



## HMNBS student newsletter

Edition 1, August 2009

### In this issue...

[Medical students tackle Murray to Moyne](#)

[Health – Student and Academic Services update](#)

[New look Jobshop](#)

[New interprofessional education unit](#)

[School of Nursing's Bangkok study tour](#)

[Congratulations to Berni Murphy](#)

[New public health mobility scheme gets off to a flying start](#)

[NOMAD – Nursing, Occupational therapy, Medicine, Allied health @ Deakin!](#)

[Deakin Promoting Health Network](#)

[Study Abroad](#)

[Congratulations](#)

[2010 Fulbright Victoria Scholarship](#)

[Faculty ethics news](#)

[Contributions and feedback](#)

## Medical students tackle Murray to Moyne

On the weekend of 4 and 5 April a team from the School of Medicine participated in the Murray to Moyne charity cycling relay. The team of eight first and second year students and Dr Paul Lewandowski cycled from Swan Hill to Port Fairy – a grand total of 520 km – in 24 hours. Monies raised during the event were donated to the Red Cross Victorian Bushfire Appeal.



Wet and soggy but nonetheless triumphant at the end of the ride

The Murray to Moyne is one of, if not the major fundraising event for numerous health services in Western Victoria, with teams from many small towns sponsored to participate. This is in addition to the economic boost the ride provides to the towns it passes through, by way of much-needed sustenance.

An interesting observation Dr Lewandowski made during the event was that riders from other teams and many residents of the towns the ride passed through were aware of the Deakin medical program and are patiently waiting for Deakin's medical students to complete the course and start working in their towns.

For the medical students who took part in the ride, it was a great opportunity to see firsthand the communities they may eventually work with, as well as meet members of those communities who they may one day take on as patients.

The team found the ride hard work but very rewarding. They started at 10 am on the Saturday morning in Swan Hill and in pairs rode non-stop in relay fashion for 30 km stints until 2 am on the Sunday morning when they reached Hamilton – 430 km all up. After a brief but much appreciated four hours of sleep the team were back on the road at 7 am for the final 90 km to Port Fairy. A number of the participants rode the entire 90 km, with the last 50 km into a strong head wind and rain.

Medical students are keen to make the Murray to Moyne an annual event on the Deakin School of Medicine calendar. The team would like to express their thanks and gratitude to all those who donated money to support the fundraising efforts.

# Health – Student and Academic Services update

## Assignment notification on DSO

Health – Student and Academic Services (HSAS) has now established online assignment notification for all campuses. Students can now log on to DSO, go into the Faculty page and select their campus. They will find listed there all the assignments currently available for collection from the HSAS office. This process has been successfully trialled at the Melbourne Campus at Burwood and as a result is now in place at all campuses. Please contact your HSAS office if you have any questions.

## Ask Health – Student and Academic Services on DSO

If you haven't already been using the discussion board for 'Questions for Health – Student and Academic Services staff', I strongly suggest you check it out. Located under the Faculty page, in 'Discussions' under 'Discussion boards' you will find a discussion board where you can ask HSAS staff any questions you might normally ask at the counter or over the phone. The discussion board is checked on a daily basis by HSAS staff.

## New operating hours for Health – Student and Academic Services offices

I am pleased to announce revised hours of operation for our HSAS offices:

### Warrnambool

8.30 am – 5 pm Monday to Friday

### Waurm Ponds

10.15 am – 3 pm Monday to Thursday

9 am – 12.15 pm Friday

### Waterfront

8.30 am – 5 pm Monday to Friday

### Burwood

8.30 am – 5 pm Monday to Friday

**Melinda Thomas**

**Manager, Health – Student and Academic Services**

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## New look Jobshop – register now!



Jobshop has been re-developed to provide students with a comprehensive job search service.

The new Jobshop will enable you to:

- search for part time, casual, full time, graduate, vacation, volunteer and internship positions
- access job search information and resources
- access frequently asked questions
- view employer profiles
- register for careers fairs, workshops and events
- record your career goals and professional and skills development experience

All you have to do is register with Jobshop at [www.deakin.edu.au/jobshop](http://www.deakin.edu.au/jobshop)

# New interprofessional education unit

## Looking for an innovative, relevant and fun elective unit?



Interprofessional Case Management and Health Service Delivery (HBS345) is a new elective unit for nursing, social work and occupational therapy students that commenced in Trimester 1 this year. HBS345 is about learning to work collaboratively in a health care team. One of the features of the unit is the opportunity for students to work in small health care teams with students from other disciplines (nursing, medicine, psychology, dietetics, social work and occupational therapy) to develop care plans for patients with the kinds of medical, psychological and social needs that are representative of those that they will deal with in placements and once qualified.

