

PRESIDENT'S REPORT and WELCOME TO 2011 Dr Raie Goodwach



Dear VMWS Women,

There are natural disasters and man-made disasters. 2009 started with devastating fires and 2011 has brought unprecedented floods. Whilst our response as a community has been swift and heartfelt, some of our members will have been affected more personally. To you, we offer our sympathy.

VMWS/AFMW will continue its important work this year of “promoting the health of all Victorians, particularly women and children” with our “Happy Healthy Women Not Just Survivors” project aimed at improving the health and wellbeing of survivors of sexual trauma: the largest seriously-disadvantaged group health-wise in our country who receive no specific funding for their ongoing healthcare needs despite clear evidence of the serious health consequences of sexual trauma.

In 2010 the first stage of the project delivered three key elements: a comprehensive literature review – which highlighted how little research there was detailing an integrated, holistic understanding of the psychological, physiological and socioeconomic impacts of sexual violence; an audit of medical school and post-graduate curriculae – which showed that there was no national curriculum teaching medical students or doctors about the health consequences of sexual violence; and a National Summit at which key stakeholders including doctors, lawyers, police and community groups identified five key areas which need to be addressed for health equity to be a possibility.

Doctors need to understand the way patients can be affected over their lifetime to treat them holistically and not re-traumatise them. We're talking about the human touch – a traditional part of medicine that a seven minute consultation doesn't provide the space for. To take our research a step further, we are now consulting medical students: what do they feel they need to learn to feel equipped to identify and treat patients with a history of sexual trauma? As our future doctors, we want their input.

The “Happy Healthy Women Not Just Survivors” project needs to be expanded. Especially as we live in a first world country, that one in three women are victims of sexual violence is a horrifying statistic. We applaud the Government's “Prevention of Violence Against Women” initiative. We as medical women believe that sexual abuse survivors should not be forgotten or re-traumatized by the health system. They have poorer physical and mental health, increased risk behaviours and are at increased risk of early death. Crisis management initiatives can't address their lifetime needs.

In 2011 we are seeking funding for a project involving in-depth interviews with survivors to help develop the best services possible for them. We want to know: Why don't they tell their doctors about their history of sexual trauma? What makes medical consultations difficult for them? Are they aware themselves that their history of sexual trauma is important for doctors to know so they can receive optimal treatment? We will then have input from all key stakeholders in terms of formulating best practice models.

Whilst some of us are working on this project, others are busy organising functions for our members. This year's offerings are outlined in the pages to follow. We look forward to an enjoyable and productive year together.

Best wishes, Raie Goodwach
President VMWS 2011

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VMWS Committee 2011

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Ms Madhura Naidu	Student Representative (Monash) Social Secretary
Ms Sarah Heynemann	Student Representative (Melbourne)
Ms Melissa Lee	Student Representantive (Melbourne)

VMWS Newsletter Editors 2011

*Dr Claire Steiner
Ms Skye Siskos*

Please contact us if you have any feedback, articles, photos or advertisements that you would like to contribute to the newsletter.

PO Box 202
East Melbourne VIC 3002

email: vic@afmw.org.au





2011
VMWS
EVENTS CALENDAR



March

International Women's Day
Tuesday 8th

Event: How We Do What We Do
ANZ Docklands, Wednesday 9th, 7pm

April

Committee Meeting
Monday 4th

May

Workshop: Intern Interview
Saturday, 7th. Venue: TBC

June

Committee Meeting
Monday 6th

July

Lyceum Luncheon
Wednesday 13th. Lyceum Club, Melbourne

August

Committee Meeting
Monday 8th

September

High Tea for Human Rights
Date TBC (late in the month)

October

Committee Meeting
Monday 3rd

November

Sex Therapy Workshop & AGM
Saturday 19th, afternoon

December

Strategic Planning Meeting/Break-up Brunch

This year the VMWS is excited be entering a time of growth. Every year we have more and more new members. It is with great pride and pleaser that I introduce to the society our three newest, freshest ... and youngest...committee members and student representatives.

