



SYDNEY UNIVERSITY
DENTAL ASSOCIATION

FACEBOW

Student Newsletter Issue 1 | 2020

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WELCOME TO FACEBOW

GRAEME PEARSON | DMD3

I am excited to welcome you to the Sydney University Dental Association's (SUDA) first edition of Facebow 2020! Facebow is SUDA's student-run newsletter, created and distributed to students in the Doctor of Dental Medicine (DMD) and Bachelor of Oral Health (BOH) programs, as well as all staff within the School of Dentistry at the University of Sydney.

By now, we have all become familiar with Zoom meetings and are regarding this as our norm; whether we are sitting down or lying on our bed, we are continuing to learn and cope with the changes taking place around us. Several annual events and activities have been cancelled due to the circumstances involving COVID-19, and thus we are unfortunately unable to report on these. On a positive note, the publications included in this issue report on:

- Academic and social events
- Interviews with a student and a University of Sydney alumni
- Updates from SUDA general meetings
- Updates from the Australian Student Dental Association (ADSA)

Since January, our team of interviewers, writers, editors and designers and have worked hard to deliver important information and updates effectively to you, our readers. We are proud to provide you all with compelling stories, experiences and tips to get everyone through these tough and changing times.

Our feature interviews for this issue include University of Sydney DMD graduate (2016) David Keir and a spotlight on our very own Douglas Truong (DMD3). David has some incredible initiatives that will be helpful to our readers, like starting life after dental school and advice for students beginning to treat their first patients. Douglas shares his wealth of knowledge he has accumulated from years of experience in the dental field as a BOH graduate and current DMD student.

We hope to provide valuable information to you, the reader, and communicate effectively with the happenings within the School. I implore you to reach out to me with any suggestions, feedback, and ideas for future publications.

Enjoy reading the first issue of Facebow 2020!

Cheers,

Graeme Pearson

Facebow Editor in Chief, Vice-Secretary

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PRESIDENT'S REPORT

ANTHONY YAMMINE | DMD4

Welcome to the first edition of SUDA's Facebow for 2020. I hope this read provides you some much needed virtual escapism. For our new members, Facebow is SUDA's student run newsletter distributed to all DMD and BOH students and staff.

2020 marks SUDA's 100th anniversary and despite the Australian bushfire crisis, COVID-19 and global economic collapse, the SUDA committee is determined to make it one that you will not forget. Our third-year Social Representatives, Laura and Henry, kicked off the year with a bang by welcoming the first years into our dental family over some celebratory beverages. Our second-year social representatives, Shakil and Katheline, persevered through the bushfire crisis by hosting SUDA's Welcome Day. We secured funding from so many sponsors and had a star-studded line up from the industry who would provide you with much needed dental literature and goodies. Courtesy of our colleagues at King's College London, we launched the new Society App. We improved the collaboration between the staff and students. Our Secretary team, Yasmin and Graeme, kept busy by concurrently organising an exciting range of scrubs and sim coats for first-year students for the first time.

The library at the Sydney Dental Hospital was restructured and SUDA was busy collaborating with the School and University Library to find a suitable alternative. We had begun plans for

SUDA's costume party, the ADA NSW Clinical Lecture series and End of Semester Drinks. Our third-year Sports Representative, Emma, was busy preparing Sydney to win the Roland Bryant Cup. Our ADSA Representative, Eveline, was excited for us to take part in the 2020 ADSA Convention in Melbourne.