In addition to exploring interesting cases with their team, HBS345 students learn more about the roles of the other health professionals, along with key factors associated with working in health care teams (such as team development

and roles, conflict management, assertiveness and leadership). The unit also helps students to explore and develop their own personal styles of working with individuals and teams.

The other important feature of HBS345 is that it is an online unit with extensive use of e-Live and DSO. Online delivery of the unit means students from all of the different courses with different schedules and different locations can still learn with, from and about each other; so it doesn't matter if they are on placement, they can still do this unit.

Students undertaking HBS345 in Trimester 1 this year have been very positive about their experiences in the unit. As we near the end of the trimester their reflections have included:

*'Out of all the elective units I have completed, this is by far the most beneficial ... It prepared me for what to expect when working in an interdisciplinary setting, and the knowledge I have gained along the way is invaluable.'*

Third year occupational therapy student

*'The most significant thing I have learnt from this unit is an appreciation and understanding of the other roles in a multidisciplinary team, which has had a direct bearing on my current placement. In addition, I have appreciated the chance to reflect on my leadership, communication and conflict approaches (across different settings).'*

Third year nursing student

The Faculty is giving students an opportunity to graduate from their courses and move into their chosen profession with a head start in this important area. If you will be a third year nursing or occupational therapy student or a fourth year social work student in 2010, we would love to see you enrol in HBS345 for Trimester 1.

For more details about the unit, check out the handbook entry or email [sherryn.evans@deakin.edu.au](mailto:sherryn.evans@deakin.edu.au)

Look forward to working with you in 2010

**Sherryn Evans**  
**HBS345 Unit Chair**

## School of Nursing's Bangkok study tour



School of Nursing staff and students on study tour to Mahidol University, Bangkok, Thailand.

Twenty-eight Deakin University School of Nursing students have recently returned from a two-week study tour to Thailand. The tour was arranged in collaboration with the Faculty of Nursing, Mahidol University in Bangkok. The focus of the tour was the Thai health care system, with particular emphasis on community health, traditional Thai medicine, Thai culture, society and language. The students undertook visits to a number of health agencies, public and private hospitals in Bangkok and in the provinces, cultural sites, community health centres, the Ministry of Public Health and the Institute of Traditional Thai Medicine. Each Deakin student had at least one Thai buddy nurse assigned to them during their stay. The Thai buddy nurses were members of the Mahidol University Faculty of Nursing English Club and used the opportunity to improve their English language skills.

Included in the tour was a home-stay visit in Samutsonkhram Province where students stayed in a traditional teak house located on the canal, and visited the floating markets. In addition to the site visits and lectures, the students entertained two groups of elderly citizens with Australian songs and a quiz, learnt a Thai dance, did exercise sessions with the Elderly Club members, socialised with their Thai buddies, learnt how to weave with bamboo and experienced traditional Thai massage.

The School of Nursing hopes the tour will become an annual event. The feedback to date has been extremely positive from both students and staff. The students all indicated that they had learnt a lot about Thailand, the Thai health care system, Thai traditional medicine, in addition to how to work as part of a team, the skills needed to travel in a group, and, importantly, how to bargain for their shopping in the many markets in Bangkok!

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## Congratulations to Berni Murphy

Congratulations to Berni Murphy, Lecturer in the School of Health and Social Development, on recently winning not just one but three well deserved teaching awards:

- 2009 Deakin University Award for Teaching Excellence
- 2009 Vice Chancellors Award for Distinguished Teaching
- 2009 WJC Banks Award for Distinguished Contributions to Teaching and Learning and Deakin University Teacher of the Year

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## New public health mobility scheme gets off to a flying start

Last August, the School of Health and social Development was part of an Australian-European consortium of eight universities that won funding from the European Union and the Department of Education, Employment and Workplace Relations to support student and staff mobility in the field of public health. Over the next three years this will provide scholarships for ten of our domestic students, drawn from either the Bachelor of Public Health and Health Promotion or the Master of Public Health to spend one term studying at one of four European Schools of Public Health (in Germany, Denmark, Lithuania or Poland). Over the same time ten European students will come to Deakin's Melbourne Campus at Burwood for one term. Our first two European visitors under this Study Abroad scheme, from Germany, arrived in mid February to study for the first trimester on the Bachelor of Public Health and Health Promotion.