**Ms Sarah Heynemann - Medical Student Representative
6th Year - Melbourne University**

Sarah is currently a final year student at the University of Melbourne. She is excited to be involved in the activities of VMWS this year. Having undertaken part of her clinical training rurally and being a John Flynn Placement Program student in Emerald, Queensland, she is interested in the challenges of practising medicine in resource-poor settings in Australia and further afield. Outside of medicine she enjoys reading, cooking, playing badminton, swimming and catching up with family and friends.



**Ms Melissa Lee - Medical Student Representative
4th Year - Melbourne University**



Melissa is currently in her fourth year at Melbourne University, with the first half of the year completing her Bachelor of Medical Science research year, and the second half of the year starting clinical school at The Royal Melbourne Hospital. Her current medical interests include surgery, paediatrics, cardiology and research. She is also a John Flynn Placement Program student where she spends two weeks in Mudgee, NSW every year experiencing life as a rural GP/surgeon. She is thrilled to be a part of the VMWS committee, particularly in her role as shadow treasurer. Outside of medicine, she enjoys reading literature, writing, running, spending time with friends, and travelling.

Skye Siskos is the first VMWS student representative from Deakin University. She grew up in the south-eastern suburbs of Melbourne and completed a bachelor of Arts/Science degree at Monash University before embarking on her medical training at Deakin University in Geelong. She is currently undertaking her final clinical year at Geelong Hospital and is loving every minute. She is also the social chair of the Geelong Clinical School Committee, a role she thoroughly enjoys. She is passionate about women's health and women's role in healthcare. Her current medical interests include obstetrics and gynaecology as well as general practice. After attending a VMWS function where she met such influential women who so impressively balanced work and life, she knew she had to be involved. She is honoured to be part of the VMWS as shadow newsletter editor and is keen to be involved any way she can. When she is away from her study she loves to spend quality time with her family (including her two puppies), partner and friends as well as run, go to the movies and play piano.





Dear Senior VMWS Members,
The VMWS committee would like to extend an invitation to you for a volunteer driver service to any one of our events which happen throughout the year. If you would like to take advantage of this offer please don't hesitate to call our Seniors' Representative, Ros Terry on 03 9824 2917.

Warm Regards
VMWS committee

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INTERNATIONAL WOMENS DAY CELEBRATIONS 8th March 2011

Australia India Society of Victoria (AISV) Taskforce on Prevention of Domestic Violence (DV) is celebrating The International Women's Day on 8 March 2011.

The Taskforce chaired by AISV Vice President Dr Manjula O'Connor, is comprised of professional bodies and the Indian community. Jewish Community is represented by the Jewish Taskforce on DV in selected projects.

- Indian Community represented by AISV, DISHA(ladies philanthropic organisation), FIAV
- Professionals DV
- service delivery organisations such as Immigrant Women's Domestic Violence Service, (now called IN TOUCH), Drummond Street Services(NGO service delivery and research organisation).
- University of Melbourne's Centre for International Mental Health.
- Sunshine Court Magistrate
- Sunshine Court Family Violence Worker
- Victoria Police
- Jewish Taskforce on DV
- Relationships Australia(Greensborough Branch)
- Victorian immigrant women refugee organization

The AIMS of the Taskforce are to develop **MEANS AND WAYS OF PREVENTING DOMESTIC VIOLENCE** in the Indian community, AND to improve access to and usage rate of Domestic Violence and family services , to improve community education on DV related issues, and develop prevention strategies.

Initially it was aimed at the Indian community only, but we are now moving into the area of researching Muslim women and families as well as working with The Jewish community on developing ideas for White Ribbon Day in November 2011.

At our last meeting held on 7 December 2010, the Taskforce membership decided to hold a **celebration of International Women's Day** on Tuesday 8 March at 6 30 pm. We chose western suburbs as that is where most ethnicities are represented.