SUDA would like to thank you for your patience, perseverance, flexibility and trust as COVID-19 evolved. SUDA shifted focus to ensuring your safety, welfare, learning, progression and graduation. We have cancelled all Semester 1 in-person social and sporting events and are looking at whether they can be held in Semester 2. Please stay in contact with your Year Representatives and SUDA will continue to voice your feedback and solutions. SUDA are rolling out an online social, academic and sport series to keep you connected and engaged. Our DMD and BOH Vice-Presidents, Annie and Zohair, have taken over our social media game. Make sure you follow them on Instagram at @usyddent for dental content, links to free webinars, Instagram Live, life in the day of and reminders for SUDA's remote series. DM them if you have content you want featured! Our Web and Communications Officer, Faisal, has given our website a much-needed facelift: www.usyddent.org.au. Check it out for the latest events, photos, newsletters or to get in contact with us. We are very grateful to our E-Learning representatives who have helped facilitate your remote learning. Our Treasury team, Zilvia and Parshad, have begun working on restructuring our sponsorship in order to provide you

the industry experience we wanted to this year, from the comforts of your own bed. In order to make SUDA more accessible, we opened up the doors to SUDA's Ordinary General Meetings, which are currently taking place via Zoom and are well received. The meeting minutes are available for you to read on your cohort pages. We ordered over 300 hoodies for you to wear during isolation and due to popular demand, we are looking at holding another hoodie order in Semester 2. The SUDA committee attended a leadership workshop so that we are best equipped to handle your concerns.

As we move through this pandemic, learn to protect yourself and others from COVID-19, acknowledge your feelings, maintain your routine as much as possible, stay connected, contribute, check up on others, exercise and stay up to date with University advice and support:

<https://www.sydney.edu.au/study/coronavirus-infection-university-of-sydney-advice/support.html>

I will leave you with some Zoom tips from Tom Ford:

- Position your camera slightly higher than your head and aim it down to your eyes
- Place a tall lamp in line with, and slightly behind your computer on the side of your face you feel best
- Place a piece of white paper or tablecloth in front of you on the table you are sitting at to give you some fill and bounce
- Go to Settings > Video > Touch up my appearance to soften your visual appearance

I am deeply committed to you and are excited for all SUDA can bring when we get to the other side of this!

Please get in touch with me anytime.

Kind regards,
Anthony Yammine
SUDA President



COVID-19 UPDATES

GRAEME PEARSON | DMD3

On January 30th, 2020, the World Health Organization declared the 2019-2020 Novel Coronavirus, known now as COVID-19, a Public Health Emergency of International Concern. What followed next were drastic changes seen across all facets of our government, one which included new restrictions and guidelines in dentistry.

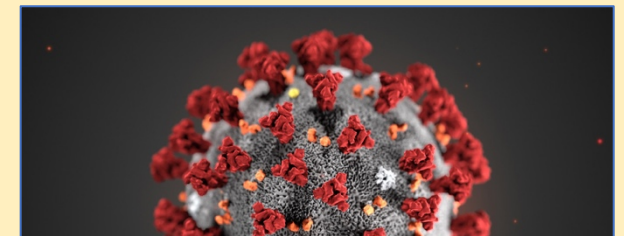
COVID-19 is primarily spread through aerosol droplets produced by coughing, sneezing, and speaking. It can be also be spread by first touching a contaminated surface, then touching your face, ears, nose, or mouth – also known as fomite transmission. COVID-19 mostly affects the lungs and can progress to cause diffuse alveolar damage and lymphocytic-containing inflammatory infiltrates in the lungs.

On March 26th in New South Wales, our dental professional body recommended level 3 restrictions for all dental treatment. On a more positive note, recommendations will be lowered to level 2 restrictions following the Anzac Day weekend. All patient clinics have been suspended indefinitely with students unsure when they will return. Simulation clinics are operational for senior students, so they can continue cultivating their skills while maintaining social distancing. All didactic sessions and assessments are being delivered remotely. Whilst this situation has largely been controlled in Australia, it has had profound effects on our academic, social, and family lives.

As we are all aware, prevention is the key to fighting this disease, with terms like “social distancing” and “flattening the curve” being used frequently. In addition to proper hand hygiene, these strategies aim to reduce contact with infected individuals, restrict travel, and cancel large gatherings so that the epidemic peak is mitigated, and the capacity of the healthcare system to cope is increased.

If you are looking for someone to talk to during this difficult time, your SUDA Committee members are more than happy to discuss your concerns and provide support where possible.

Stay safe, and we are looking forward to reuniting in clinics in the near future.