# NOMAD – Nursing, Occupational therapy, Medicine, Allied health @ Deakin!

All students in the Faculty of Health, Medicine, Nursing and Behavioural Sciences across all Deakin campuses are invited to join NOMAD.

## What is NOMAD?

NOMAD = Nursing, Occupational therapy, Medicine, Allied health @ Deakin

NOMAD is Deakin's multidisciplinary rural health club. NOMAD's goals are to promote rural health careers to students of all ages, promote health in rural areas and increase awareness of the issues pertaining to rural and Indigenous health care.

## Why should you join NOMAD?

NOMAD is a fantastic way to network with students of all health disciplines around Australia.

## For more information

Visit the NOMAD Facebook site at [www.facebook.com/inbox/#/group.php?gid=10207174989](https://www.facebook.com/inbox/#/group.php?gid=10207174989) or email [secretary.nomad@gmail.com](mailto:secretary.nomad@gmail.com)

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## Deakin Promoting Health Network

The Deakin Promoting Health Network (DPHN) is a student-led network with the vision to create a cohesive, supportive and fun group for all Health Promotion students at Deakin University.

We provide students with opportunities to build upon existing skills and competencies, offer support and motivation, social activities, and create links into organisations within the sector.

Upcoming events this year include a combined ball with La Trobe Public Health Student Association in September, various on-campus activities surrounding sexual health, as well as other social events.

If you have ever felt unsure or wondered about how health promotion theory works in practice, what jobs are out there for graduates, or who that strange person is who sits next to you in your tutorial, come and join the network and we might be able to answer some of these questions!



**To join the mailing list**, please email your request to Melissa Graham:  
[melissa.graham@deakin.edu.au](mailto:melissa.graham@deakin.edu.au)  
Course Coordinator  
Public Health / Health Promotion

# Study Abroad



Are you interested in studying at an overseas university for part of your course? Do you want to experience a new country, a new culture, meet new people and gain invaluable life experience? If so, you may be eligible for Deakin's student exchange programs.

Exchange opportunities for Deakin students exist at a great variety of universities in countries throughout the world, including the US, Canada, the UK and many more.

For a full list of Deakin's partner universities overseas, please check the Education Abroad website, [www.deakin.edu.au/future-students/student-exchange/exchange/index](http://www.deakin.edu.au/future-students/student-exchange/exchange/index)

## Frequently asked questions

### What is student exchange?

Student exchange programs give you the opportunity to study overseas for credit through a reciprocal agreement with another university. This means you do not pay tuition fees to the host institution. However, your Deakin University fees will still apply. You will pay your travel, accommodation and livings costs in the host country.

### Who is eligible?

Undergraduate students who have completed at least 8 credit points towards their Deakin degree and generally have at least 4 credit points to complete upon return from exchange. You must take enough credits to allow full-time study whilst overseas. To be eligible for exchange you need a credit average with no fails on your academic record.

### Will the units be credited to my degree?

You need to gain the approval of the course coordinator for the subjects you are intending on studying whilst on exchange. If the course coordinator agrees these subjects are appropriate, they will be credited to your degree on successful completion of the subject.

### What will I gain?

- an insight into the culture and politics of another country
- experience in a different academic environment
- an expanded social network, including other exchange students from all over the world
- networks for future contacts
- professionally, job opportunities may expand
- your Deakin transcript will reflect the units completed overseas.

### What are the costs?

The costs of studying overseas vary greatly depending on your lifestyle and where you go. As a rough guide, most students spend between \$10 000 and \$12 000 Australian dollars per semester on the exchange program. You are required to pay for visa applications and processing fees, return airfare to your host country, domestic travel within the host country, medical and travel insurance, accommodation, textbooks and meals. Personal expenses will vary depending on destinations and individual spending habits. You may want to include costs for travelling within the host country during breaks and/or travel elsewhere before or after your exchange program starts and finishes.

### How can I cover the costs?

Deakin University offers Travel Grants and Equity Travel Grants to suitable applicants. Endeavour Scholarships and UMAP subsidies, OS Help loans and Youth Allowance/Austudy are available to eligible applicants.

