

UQMS AND AFFILIATES GUIDE

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**HOW TO ENJOY
MED SCHOOL**



What is UQMS?



The UQMS is a student-built community that supports its members and enriches the UQ medical school experience.

Our mission is to create diverse opportunities to inspire and develop well-rounded medical students. We promote student well-being and advocate in the best interests of our student body. The UQMS enriches its wider community through philanthropic endeavours and fostering future leaders.

The UQMS has an ambition to enrich the lives of all UQ medical students through our core values.



What is a UQMS Affiliate?

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The Affiliates are organisations that are coupled with the UQMS in serving medical students, generally around a specific interest.

These organisations are separate and independent from the UQMS. However, the UQMS believes that it is in the best interest of all UQ medical students to work closely and cooperatively with its Affiliates.

The UQMS Affiliates include:

Doctors for the Environment (DEA)

General Practice Student Network (GPSN)

Med in Motion

Rainbow Med

Supporting Women In Medicine (SWIM)

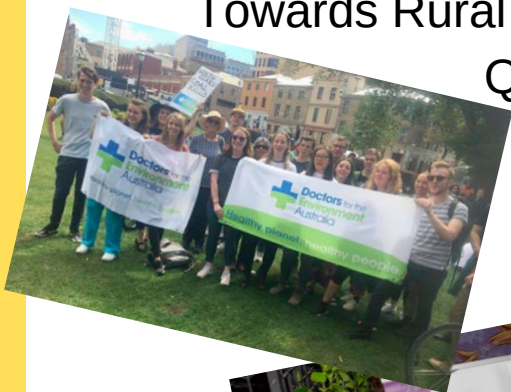
Towards International Medicine Equity (TIME)

Towards Rural and Outback Health Professionals in
Queensland (TROHPIQ)

UQ Crit

UQ O&G

UQ Paeds



International Opportunities

There are other projects run by UQ Medical students that do not fall under UQMS and are not Affiliates. These projects give students opportunities to experience health care and provide health education overseas and include:

Manali Medical Aid Project
PNG Health Project

UQMS Arms

Other interest groups and special events that fall directly under the UQMS include:

UQ Mind
Incision UQ
Med Revue
Ashintosh Foundation

Medical Student Representative Groups

Other groups that represent Medical students include:

Queensland Medical Student Council (QMSC)
Australian Medical Student Association (AMSA)
International Federation of Medical Student Association (IFMSA)
Oschner Medical Student Association (OMSA)
Singapore Medical Association Queensland (SMAQ)
Australian South Asian Healthcare Association (ASHA)

DEA



DEA is a non-profit organisation of doctors and medical students working to protect human health through care for the environment.

Here are a few things that we are involved in:

- empowering medical students to become environmental advocates
- promoting sustainable energy and waste management practices at hospitals
- urging the government to take meaningful action against climate change
- encouraging divestment from banks that support the fossil fuel industry

We have a wide array of events to suit your interests, such as community clean-ups, conservation trips to Moreton Island, and workshops on how to live greener (even with a busy student lifestyle). You can also get involved in climate research and learn how to help your CBL be more eco-friendly!

Joining DEA could be part of your journey to becoming a doctor who promotes the health of both our planet and its people. We would love to support you along the way.



GPSN

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GPSN is a national student-run organisation with 21 clubs around the country and our aim is to get you thinking about a career and life as a GP. We provide free learning resources, host a number of awesome academic and clinical workshops and provide networking opportunities throughout the year. Even if you are unsure about a future in general practice, don't worry. Our activities are open to and enjoyed by all!



GPSN clinical workshops are always popular among our keen peers and this year was no different. From suturing for the first years, to injection technique, punch biopsy and excision biopsy for the second years! A popular workshop is our “GP Grand Round and Clinical Workshop” and this gave third years an opportunity to practise commonly seen skills within GP land. GPSN also runs the “Red Flags Evening,” with the aims of preparing and calming the nerves of our second years before their big OSCEs. All workshops were taught by outstanding GPs who shared their vast knowledge and experiences in general practice. With overwhelming sign-ups across our workshops, the students loved it and continually wanted more!



SWIM



Supporting Women in Medicine is a University of Queensland medical student organisation affiliated with the UQ Medical Society. We aim to Inspire, Empower and Connect to achieve equality at medical school, as doctors and for our patients. To achieve these aims, SWIM provides tons of academic, social, advocacy, community and fitness support throughout the year.



