

The "Dirt on Sturt" Quarterly

The SFGPET Registrar Newsletter

May 2005

Welcome

Wow, May already. Time is really flying and a lot has happened.

I hope everyone's having a reasonable time in their clinics or hospital terms and aren't too stressed out.

New GPRA RLO!

Congratulations to Jane Birks, our new GPRA RLO!

Even when Jane wasn't RLO, she's always been very approachable and knowledgeable about general practice. Plus she's also just good value to ring up and have a chat with, especially if you're not sure what's what in general practice.

For those that haven't had the opportunity to meet Jane yet, she's a part-time mum in the SFGPET rural stream with a hubby who's just finishing his medical degree. Busy, busy, busy.

But there's a catch... she's only doing it til September, so we still need a registrar to sign up for the job for the longer haul. If that's you, give me a call to get more info.

Exams

Some of you are in No Man's Land at the moment. I'm referring to that eye of the cyclone (enough of the metaphors!) that exists between the first and second part of the FRACGP exam. It's an eerie calm...

I hope all the registrars that have recently sat the written component are doing well mentally and physically.

Good luck to all of you!

Babies!

Jane's actually going to have another baby in September (which is the main reason she won't be able to remain GPRA rep). Congratulations!

Also, congratulations to Krista who gave birth to bub no.3 in February. His name is Daniel. Hope mum and baby are well.

Convention

The 2005 National General Practice Education Convention will be held in Sydney 24-25th August.

The theme of this year's Convention is 'Great Training, Great Medicine, Great Life'.

I will keep you posted.

Registrar Contacts

Let SFGPET know if you have changed address, phone number or email.

Please note that all registrar emails are now available on the SFGPET website in the registrar section. Find a penpal.

Simulation at FMC

To all those that have taken part in high-fidelity simulation so far this year, thank you. I hope it's been fun for you since we try to make it relatively relaxed and enjoyable.

I am always happy to hear from anyone about it. It is an area that is still developing, so if you have any criticisms or would like to make suggestions as to how it could be made better, I'm all ears.

Reminders

FRACGP Exams

22 July Close of Enrolments
17 Sep Written Examination
22 Oct Clinical Examination

Exam CD and Handbook

Anyone who hasn't yet got a copy of the GPRA exam preparation CD, contact me.

I have also received a whole pile of Registrar Handbooks

from the GPRA. They are available at the next release days from Kimberley Martinsen. For those taking part in simulation, I will have copies available for you.

The handbook covers stuff like studying for exams, sorting out contracts, part-time employment, preparing a doctor's bag, etc. Quite good really...

Colleges

Join ACRRM for their website stuff (RRMEO), <http://www.acrrm.org.au/main.asp?NodeID=192>

Oh, and join RACGP if you haven't done so already. <http://www.racgp.org.au/>

Courses

Another reminder to all: if you still haven't signed up for courses, such as EMST or PALS, you should do so ASAP. Contact Dr Clements peter.clements@sfgpet.com.au or phone SFGPET on 08 8536 5000.

Websites of Interest Medical

Clinical Algorithms: <http://www.aafp.org/x19449.xml>.
Medical quizzes: http://www.aafp.org/cgi-bin/quiz.pl?op=show_quizzes&pid=1

Computers

As doctors we've become very dependent on our computers to keep us up-to-date in medicine and at SFGPET. Make sure your computer is well protected.

At the very least you should have:
(1) an anti-virus program and
(2) a firewall.

Other stuff you may consider including are anti-spyware and anti-trojan software.

For more info, go to <http://www.firewallguide.com/>
Check out their freeware section. The website even has a (gasp) Macintosh section.

Go here to test how vulnerable your computer is. <http://www.auditmypc.com/freescan/scanoptions.asp>

Download free firewall here: http://www.zonelabs.com/store/content/catalog/products/sku_list_za.jsp?lid=dbtopnav_za

Other websites I've mentioned in the past:
www.phonechoice.com.au
www.infochoice.com.au
www.travelmate.com.au

Feel passionate about something? Get Involved!

Médecins Sans Frontières
<http://www.msf.org.au/>

Healthy Skepticism
www.healthyskepticism.org

Physicians Committee for Responsible Medicine
<http://www.pcrm.org/>

Medical Association for Prevention of War
<http://www.mapw.org.au/>

Doctors for the Environment
<http://www.dea.org.au/>

Media and Medicine
www.mediadoctor.org.au

Doctors Reform Society
<http://www.drs.org.au/>

Publications

GP Newspapers
<http://www.medicalobserver.com.au>
<http://www.australiandoctor.com.au>

"How to Treat" 2004 Yearbook, selling for \$99. Good buy, hardcover, useful for exams and tax-deductible (offer expires June 30th). Get it here: <https://subscribe.reedbusiness.com.au/default.asp?offergroup=CD05WB01&pubid=70>

Wacky

(okay, so I'm bored)
<http://www.yhbtm.com/>

GPRA

Thanks goes to the GPRA for providing both the Exam Preparation CD and the Registrar Yearbooks for free. Support them by joining <http://www.gpra.com.au/www/index.cfm> (free).

Blah...

Got any ideas or want to make a contribution for the next newsletter? Got any funny photos? Contact me.

Next newsletter in August.

Cheers everyone!

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