DEAN'S WELCOME EVENT

ROHAN BONSAI | DMD3

This year on 14th February, the new Doctor of Dental Medicine (DMD) cohort was offered the opportunity to attend the '2020 Deans Welcome' event. This was an amazing opportunity for new students to meet one another and the rest of the faculty, as well as enjoying an array of delicious finger foods.

Following a brief period of mingling, the event was kicked off by a speech from the Dean himself, Professor Heiko Spallek. He gave the students a warm welcome, wishing all of the first-year students the very best as they embark on their journey through dental school.

This was followed by an insightful speech from Dr Delyse Leadbeatter, the school's academic leader. The event was wrapped up with a speech from SUDA. Unfortunately, Anthony Yammine, the President of SUDA, couldn't attend the event due to being on rural placement. Instead, a beautiful message was delivered on his behalf by the Vice-President, Zohair Kazmi of BOH3. With that in mind, SUDA would like to wish all of the students commencing the program this year the best with their first year of studies.

SUDA WELCOME DRINKS

ANDREW XIE | DMD1

On Friday 31st January, DMD Class of 2023 was welcomed to the program at SUDA Welcome Drinks at Cuckoo in The Marlborough Hotel. For the DMD1 students, the opportunity to unwind and be with colleagues outside the classroom was welcomed after a long week of orientation in the modern, state-of-the-art Sydney Nanoscience Hub (which, much to the dismay of many, has not held another lecture since).

While the drinks and conversations with fellow classmates were certainly enjoyable, a major highlight of the evening was the opportunity to meet and make connections with upper year students, who were more than happy to share valuable stories, experiences, and tips to help get through the year. The excitement and anticipation in the room was pervasive, and good vibes were had by all in what turned out to be a memorable night to start off the school year.

ALUMNI INTERVIEW

DAVID KEIR

GRAEME PEARSON | DMD3

David Keir is in his fourth year of practice after graduating from the University of Sydney Dental Program. He is the host of the popular podcast *Dental Head Start*, where he interviews unique guests in the dental industry aiming to provide new graduates and students with advice, tips, and general information to help navigate through this transition.

Why did you decide dentistry? Through school I wanted to do a trade. But after getting some fillings done at the family dentist, I had the opportunity to work as a dental assistant. The dentist inspired me to focus a little more at school and I went into engineering, but soon found I preferred my work and switched into the pathway towards dentistry.

What were your best experiences studying at University of Sydney? Making friends studying, both local and international whom I'm still friends with today. Also, having a strong medical and theoretical foundation to build our career on was incredibly helpful. I can still see how useful it is post-graduation. The opportunity to study and live in the city was also fun.

What made you want to start *Dental Head Start* and help out new graduates? *Dental Head Start* was born from an idea during my time spent dental assisting, which taught me a lot that I didn't realize I knew until I started learning dentistry and seeing patients. I felt dental assisting gave me a head start. The purpose was to help students and graduates with tips that I have learnt from observing and chatting with some amazing dentists over the 14 years I've been in dentistry.

What was it like transitioning from dental school into private practice? It's like diving into the deep end. You have a paddle (your solid education), but you have to use it for yourself! No deferring key decisions to the tutor anymore. It's an interesting time where you use your skills that you have learnt in school, but you are not super confident in yourself just yet. I had the opportunity to start practicing with a colleague of mine, whom I was able to work together with in pairs just like in dental school and work through challenging cases with. We could also observe and be mentored by the principal dentist which was another great way to learn. These aspects really got the ball rolling in making it a smooth transition.

What is your day-to-day like? Work is from 8:30am to 5pm, usually fully booked. My day is quite structured with space reserved for a crown or large case, new patients, emergency slots and then filled with regular general dentistry. I work on my extracurriculars, *Dental Head Start* and *CPD Junkie* (a CPD directory for dentists), before my daughter is up. When I get home, I hang out with my family, with the odd night where I'm interviewing a guest on the podcast or working on *CPD Junkie*.

