

The "Dirt on Sturt" Quarterly

The SFGPET Registrar Newsletter

March 2005

The old "Dirt on Sturt" has been resurrected! I'm not much of a desktop publisher but here goes...

Welcome

Warm welcome to all our new registrars! Most of you have probably settled into your practices by now, although I'm sure that there is still a lot that is incredibly confusing, least of which is the actual medicine.

Registrars!

SFGPET has caught the celebrity bug. For the last few months, every time I open a Medical Observer or Australian Doctor mag, I find a familiar face. It seems SF registrar after SF registrar is appearing in the media. February was a particularly busy month for our lot.

Our very own Tim "Boots&Utes" Leeuwenburg on Kangaroo Island was being interviewed in Medical Observer (p36 11th Feb). It was refreshing to see no reference to road kill recipes for once. But alas, he was upstaged by Caroline Phegan in a two-page Australian Doctor article that very same day (p43), where she featured as one of a number of registrars planning to set up private practice within the next 2-3 years. Great photo! The letters to the editor in the following week's issue were surprisingly vicious - probably A2O sympathisers.

Our other registrar Thusita Abegunawardene featured prominently in Medical Observer 25th Feb issue (p43). Thusita's hometown in Sri Lanka suffered severely in the tsunami disaster. The article focussed on how she coped with loss of family and friends, and how the local Mt Barker community came together to help her and her hometown. Our thoughts are with you, Thusita.

Publications

If the new registrars haven't received the above-mentioned magazines yet, email <http://www.medicalobserver.com.au/contactus.asp> and <http://www.australiandoctor.com.au/contactus.asp> to start receiving your copies (and what the hell, start appearing in them as well). Both are valuable resources for study purposes with useful pullout sections.

Of particular interest is the "How to Treat" 2004 yearbook, selling for \$99. Danny might have mentioned this already. It includes all the pullouts from Australian Doctor for 2004. Good buy, useful for exams and tax-deductible. See Australian Doctor 4th March p49 and bottom of p55 (offer expires June 30th). You can also get it here:
<https://subscribe.reedbusiness.com.au/default.asp?offergroup=CD05WB01&pubid=70>.

Reminders

Reminders to all that if you wish to partake in any courses/programs such as EMST or APLS this year you should do so ASAP as places are limited. We are very fortunate as GPs to have such easy and cheap - as in free - access (just ask the Emergency or Surgical registrars). Best if you contact Dr Peter Clemens peter.clements@sfgpet.com.au or phone SFGPET on 08 8536 5000.

A lot of you will be involved in high-fidelity simulations this year. Some of you may be aware that I'm personally involved in this area and would appreciate any feedback you may have. It's an important part of the future of medical training and we're trying to develop it to a very high standard. Basically, we will be helping you in testing your abilities with recognising and managing acute life-threatening medical conditions. Believe it or not, it's all very relaxed and casual and most registrars find that they are their own worst critics. It's meant to be learning experiences, not a test, so don't get too flustered about it the night before.

*Although there is no official pre-reading text at the moment, we are working on it. We will be utilizing a lot of stuff (ie plagiarising) from AFP online, which you can access for free via the <http://www.racgp.org.au/> publication section at present. I will also provide pre-reading from other sources. In terms of the cases things like cardiac arrest will obviously feature, as will various cardiac and pulmonary conditions. Most of these emergency cases will be common, ones likely to be encountered at some point in your medical careers, whether on home visit, in clinic, in hospital or on a plane! There will also be opportunity to practice skills such as airway management, defibrillation, and preparing the patient for retrieval.

Websites of Interest (non-medical)

If not already, many of you beginning in GP-land are looking for reliable phones, maybe changing accounts, getting loans etc. Here are some websites that may be useful in making your decision: best deals on phones: www.phonechoice.com.au ; best deals on loans/credit cards/accounts: www.infochoice.com.au. And don't forget to use the mapmaker on www.travelmate.com.au to get the right amount of money back for this year's travel expenses around release days, etc.

Make sure you keep receipts for everything for the taxman! (I even recall some anaesthetists getting tax deductions for sneakers and watches, which they claimed to only use in theatres). So books, computers, palmtops, digital cameras, etc. (ask Tim about that one), bookshelves, desks, printers, etc. are all game. Just make sure you pass them by the accountant.

Aw, all right, here's a medical website, then: <http://www.aafp.org/x19449.xml>. Some things are a little different but it IS American after all. Here are their medical quizzes that might be useful practice http://www.aafp.org/cgi-bin/quiz.pl?op=show_quizzes&pid=1.

Blah...

As most of you know I have left GPRA (General Practice Registrar Association), as I cannot afford the time to travel this year due to family commitments. Once again, I am asking if anyone is interested in taking up this position, preferably if you are an advanced or subsequent term registrar. Drop me a line if that's you. Which reminds me: join the GPRA while it's still free <http://www.gpra.com.au/www/index.cfm>. Check out their website anyway.

Lastly

Good luck to all those undergoing the fellowship exam in April/May!
Let me know if you have any pressing needs or problems, or if you've found any useful websites, etc. that you think may interest other registrars.

Also, before I forget, welcome back to SFGPET Ian McCombe and congratulations to Tim Leeuwenburg in becoming the ACRRM registrar director (that's 3 times I've mentioned Tim...bit of a worry...).

Cheers everyone!

Michal Wozniak

SFGPET RLO

michalwozniak@sfgpet.com.au

Mobile 0421140965

Work Mt Barker 08 8398 2600, FMC 08 8204 5868