Rock Pool Talk

The visit from the Australian Reptile Park was a popular session with students, and introduced them to a variety of coastal creatures. Cane toads, lizards, turtles and snakes of various sizes and venom toxicity were presented to students, along with a demonstration of venom collection and snake bite management. Ocean Coastal Care Initiative then presented a talk that covered "what eats what in rock pools".

First Aid Disaster Scenario

The final activity of BEACCHES was a first aid disaster scenario, where teams of students were presented with a realistic setup of a car accident, complete with mock patients displaying various injuries. To make the scenario more realistic, "moulage" techniques with fake blood were used to create the injuries by Greg Kerrison-Watkin, manager of the Central Coast Simulation Centre, who ran the segment.

Greg conducted a debrief session at the end of the disaster scenario, where he asked questions that challenged students to think in ways that encouraged them to integrate their learning from the BEACCHES program.



Aunty Bronwyn Chambers from Wollotuka, with Dr Amanda Dawson



Students attending to an injured patient in the disaster scenario on Day 2



Close-up of a penetrating arm injury in the disaster scenario on Day 2

New Staff in the CCMS

Dr Mary-Ann Ryall

Towards the end of 2017 we welcomed Dr Mary-Ann Ryall to the CCMS team. Mary-Ann is an experienced and committed physician (in General and Geriatric Medicine). She has a passion for teaching clinical medicine to students and trainees, which she also views as a natural extension of her own lifelong commitment to self-education.

Mary-Ann completed her undergraduate training at University of Queensland thirty years ago and completed basic physician training and advanced training in General Medicine at the John Hunter and Newcastle Mater Hospitals (together with a Masters in Medical Science at the University of Newcastle) before moving to Canberra in 2000 with her family.

Mary-Ann has been involved in curriculum development and teaching delivery in the ANU medical school from inception in 2002 to her departure from Canberra in 2018. She has also contributed to the development of the initial Royal Australasian College of Physicians' PREP (Physician Readiness for Expert Practice) basic training curriculum, professional qualities curriculum and early advanced training curricula in both general and geriatric medicine.

She has a special interest in the development of professional skills in students and trainees, and in particular emerging inter-professional practice. Her special areas of clinical interest in geriatrics include hospital prevention in the frail elderly and the management of dementia. She is a passionate advocate for the role of expanded generalist models in

acute care and previously served for many years as an executive council member of the Internal Medicine Society of Australia and New Zealand.

She is excited to have moved to the Central Coast and to embark on a new phase of professional development.



Dr Brooke Short

Dr Brooke Short is a Lecturer in psychiatry with The University of Newcastle. She also holds an appointment as a medical officer with the Central Coast Local Health District.

Brooke graduated in Medicine and Surgery (Honours) from the University of New South Wales in 2007 and obtained her Masters of Medicine (Psychiatry) in 2016. She has other Bachelor degrees in Medical Science (Pathology) and Science (Biochemistry).

Brooke has previously worked with the World Health Organization (WHO), the NSW Ministry of Health, Black Dog Institute (BDI) and Neuroscience Research Australia (NeuRA).

Her primary research, teaching and clinical interests include schizophrenia and other psychotic disorders, as well as organisational development, patient safety and healthcare quality improvement.



2018: JMP Students Return to CCMS

Year 5

January 15th saw the return of year 5 students to the Central Coast for 2018. This is the final year of the BMed program, and is designed as a pre-internship year. The two main streams of learning in year 5 are:

MEDI5015: Medicine, Psychiatry, Palliative Care & Primary Health Care Selective (PHCS)

Assessment of MEDI5015 consists of:

- ▶ a *Medicine Long Case* each rotation, plus a 48 hour task
- ▶ a *Psychiatry OSCE* at the end of semester
- ▶ a *Longitudinal Research Task*, due end of semester

MEDI5016: Emergency Medicine, Anaesthesia, Intensive Care, Orthopaedics, Oncology and a Special Studies Option (SSO), involving in-depth topic study guided by an expert supervisor.

Assessment of MEDI5016 consists of:

- ▶ a *Critical Care OSCE* at end of semester
- ▶ a *Quality in Health Care* research task, due end of semester

Year 4

After a week in Newcastle for common week, the year 4 students commenced at Gosford Hospital for their first full time hospital placement. This combines previously learned basic sciences knowledge with professional skills in real-world situations. The two main streams of learning in year 4 are:

MEDI4015: Women's, Adolescents' & Children's Health (WACH): encompassing the study and management of all aspects of human reproductive and paediatric medicine. Semester 1 saw the welcome commencement of Amy Parkinson as midwife educator with the WACH program.

Exams: an OSCE and MCQs, both held at the end of semester.

MEDI4016: Medicine and Surgery: students are attached to surgical/medical teams, enabling them to build on clinical skills and implement knowledge in patient scenarios.

Exams consist of a Medicine Long Case at the end of each term, Surgery VIVAs at the end of semester, and end of semester MCQs for the course.

Teaching Update

The STITCCH Program

What is STITCCH?

The Surgical Trainee Initiated Teaching at Central Coast Hospitals (STITCCH) Program is a teaching program that was developed by residents at CCLHD two years ago.

Development of STITCCH

The program was developed to assist in teaching difficult topics to fourth year medical students during their surgical rotation.

It provides extra teaching from a practical perspective for difficult topics such as insulin charting, electrolyte replacement and pain management.

Program Structure

STITCCH currently consists of a two-hour session once a week for the eight week surgical rotation. Tutors are drawn from amongst the Junior Medical Officers: from interns to registrars, who rotate every week, depending on availability and topic interest.

Tutors and students have access to curriculum packs, which provides a starting point for the teaching session.