What does the future look like for you? If I won the lottery, I would still do dentistry 3-4 days a week. I'm enjoying the extra things I'm involved in on the side, so I see the future

being more balanced. A little less time with patients, and little more time with family, and spending some time doing other things I like to do.

Do you have advice for graduating students or those just starting to see patients? The best things I've learnt from dentistry have been absorbed from people I've watched and seen. You don't get much time to do this later on, so spend as much time watching experienced clinicians privately or in the hospital when you can. For final year students, getting a job early was really good for me and applying, in person, in areas where you want to work was really helpful, too. Students just starting to see patients, be kind to yourself and don't expect yourself to be perfect. Be okay with making mistakes but learn from it. You can put unnecessary expectations on yourself when you're first learning in this environment, our patients and tutors understand this too. Journal your successes, mistakes and lessons/tips, it's amazing when you look back a year or two later at this, you'll learn stuff from yourself that you forgot!



CAREVAN SUN SMILES PROGRAM

SUHA TAKKOUSH | BOH3



On 29th October and 5th November 2019, BOH2 and DMD4 students were given the opportunity to partake in the *Carevan Sun Smiles Program* - a multi-strategy oral health promotion program, targeted towards socially and economically disadvantaged children in Australia.

Carevan has a longstanding partnership with The University of Sydney's School of Dentistry, and so, inaugurally, student volunteers are recruited to visit a primary school in Sydney to assist in delivering the program. Along with a focus on nutrition and oral health education, the program also includes a component of decay prevention by applying fluoride varnish in a pop-up clinical setting.

Following some fun-packed, in-class activities and an introduction of the program, the students at Homebush West Public School shuffled into the hall to be screened by the dental and oral health students, each armed with disposable mirrors, fluoride varnish and a trusty headlight torch. Based on this, dental referral letters were posted by the primary school to parents, asking them to follow-up any issues with a local community dental clinic or private dental practice.

Unfortunately, many children in the western suburbs of Sydney do not have access to high quality, regular dental care. The university's involvement with the *Carevan Sun Smiles Program* thus proves to be a highly rewarding experience for all involved. As well as preventing tooth decay, the strong preventative focus further empowers and motivates the children to care for their own oral health.

Of course, the day could not have been considered successful without the appearance of the 'Carebear' mascot and the distribution of Sun Smiles goodie bags. A word of advice to all readers is to avoid wearing a fully enclosed bear costume if you aren't prepared to sweat buckets.

A massive thank you to Carevan, Homebush West Public School and USYD for their efforts on the day and in organising this awesome opportunity.

INTERVIEW

DOUGLAS TRUONG

TYLER NGUYEN | DMD3

“I think first and foremost, a good dentist needs empathy and sympathy. In health professions you aren’t just dealing with an isolated disease or a disconnected limb. Diseases affect different parts of the anatomy and ultimately that anatomy is that of a human being.”

What initially drew you to dentistry and how are you enjoying the student experience so far?

There were three aspects I wanted from a career, because I enjoy:

Staying active and occupied. I feel like I always need something engaging not only in my mind but also physically. In my spare time I enjoy doing a variety of crafts and it’s always the activities that that require focussed thought and action that I’m drawn to.

Interactions with people. A good dentist does exactly that, they not only treat the condition but the person.

Helping and providing a service to people. Throughout high school and undergrad, I always felt being able to provide assistance or give back to the community in any sort of way was a vital part of me feeling fulfilled in anything I do.

What qualities make for a good dentist? I think first and foremost, a good dentist needs empathy and sympathy. In health professions you aren’t just dealing with an isolated disease or a disconnected limb. Diseases affect different parts of the anatomy and ultimately that anatomy is that of a human being. It sounds really obvious, but I think it’s easy to forget when you’re focussed on one part of the body day in and day out. Another quality I think makes a good dentist is a dedication to getting things right. I think of it as a “dedication”, because there are a million shortcuts in dentistry. Some are going to help, but many more often than not can lead to greater mishaps in the long run. Because some of these complications may take a while to manifest, it’s easy to forget the consequences of taking the easy way out and taking shortcuts without careful forethought. One has to remain “dedicated” to getting things right and doing things properly.