Free food, Entertainment, Dancing will be provided by KAPS College,
The evening will be open to women, men and children of all cultural backgrounds.

“Women and men united to end violence against women and girls.”

All of us – men and women, soldiers and peacekeepers, citizens and leaders – have a responsibility to help end violence against women. States must honour their commitments to prevent violence, bring perpetrators to justice and provide redress to victims. And each of us must speak out in our families, workplaces and communities, so that acts of violence against women cease."

UN Secretary-General Ban Ki-moon, 2008.

The day will be inaugurated by MP Ms Andrea Coote –Parliamentary Secretary to Ms Mary Woolridge on Women's Affairs and Community Affairs.

Other speakers will be CG of India Ms Anita Nayyar, Magistrate Noreen Toohey, CEO Nth Melbourne Football Club, Dr Gurdip Aurora & Dr Manjula O'Connor.

Dr Manjula O'Connor.
Vice President
Chair, Taskforce



HOW WE DO WHAT WE DO



9th March
7pm for 7.30pm start
ANZ Docklands
833 Collins St, Upper Ground Floor

CELEBRATE MEDICAL WOMEN.



Canapes and refreshments served from 7pm

Members only event.

Cost for members: FREE

If you're not a member, join online at www.afmw.org.au/vic prior to the event or complete a VMWS membership form and return with payment to PO Box 202, East Melbourne, VIC 3002

(Annual fees: Full: \$160 Student: \$35)

In conjunction with International Women's Day, VMWS is celebrating medical women with an evening of food, wine, and incredible personal stories. Join us as we listen to medical women speak about their careers, lives, and how they do what they do!

This year we are honoured to have pathologist and Order of Australia medal recipient **Gabrielle Medley**, gastroenterologist and senior lecturer **Jacinta Tobin**, professor of radiology **Suzanne Anderson-Sembach** and dermatologist **Vanessa Morgan**.

RSVP essential by 1st March to vicevents@afmw.org.au

Proudly presented by the ANZ Financial Planning team and Victorian Medical Women's Society



Why join the Victorian Medical Women's Society (VMWS)?

There are many personal and professional benefits of belonging to a vibrant, active network of medical women! Regular networking and mentoring opportunities at meetings, clinical & medico-social guest speaker events & panel discussions. Receive a quarterly newsletter advertising events, scholarships and prizes, and updates on gendered socio-political issues. Be part of the Medical Women's International Association and have your say in the United Nations and other global forums. Receive assistance with applications to training programs and advice on career development.

Tales from the Top End

by John Flynn Scholar Sarah Peek

Well I've just returned from my last John Flynn placement and I don't even know how to begin to describe the experiences I've had over the last few years but I'll try and do the best I can! Furthermore actually portraying an accurate description of what it's like working in a remote Aboriginal community is not the easiest thing to do, but I'm going to try!

I was originally meant to be placed on Elcho Island off Arnhem Land but fate intervened in the form of a cyclone and I was relocated to central Australia. I ended up in Ti Tree, a community about 200km north of Alice Springs on the Stuart Hwy between Alice and Tennant Creek. Ti Tree is a predominately Aboriginal community in the Anmatjere region of central Australia which covers approximately

4000 km². The community has minimal services but it does include the clinic, a school, road house, police station (with two full time police officers), council offices and an Out-back Store, where the community sources groceries.

The clinic services a population of around 800 people, the majority of whom live in the surrounding communities of Ti Tree Station, 6 mile and Aileron, 17km, 10km and 70km from Ti Tree respectively. The main clinic in Ti Tree has 2 consulting rooms and a 2-bed emergency room and is staffed by three remote area nurses (RANs) and an Aboriginal Health Worker (AHW). There is a permanent clinic at 6 Mile, staffed by two AHWs, with a visiting nurse from the main clinic at Ti-Tree most days. They also run a veranda clinic one morning a week at Aileron, to address any minor health issues and fill medication boxes. Over the past 3 years since I have been visiting the community there have been many changes of staff at the clinic, however the AHWs and the clinic

manager have been a constant presence, aiding the delivery of health care in this setting.