Academic – SWIM runs Clinical Exam Tutorials (CETs) in line with first year Clinical Coaching assessments, that give you super helpful tips, tricks, practice and mock exam time with tutors from years 2-4.

Social – Our “Women in...” series of networking nights give students of all years the unparalleled opportunity to meet and have a chat to some incredible female leaders in medicine, surgery, diverse medical careers and rural medicine.

Community – Amidst all the crazy of medical school, we like to keep things balanced by providing weekly yoga and group running, SWOTVAC rock-climbing sessions, mountain hiking and other fun fitness activities. We support local and international charities through volunteer work and fundraising such as cooking meals at Ronald McDonald Houses, taking part in the Mother’s Day Classic run and holding charity raffles and bake sales.

Membership – <https://swim.getqpay.com>. UQ Medical Students can purchase Full Membership for 1 year (\$10) or their lifetime (\$20). We welcome members of all genders.



TIME



Towards International Medical Equity (TIME) is a not-for profit, formally registered charitable organisation, targeted for students from the University of Queensland (UQ) who have an interest in global health. Besides having strong partnerships with professional organisations within Australia and abroad, we pride ourselves on our five project streams: Medical Aid, Refugee Health, Rural and Indigenous Health and Maternal Health.

We are also active in global health advocacy and professional development, working in close conjunction with Queensland Global Health Groups from Griffith, Bond and James Cook University as well as AMSA Global Health. We provide scholarships for medical and allied health observerships and placements and opportunities to meet leading voices in global health. Last but not least, we ensure that global health education is incorporated into the medical curriculum and work alongside the UQ Medical Society to provide feedback to the UQ Faculty of Medicine.

Find out more on our facebook page or at timeuq.org



TROHPIQ



Towards Rural and Outback Health Professionals in Queensland (TROHPIQ) is a club which encourages and supports future health professionals to work in regional and remote areas. We're made up of students from all areas of health, including medicine, nursing and allied health, at UQ, QUT, ACU, USQ, and CQU.



- Signing up to TROHPIQ gives you many educational and social opportunities including:
- Medical skills day (learn venepuncture, casting and other skills)
 - RCS trips (explore Toowoomba, Wide Bay and Rockhampton as options for Phase 2)
 - Cherbourg trip (health promotion stall and Goomeri Pumpkin Festival)
 - Rural High School Visits
 - RDAQ conference
 - Bowties and Beauties Charity Gala
 - TREEs program (scholarship for Year 1 Observership)
 - PLUS MORE - follow us on Facebook and Instagram to keep up to date

UQCrit

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UQCrit is a student led organization for our medical students interested in critical care - namely anesthesia, emergency medicine, and intensive care. Throughout the year we hold events to teach students about handling a critically ill patient and put their knowledge to the test in managing emergency scenarios.



We've already enjoyed renewing CPR and first aid certificates, but we've got lots more coming this year! In 2021 we look forward to students joining us for emergency medical challenges (and what even is an EMC), networking nights, and updates from critical care physicians working in the field. We can't wait to see you in ED!

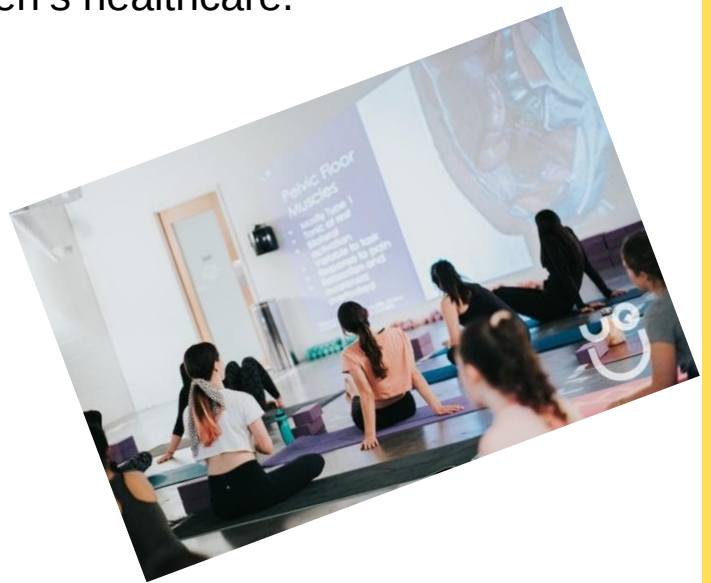
Follow us on Facebook at UQCrit and become a member so you don't miss out on any of our 2021 plans. If you're keen to join us, just shoot us a message - we'd love to have you along!