You’re fairly recognizable in both BOH and DMD communities, but there’s a lot that people don’t know about you. Can you tell us a little bit about yourself? I think people might know me from my work with SUDA, the Sydney University Dental Association. I was involved throughout BOH as Student Rep and then Vice-President, and I still try to maintain a good connection with new BOH students even though I’m a DMD Student Rep now. I emphasise this because as an Oral Health Therapist in DMD, I believe I have a role in creating an understanding between the distinct but intertwined relationship between OHTs and Dentists in Dentistry.

What do you do in your spare time and what role do your hobbies play in achieving that delicate balance between school, life, and extracurriculars? I have quite a few hobbies and sports I do in my spare time. I guess the two largest ones in my life now are aquascaping and martial arts. Aquascaping is essentially underwater landscaping, where you create a landscape or habitat from scratch with all the wood, rocks, soil and plants. I started about three years ago because I enjoy aquariums and it’s been quite relaxing and therapeutic. I tend to see parallels in my hobbies to my profession. Specifically, for aquascaping, it’s all about balancing the necessities of a series of living organisms and interacting components while still ensuring an aesthetic outcome, which I think reflects the idea of dentistry in a simple way. Martial arts are another passion of mine - specifically Muay Thai and kickboxing. I enjoy its contrasting physicality to dentistry but, as with all martial arts, it teaches you perseverance, diligence through training, rewards of your hard work, and the consequences of failure and how to bounce back from it.

You are now in your third year of dentistry. What are some of the highlights of your time so far, some challenges you've faced, and what kind of lessons have you learned along the way as a result? I quite enjoy the diversity of people. Not only are there people from interstate but also internationally, which gives me a broader perspective on life. I also really enjoy the great variety of things we have to learn about being a dentist. Coming from a BOH background and going from knowing about and seeing the things that can be done to doing it myself, is quite exhilarating and surreal. If I could advise students on the same path, I would say it's all about goal setting. A lot of people like the idea of dentistry coming straight out of high school or undergrad for whatever reason. Whether it be because of the lifestyle, their family, an actual interest in teeth or whatever else, one needs to set realistic stepping-stones leading up to DMD. I think this can also help, because if you decide DMD isn't what you want right now or ever, you at least have a structured path to go forward from.

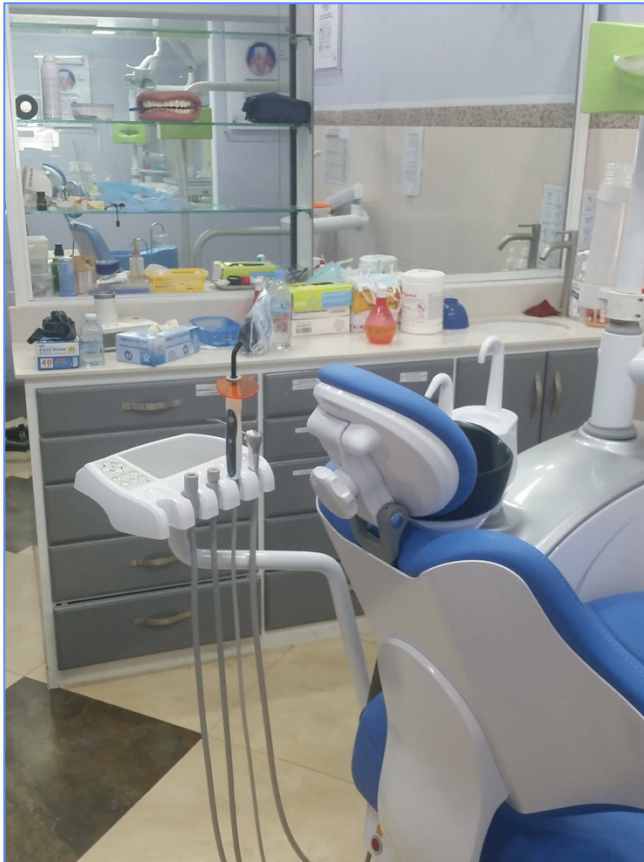
What are some things you want to accomplish before you graduate dental school? What does the ideal future hold for you as you envision it now? Create a greater connection between the DMD and BOH students. Survive the epidemic with full lung capacity and function. Win RBC volleyball and hopefully having that lead to an overall win. Selfie with the Dean, Prof Spallek, to complete my collection. And lastly, graduate feeling not only competent but confident. In other words, graduate "being less lost" and knowing I've utilized my time well. Right now, I'm just absorbing all the information and experiences as they come and living in the moment.