In terms of my day to day activities in the clinic, these included wound care, child health assessments and seeing patients, under supervision of the RANs at the clinic. There were also visiting clinicians including General Practitioners and paediatricians from Alice Springs on several



of my visits, so I had the opportunity to sit in on consultations and get a better understanding of their role in remote communities. Whilst the majority of my time in Ti Tree was taken up with management of ongoing health problems and minor ailments, we were also the only clinic that provided emergency and afterhours care. We were often busy at all hours, looking after and often organising evacuations of sick patients either by road or by plane through the Royal Flying Doctors Service (RFDS). I took part in about 15 evacuations with the RFDS during my four placements and it never failed to amaze



me what a special service it provides to such isolated people. Also another large part of the clinic's responsibility is to respond to road trauma and farm accidents. During my time in Ti Tree we had several serious road traumas with multiple passengers involved which was challenging at times but interesting to see how all the emergency services (staffed by local volunteers in most cases) worked together for the best possible outcome.

The most special aspect about working in remote locations and in particular Ti Tree is the community itself. From the kids running around the clinic waiting room and the old man sitting in his humpy with a big smile on his face, to the six dogs that followed me home at the end of my shift, they all helped to make my experience 'out bush' as enjoyable as possible. The clinic staff including the nurses and the AHWs helped guide me with patience and care, to guide me not only in my medical practice but to help me understand how to deliver health care to indigenous people in a culturally appropriate way.

So after 10 weeks of work in Ti Tree over the past 3 years, I can say they have been some of the most enjoyable weeks in not just my clinical experience but in all my experiences. The opportunity to work with such passionate people and to provide health care for such a wonderful and different community has been nothing short of life-changing. I hope I've managed to get across a picture of what life is like out bush and I would encourage everyone reading this who hasn't had the opportunity to work in a remote aboriginal community to put up a hand and experience all that it has to offer.

Sarah Peak
4th Year Medical Student,
Deakin University





The 10th Medical Women's International Association Western Pacific Regional Congress



Act Against Infectious and Non-infectious Pandemics

- **Date:** May 26 - 29, 2011
- **Venue:** Keio Plaza Hotel Tokyo, Tokyo, Japan
2-2-1 Nishi-Shinjuku, Shinjuku-Ku, Tokyo 160-8330 Japan
- **Official website:** <http://mwia-wpr2011jp.org/>

Important Dates

From December, 2010:	Abstract Submission
February, 2011:	Deadline of Abstract Submission
May 26-29, 2011:	Dates of the Conference

The 10th Medical Women's International Association Western Pacific Regional Congress (MWIA-WPR 2011) will be held in less than 1 year. The Japan Medical Women's Association (JMWA) has formed an executive organizing committee, and I, as the chairman of the committee, sincerely welcome participants from the Western Pacific Countries. The main theme of the Congress is "Act against infectious and non-infectious pandemics". Infectious pandemics include virus-induced influenza and cervical cancer. Non-infectious diseases include diabetes mellitus and diseases arising because of natural disasters. We can all take great pride in the work of the MWIA-WPR. Its members have worked passionately for the prevention and treatment of the recent influenza pandemic, cervical cancer associated with HPV infection, and diseases such as Diabetes Mellitus. There is, however, much work remaining to be done. For example, with regard to cervical cancer associated with HPV infection, although a vaccine is now available, women actually receiving the vaccination are far fewer than we were hoping for; this is mainly due to socio-economic obstacles. I sincerely hope that the anti-cervical cancer program of our MWIA-WPR 2011 meeting will be able to develop strategies to overcome these types of barriers. Another disease which is increasing worldwide is Diabetes Mellitus. One of the aims of this congress is to generate proposals for effective approaches for the control of Diabetes Mellitus. As we all know, natural disasters and the diseases that arise after they have struck have plagued humans throughout our history. In the near future, however, it is expected that disasters caused by global warming will greatly increase disease burden. A third general goal of this congress is to provide participants with an opportunity to learn more about disaster medicine and share their ideas on disaster relief. I believe that this congress will afford participants an enjoyable and productive experience where we will be able to participate in discussions with our colleagues and develop proposals for the control of pandemic diseases, such as those noted above. The MWIA-WPR2011 will be held in early summer, one of the most pleasant seasons in Japan. Delegates and accompanying guests will be offered full social programs that we believe will be very attractive to you. The organizers hope that you will be able to participate in the Congress and look forward to welcoming you to Tokyo.