2018 STITCCH Coordinator

Dr Li (Upuli) Pahalawatta is the STITCCH coordinator for 2018, and is responsible for organising the topics and tutors. She



liaises with the CCMS, as well as with students and tutors to arrange session times.

Whilst STITCCH is targeted at the fourth year medical students during their surgical rotation, it is also open to any other medical students, all of whom are welcome to join in.

Link to STITCCH website:
<http://www.stitcch.com/>

PRAISE Introductory Workshop

Introduction of PRAISE in 2018

JMO's will again be able to participate in the Central Coast near peer teaching program for medical students in 2018. This year the program has been rebranded as PRAISE (Promoting Resident Active Involvement in Student Education), and plans to focus on supporting skills development of near-peer teachers, as well as a formal evaluation of the program.

Aims for PRAISE Students

- ▶ to improve confidence for student exams;
- ▶ to improve clinical examination skills;
- ▶ to develop students' approaches to ward patient reviews and clinical scenarios; and
- ▶ to create connections with future colleagues in medicine

Aims for Junior Doctor Teachers

- ▶ to consolidate knowledge of common topics;
- ▶ to provide teaching exposure; and
- ▶ to improve teaching skills

PRAISE Workshop

The 2018 program was launched on 24 February with an introductory session for the near-peer educators, and was attended by a small but enthusiastic cohort of junior doctors.

The new program was outlined by Dr Rob Hoffman, one of our PRAISE program organisers for 2018, and the structure of the Joint Medical Program was summarised by the Clinical Dean of the CCMS, Dr Amanda Dawson.

Dr Mary-Ann Ryall and Dr Scott Fortey presented interactive sessions on effective feedback, and on planning brief teaching sessions pitched at the appropriate level for students.

Dr Sarah Wong, currently at RPAH, returned to Gosford for the day to deliver an excellent practical session on "the one minute preceptor". As one of the 2017 organisers of near-peer teaching on the Central Coast, Sarah continues to mentor our new organisers, and provides an excellent role model for all involved in the program.

2018 Program Organisers

The PRAISE organisers for 2018 are: Dr Rob Hoffman, Dr Anastasia Behan-Willett and Dr Upuli Pahalawatta. More



information can be obtained by visiting the PRAISE website: www.ccpraise.org or emailing contact@ccpraise.org.

We look forward to a productive year as our new cohort of teachers and students put their own stamp on the near-peer teaching program.

PRAISE organisers for 2018 (from left): Dr Rob Hoffman, Dr Anastasia Behan-Willett, and Dr Upuli Pahalawatta



The MBA Comes to Gosford



MBA Commences: Trimester 2, 2018

For the first time ever, the University of Newcastle's Master of Business Administration (MBA) will be delivered on the Central Coast, from Central Coast Council, right in heart of Gosford's CBD, and a short walk from Gosford train station.

The MBA program will commence in trimester 2, 2018 and will give students the chance to undertake this distinguished AACSB accredited program close to home in modern facilities.

The CBD location also means more opportunity to capitalise on the University's existing partnerships with local organisations, and to strengthen professional networks during the course.

MBA students can choose to specialise in one of six areas covering the foundations of modern business, while studying via a mix of face-to-face and online course delivery, in full or part-time mode; all of which will give students the flexibility to balance professional and personal commitments.

For more information about the MBA, go to:

<https://www.newcastle.edu.au/degrees/master-business-administration-mba/gosford>

Research Update

IMAGINE Research Study: Ileus MAnagement INtErnational

Student-led Research

JMP students from the Central Coast and Newcastle are participating in an Australian first: a student-led research collaborative with medical students across Europe, Australia and New Zealand in the IMAGINE TRIAL.

<http://eurosurg.org/Imagine-hub/>

The Australian Centres are in SE Queensland, Adelaide, Newcastle and the Central Coast. Gosford and Wyong are contributing 3 of the 12 Australian sites for the study. University of Newcastle students are contributing 9 of the 12 Australian sites.

STORCC

The students will be participating as members of the Surgical Trainee Organisation for Research Central Coast Collaborative (STORCC.com).



IMAGINE Launched in 2017

The IMAGINE study was launched at a dedicated EuroSurg parallel session during the European Society of Coloproctology (ESCP) conference in Berlin (20-22 September 2017).

The study aims to produce a profile of postoperative ileus and its management across an international cohort of patients undergoing colorectal surgery.

Additionally, it aims to assess the safety and impact of non-steroidal anti-inflammatory drugs (NSAIDs) on the return of bowel function when used as post-operative analgesia.

Background

Post-operative ileus (POI) is common after colorectal surgery, with an estimated incidence of 12%. It is characterised by a delayed return of bowel function and is associated with increased post-operative complications.

Whilst once regarded as an obligatory component of post-operative recovery, the resulting delays in hospital discharge are burdensome for patients and the subsequent costs are substantial for healthcare systems.

Ileus MAnagement INtErnational

Enhanced Recovery Protocols

Enhanced recovery protocols and targeted interventions (such as chewing gum and epidural analgesia) have been tested in efforts to reduce POI but the evidence for many of these remains contentious.

NSAIDs may improve the return of bowel function through their anti-inflammatory and opioid sparing properties, however concerns over their safety (such as the risk of acute kidney injury and anastomotic leak) persist.

Recent evidence from large prospective cohort studies have introduced renewed equipoise in the use of NSAIDs after elective colorectal surgery and they remain recommended for use by enhanced recovery guidelines.

The study team is currently in the process of completing the third and final data capture for the IMAGINE study.

Contacts

The Teaching and Research Unit houses the Central Coast Medical School, and consists of academic and professional staff from UON, as well as clinical and secretarial staff from CCLHD:



Gosford

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