DMD4 CAMBODIA ELECTIVE

SABA GHAHARI, GEORGIE GOTT | DMD4

Last year, my fellow classmate, Georgie, and I went to Cambodia to volunteer with the organisation One-2-One as part of our dental elective. Two new chairs had recently been donated, so turns out we didn't need the tradie headlights we had brought with us in the fully functioning clinic.



In Phnom Penh, we saw many paediatric patients at the Happy Clinic. Many of the children were from slums or were orphans that were brought in by NGOs. I found these children to be very brave, perhaps having been toughened by their life experiences at such a young age. The clinic also saw cleft lip and palate patients for follow-up care, which was quite a unique experience for us.

The importance of communication with patients quickly became apparent and was the hardest challenge. We learnt a few words in Khmer such as “open”, “close”, “pain” and “bite”, and then spent the rest of the week constantly repeating “open” (“ha-mort”). It was sad to see that the majority of children seen at the clinic had severe early childhood caries with grossly decayed primary dentition. We treated the primary teeth with silver diamine fluoride. As part of the caries prevention initiative in Cambodia, under the supervision of dentists, I placed so many fissure sealants that I lost count.

The clinics work with limited resources. Since they did not have Duraphat, we placed Tooth Mousse Plus on the patients' teeth. The clinic and patients were so thankful to have received the Colgate toothbrushes and toothpaste we had brought, courtesy of Sydney University. Their faces lit up on seeing the Minion toothbrushes!

If you decide to volunteer with One-2-One as a larger group, there are also opportunities to go to rural areas and set up a clinic there.



ACADEMIC STAFF INTERVIEW

DR DELYSE LEADBEATTER

ANTHONY YAMMINE | DMD4

Dr Leadbeatter researches and teaches in the areas of dental education and higher education. She is the Academic leader for Sydney Dental School and her interests in teaching and research are grounded in the idea that higher education is a complex social phenomenon. A current focus is in the curriculum co-design as a methodology for involving partners such as students, professionals and community representatives in the education of contemporary practitioners.

What is your favourite part about being an educator? In establishing an academic career, I feel privileged to be in a position where I contribute to knowledge generated about higher education and the ways education programs are designed and delivered. This occurs on multiple levels that are interconnected – researching and being involved in the higher education research community, always continuing to develop my own teaching practice and in the design and delivery of courses, assessment programs and classes.

How did you come to be involved in dental education? This was not a planned direction. In fact, in my early career as a clinician, I had not even considered it. My career path into academia was one of serendipitous opportunities and discontinuities, off-shoots and turns. Completing a PhD was one of the highlights as it advanced my understanding of the ways research is complexly integrated with education as key attributes of an academic.

What position do you currently hold at the University? I am a senior lecturer and the Academic Lead for Education at the Sydney Dental School.

Where did you receive your dental training, and where have you worked? I graduated with a Bachelor of Dental Surgery from the University of Sydney. The majority of my clinical practice was at the Special Care Unit, Westmead Centre for Oral Health, under the directorship of Dr Andrew Vern-Barnett and Dr Peter King.

How do you prepare for DMD1 and 2 CBL/PBL, and what do you take away from the sessions as an educator? This is such a great question. So that I can plan out the lesson, I spend quite a bit of time thinking about what the key outcomes for students are, and what I would consider is the core knowledge associated with the patient case. That will always be some basic and clinical science, and importantly, it will be at least one key behavioural outcome, or practice point I research and read widely about the issues that will come up in the case. Lately with the switch to online classes, it allows us to ask about how to run effective classes in that mode. I'm always learning.