Takako TSUDA
President of Japan Medical Women's Association

Contact to MWIA-WPR 2011 Secretariat
c/o ICS Convention Design, Inc. Chiyoda Bldg. 1-5-18, Sarugakucho Chiyoda-ku, Tokyo 101-8449, Japan
TEL: +81-3-3219-3541 FAX: +81-3-3219-3577 EMAIL: mwia-wpr2011@ics-inc.co.jp

The Pen and the Stethoscope—Book Review

Edited by Leah Kaminsky

Published by Scribe Publications Pty Ltd PO Box 523 Carlton Nth 3054 2010-11-23

www.scribepublications.com.au

Paperback; 223 pages. Cost \$32.95 [aust]

ISBN 9781921640735

Leah Kaminsky is an awarding-winning author and a practising family physician. She is the author of four books, but in *The Pen and the Stethoscope* she has chosen to edit the work of different authors including a story of her own. There are nine stories labelled non fiction and six stories labelled fiction. There is a foreword by Jerome Groopman, author of 'How Doctors Think', and an introduction by Leah Kaminsky herself.

I found it a moving book and something of a page-turner, but I will go back and read the stories more slowly. Short stories are so often little gems that need to be savoured and digested slowly. Groopman, in his foreword, has suggested that even as medical science is ever extending its boundaries, it remains true that this does not necessarily translate into greater wisdom. However the human soul has not changed. The stories are compelling chiefly because of the level of self awareness of the writers themselves. They have dropped their masks and we are permitted to see something of their inner turmoil of heart and mind.

So we find a story of great drama in intensive care; of situations almost too complex to grasp; but then we are shown the need for check lists [as in aeroplanes] to achieve greater accuracy and the saving of more lives. This is the story called 'The Check List' by Atul Gawande. There is an Oliver Sachs story 'The Lost Mariner'. My heart jumped when I noted Sachs had a story included, because he is of course a longterm favourite, and he does not disappoint this time. There is a very poignant and complex personal story called *Se are Night time Travellers* by Ethan Canin about tormented love and ageing.

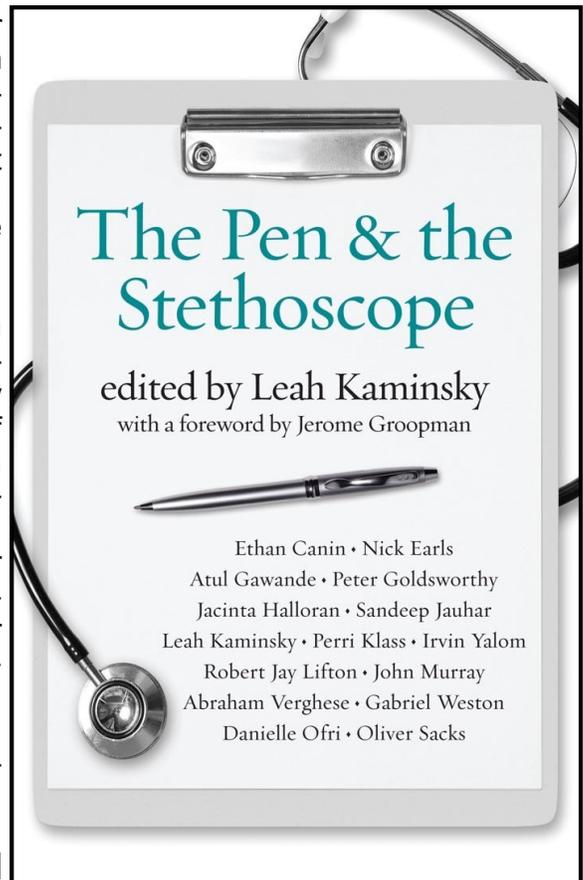
Jacinta Halloran's 'Finding Joshua' is memorable for its heart-clutching sadness and drama. Leah Kaminsky's *Tahirih* is about a young Iranian couple falling in love even though the marriage was arranged, the birth of their first child, and then her husband's death by firing squad and her own rape; her escape to Haifa and her life of work and 'worship' there. In the meantime the listening doctor struggles with the commitments of medicine and her own pregnancy. It is a complex story, albeit fiction, but tender and moving. The last story 'Communion' by John Murray is a fitting conclusion; a story whose ending I should not reveal; but it is intense and beautiful.