**For more information** visit [www.deakin.edu.au/future-students/student-exchange/exchange/index.php](http://www.deakin.edu.au/future-students/student-exchange/exchange/index.php)

or email [education-abroad@deakin.edu.au](mailto:education-abroad@deakin.edu.au)

# Congratulations

## We have a surf boat champion in our midst!

Congratulations goes to John Colley of the Health – Student and Academic Services who is achieving great things in rowing this year. John and his team, who represent the Jan Juc Surf Club, have had one of the most successful seasons ever by a Victorian surf boat crew.

John's recent achievements have included:

- Victorian Surf Rowers League State Champions
- Victorian Surf Rowers League state representative Crew
- Life Saving Victoria State Champions
- Life Saving Victoria state representative Crew
- Australian Surf Rowers League National Champions
- Australasian Test Series Champions (Australia and New Zealand)
- Trans Tasman (Australia versus New Zealand) event winners
- Surf Life Saving Australia National Championship bronze medallists
- Pro Ocean Thunder Surf Series competitors



The final of the Surf Life Saving Australia National Championships, in which John and his team were awarded the bronze medal, was such a close race that judges deliberated for some time before announcing results.

We look forward to hearing how John fares in future events.

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## Award winners

Congratulations to all students from all Schools throughout the Faculty who have recently been presented with awards for academic achievement.

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## Student publications

Two students from the School of Nursing recently achieved publications in peer-reviewed journals, one of them an international journal.

Congratulations to Jennifer Evans and Ming Wong.

Evans J (2009). The prevalence, risk factors, consequences and strategies for reducing medication errors in Australian hospitals: a literature review, *Contemporary Nurse*, 31(2), 176-189.

Wong, M & Elliott M. (2009). The use of medical orders in acute care oxygen therapy, *British Journal of Nursing*, 18(8), 462-464.

Clifford Liongue who is completing a PhD in the School of Medicine recently had his research accepted for publication in the prestigious journal *Blood*, the highest ranked hematology journal, with an Impact Factor of 10.896. Clifford's paper 'Zebrafish granulocyte colony-stimulating factor receptor signalling promotes myelopoiesis and myeloid cell' has uncovered an unexpected role for the granulocyte colony-stimulating factor receptor in early development, with potential implications for the therapeutic targeting of this receptor. Congratulations Clifford!

# 2010 Fulbright Victoria Scholarship

2010 Fulbright Victoria Scholarship to undertake postgraduate or postdoctoral study or research in the United States valued at up to \$50 000.

Applications close 31 August 2009.

See [www.fulbright.com.au](http://www.fulbright.com.au) for further details.

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## Faculty ethics news

### Ethics education officer

Do you need some assistance with your ethics application? Not sure whether you need to submit an ethics application? Don't even know what ethics is? Don't worry, there is help available.

Sally Fornaro, the Faculty's Education Office – Ethics is located in room E 3.17. If you have any queries regarding anything to do with human research ethics, feel free to give Sally a call on 924 46090 or alternatively, email [sally.fornaro@deakin.edu.au](mailto:sally.fornaro@deakin.edu.au)

### Ethics web site update

The HMNBS Faculty ethics web site has undergone a serious facelift since 2008. Much of the information has been updated to reflect new procedures adopted since last year and some additional features put in place to assist researchers to navigate the ethics processes within the University. This is a must see for anyone considering research involving humans! Check out:

[www.deakin.edu.au/hmnbs/research/ethics.php](http://www.deakin.edu.au/hmnbs/research/ethics.php)

### Ethics seminars

This year Sally Fornaro will be running a number of ethics seminars and workshops for both staff and students. For more information, check out the Faculty ethics web site listed above or call 924 46090 or email [sally.fornaro@deakin.edu.au](mailto:sally.fornaro@deakin.edu.au)

### Changes in central ethics office

This year, the main ethics office became a part of the Office of Research Integrity and information about the office can now be found at: [www.deakin.edu.au/research/admin/research-integrity/human](http://www.deakin.edu.au/research/admin/research-integrity/human)

Anyone wanting to submit an application to DU-HREC is advised that this should now be done electronically. Soon it will be possible to do this using an online lodgement tool on the above web site, but for now, applications should be emailed to [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au). This means that electronic signatures are now accepted where they are available, or otherwise, please print, sign, scan and email the completed documents to the above address.

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## Contributions and feedback

To provide feedback on the newsletter, or to contribute content for possible inclusion in a future edition, please contact:

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