UQ O&G



At UQ O&G, women's wellbeing and reproductive health are at the forefront of our passion for medicine. Our programs and activities are designed as catalysts to help members reach their goals and fulfill their potential in the field of O&G. Learn more about this medical student-run group @uqogmedicine and www.uqogmedicine.com. We welcome you to join us to advance your career in the world of Obstetrics and Gynaecology, as we strive to bring about positive change in the world of women's healthcare.



UQPaeds



UQPaeds is a student run organisation comprised primarily of University of Queensland medical students passionate about a future in paediatric medicine.

Our society also welcomes junior doctors, faculty of medicine alumni and students in related healthcare fields interested in paediatrics.

The program hopes to foster unique relationships between medical students and various local paediatricians and paediatric specialists. Our goal is to encourage, facilitate and inspire medical students to explore a career in paediatric medicine.



UQPaeds will host various paediatric networking events providing the opportunity to meet your future mentors, facilitate paediatric research opportunities & connect members to paediatric placement opportunities. We also hope to be a hub for career pathway advice, run fundraisers for local causes with shared values, host a paediatric journal club & offer paediatric focused education sessions among other opportunities.

There are 5 main branches of UQPaeds:

- Research & Journal Club Opportunities
- Paediatric Education Opportunities
- Networking & Mentorship Opportunities
- Clinical Exposure Opportunities
- Volunteer Opportunities



Rainbow Med

Rainbow Med is a group of Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ) medical students, our allies, and people interested in LGBTIQ health at the University of Queensland, Australia. Our aim is to provide resources for:

- Social
- Support
- Discussion
- Advocacy and collaboration
- Academic



Manali Medical Aid Project

Manali Medical Aid Project is an initiative started by UQ Medical students in 2007. Each year four students fundraise and purchase medical equipment for Lady Willingdon Hospital in Manali, a village in India at the base of the Himalayas.

Lady Willingdon provides health care, community education and outreach services for Manali and surrounds. At the end of first year, these students visit the hospital for their Observership. This is a amazing opportunity for students to enhance their knowledge and skills, learn more about health care around the world and to become a part of the local community and an ongoing medical aid project for a truly amazing hospital.



PNG Health Project

PNG Health Project was founded in 2017 to address an ongoing gap in health literacy. We are a group of medical students with an undeniable passion for health and making a difference where we can through knowledge and empowerment.

Every year, we head to PNG and reach out to over 2000 students to provide a foundational understanding of various facets of health - mental/sexual health, diet and exercise, dental hygiene, etc.. By improving health literacy, we strive to give people the confidence to take more control over their own health, bridging the gap and working towards a healthier generation!



UQ Mind

UQMind is a branch of the UQMS that is community-based and aims to promote the importance of each medical student's physical and mental wellbeing. We emphasise the importance of self care and preventative mental health efforts. Events that we run throughout the year include Blue Week (including Wellbeing Festival, Symposium), Coffee Mornings and Death Cafes. We understand that medicine is a challenging degree and have plenty of resources (eg Support Services, How to Find a GP, many more) for you to access on our website uqmind.org.



PVOGS QLD

The Prevocational Obstetrics & Gynaecology Society of Queensland (PVOGS QLD) is your connection to hundreds of like-minded medical students and junior doctors interested in improving & practising in Women's Health at both a statewide and national level. A membership allows you access to educational resources (podcasts, O&G OSCE guide) and events (speakers nights, skills workshops). We are associated with PVOGS Australia & New Zealand as well as the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG). So having a FREE membership with us means you are also afforded membership to RANZCOG at no cost! Our society is a network representing the transition from a medical student to an O&G registrar, connecting students and junior doctors to RANZCOG physicians.



Incision UQ

Incision UQ is the surgical arm of the UQMS that aims to provide academic and professional development opportunities for students and alumni of UQ Medicine. It hosts a large variety of events throughout the year, including various skills workshops, academic seminars, anatomy tutorials and reviews, journal clubs and networking functions. Incision UQ is devoted to advocating for and promoting areas within surgical specialties that are increasingly difficult to gain postgraduate training in. The committee works with the surgical faculty with the overarching goal of enhancing the surgical education for, and the opportunities available to all medical students.