There is very little humour in this collection of stories. *Dog 1* and *Dog 2* by Nick Earl possibly comes closest to humour but it is more tragic than humorous. If there is any criticism I have of this book at all it is perhaps this lack of even quiet humour. There is a section at the end which tells us about the authors, each in turn, which is enlightening and informative.

This book is for patients as well as for doctors and other health professional people. It will possibly speak differently to each group but speak it will. Amongst many other things, it recalls our essential humanity in the face of illness and loss; and yes, of living and dying

I recommend this book strongly; it deserves a wide readership.

Barbara Burge [retired family physician [GP]]





The Victorian Medical Women's Society

History

The Victorian Medical Women's Society (VMWS) was founded in 1896 with the aim to further the professional development of medical women by education, research and improvement of professional opportunities. It promotes the health and welfare of all Australians, particularly women and children.

Member Benefits

- * Free attendance at meetings including networking dinners, mentoring, guest speakers on topics of clinical or medico-social importance, and panel discussions.
- * Circulation of a bimonthly newsletter with news about events, prizes and gendered socio-political issues.
- * Regular networking and mentoring opportunities.
- * Advice and advocacy.
- * Access to members-only pages on our internet site and details of further net resources.
- * Training program application assistance & career development advice.
- * Be part of the Medical Women's International Association and have your say in the United Nations and other global forums.

Affiliations

Australian Federation of Medical Women

www.afmw.org.au

The AFMW represents all the Medical Women's Societies of Australia. AFMW arranges conventions and conferences, and is currently focused on developing leadership skills in medical women. AFMW is linked with the Medical Women's International Association.

Medical Women's International Association

www.mwia.net

MWIA is a United Nations Non-Government Organization. It maintains official working relations with the WHO, the UN Economic and Social Council, and UNICEF. MWIA provides its members with the opportunity to exchange ideas, medically and personally, with colleagues from other nations.

2011 Committee

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Dr Jillian Tomlinson	Treasurer
Dr Annie Kilpatrick	Secretary
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Ms Madhura Naidu	Student Representative (Monash) Social Secretary
Ms Sarah Heynemann	Student Representative (Melbourne) IT/Facebook
Ms Melissa Lee	Student Representative (Melbourne) Shadow Treasurer

Membership Application

Membership fees are not tax deductible as charitable contributions. Membership fees may be deducted as ordinary and necessary business expenses. Please consult your accountant for further advice.

Full Members		Rural Members	
1 year	\$160	(>100km from GPO)	
3 years	\$432	1 year	\$70
5 years	\$680	3 years	\$189
		5 years	\$297.50
Senior Members >65 years old)		Student Members	
1 year	\$120	1 year	\$35
3 years	\$324	Gift membership	
5 years	\$510	1 year	\$120

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* Student members will receive only electronic correspondence