Med Revue

Med Revue is the biggest event in the UQMS calendar, and brings together hundreds of medical students from all four years to write, act, sing, direct, play instruments, dance, design props, do makeup, make costumes, play with lights, and so much more!

All these efforts coalesce into a jam-packed show, full of songs, skits, and shenanigans.

Regardless of where your talents (or lack thereof) lie, there's bound to be a role for you.



Ashintosh Foundation

The Ashintosh Foundation was created in 2004 as the charity arm of the UQMS. It is a health promotion charity which focuses on community, creativity and charity within and outside the medical and medical education fields. It runs and supports a raft of community and social events and projects.

These include:

Teddy Bear Hospital: UQ medical students visit primary school students to promote healthy eating, exercise, sun safety and oral hygiene.

Queensland Medical Orchestra, Queensland Medical Choir, Queensland Medical Jazz: comprised of medical students, young doctors, and other health professionals from around the state

Annual Trivia Night: a great way to get together and show off your general knowledge

Coffee House: an acoustic music evening with live medical student musicians and barista quality coffee. It both raises funds for our community work as well as proving a casual atmosphere for students to get creative

Battle of the Bands



Australian Medical Student Association

AMSA is the peak representative body for Australian medical students. It is a student-run organisation putting on a myriad of national conferences, special interest groups, publications, and advocacy campaigns. AMSA Council is the primary decision-making body of the association and is a platform for informing and directing the advocacy agenda. AMSA has four annual national events, bringing students together from across the country. These events are AMSA's National Convention, Global Health Conference, National Leadership Development Seminar, and Rural Health Summit. Student interest groups within AMSA are; Global Health, Rural Health, International Students' Network, and MedEd (a research and resource branch). Finally, major annual projects include AMSA Queer, AMSA Mental Health, AMSA Gender Equity, AMSA Vampire Cup and many more! So whatever your passion AMSA has the platform for you.



QMSC

Queensland Medical Students Council is a state wide student body representing all medical schools and medical students in Queensland. They provide support and advocate for students, as well as providing opportunities for learning and upskilling. They also run many education and social events throughout the year.

IFMSA

The International Federation of Medical Students Association is an international organisation for medical students around the world. They run two major events each year that bring together students for discussion, advocacy, education and action on global health issues.

Facebook Pages

Please like and follow the Facebook pages of the groups that you are interested in. Here you will find more information regarding events and other amazing opportunities, as well as links to their individual websites.

DEA: <https://www.facebook.com/DEAstudents/>

GPSN: <https://www.facebook.com/gpsnuq/>

SWIM: <https://www.facebook.com/uqswim/>

TIME: <https://www.facebook.com/timeuqclub/>

TROHPIQ: <https://www.facebook.com/TROHPIQpage/>

UQ Crit: <https://www.facebook.com/UQCrit/>

UQ Paeds: <https://www.facebook.com/uqpaeds/>

UQ O&G: <https://www.facebook.com/UQOGMedicine/>

Manali Medical Aid Project:

<https://www.facebook.com/ManaliMedicalAid/>

PNG Health Project: <https://www.facebook.com/PNGHealthProject/>

UQ Mind: <https://www.facebook.com/UQMind/>

Rainbow Med: <https://www.facebook.com/rainbowmed.uq/>

Incision: <https://www.facebook.com/IncisionUQ/>

Med Reveiw: <https://www.facebook.com/uqmedrevue/>

Ashintosh Foundation:

<https://www.facebook.com/AshintoshFoundation/>

PVOGS QLD: <https://www.facebook.com/pvogsqueensland/>

QMSC: <https://www.facebook.com/qldmsc/>

AMSA: <https://www.facebook.com/yourAMSA/>

OMSA: <https://www.facebook.com/OMSAuq/>

IFMSA: <https://www.facebook.com/IFMSA/>

Have Any Questions?

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Have questions about the Affiliates and Arms?

Want to know more general information?

What to know the process of becoming a UQMS Affiliate?

Email us!



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affiliates@uqms.org



Aarthi Sritharan
UQMS Secretary
secretary@uqms.org

Want to know more about the UQMS?

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UQMS Website: <https://uqms.org>

UQMS Facebook page: <https://www.facebook.com/UQMedicalSociety>