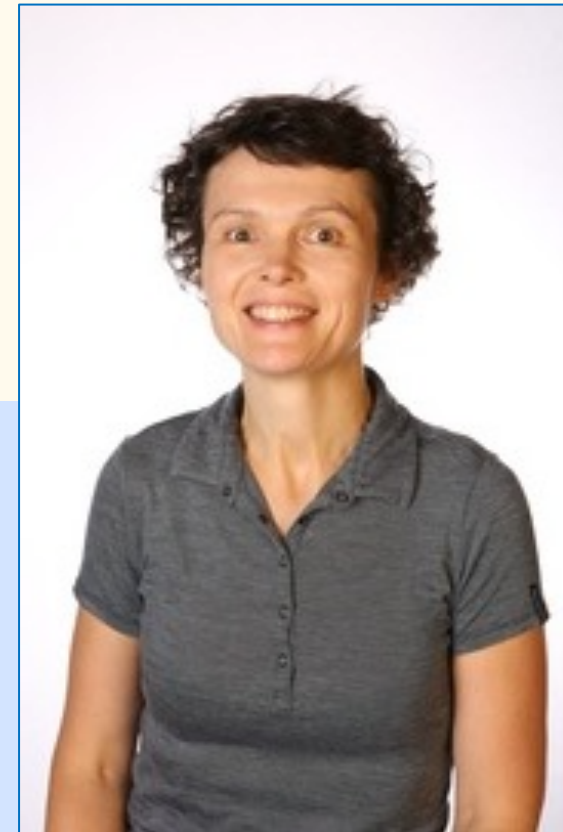
Do you enjoy being at Main Campus, SDH or Westmead more? I am very much interested in the ways physical places and spaces connect people with culture and society, so I enjoy the Camperdown campus as connectivity to the University and what universities are. Having said that, hospital settings give context to what it means to be a health practitioner – the physical settings, the health professionals, work cultures, patients and their families and friends coming and going.

Why do you believe that students should be partners with their education? Students as partners is a huge movement in higher education, and it recognises the powerful ways students can work with their universities to engage meaningfully with their professional education and the institution. If we use some of the principles of co-design methodologies, transformative thinking can occur when all parties come together to address a shared question.

What other stakeholders should be involved in designing an education program? Education programs should be designed with the outcomes in mind, so driven by 'big' ideas and goals. So, in one sense, all of society has a significant interest in health professionals' education.

Please tell us about your goals for the 2024 Curriculum Project. Dental schools have an important responsibility to graduate dentists who can serve people with compassion. If you look at the competency frameworks that registering and other educational bodies have developed globally, they are all very similar in that they identify knowledge, procedural and complex practice skills required for beginning dentists. The 2024 curriculum should be informed by contemporary evidence about how this can be achieved. Defining the purpose of dental education is central to this endeavour.

What feedback have you received from the 2024 DMD Curriculum Project Methodology paper? Feedback has been very positive and welcoming of the project. Interestingly, the COVID-19 time is providing some useful information about the curriculum. It can inform us about the value and effectiveness of some responses to the circumstances, such as better understanding of the possibilities and limits of online classes and consultations. I look forward to conversations with students about the future shape of their university education.



DMD4 RURAL EXPERIENCE

FAISAL ASSAD, ANTHONY YAMMINE, YASMIN SAMIEE | DMD4



By signing up to the rural program, we hoped to be exposed to and gain an understanding of rural health service provision and the skills required to work in a rural and remote setting. We were interested in being exposed to the large scope of tasks performed by rural health professionals, developing

an increased skill set, confidence and autonomy, and an opportunity to learn and gain an understanding about different cultural groups. We put Ballina as our first preference. Ballina is a beautiful place surrounded by amazing beaches, waterfalls, cafes, sights and only a short drive to Byron Bay and the Gold Coast. Though we were there to engage in the rural experience, we took the opportunity to soak up some much-needed sun.

Clinically, the Ballina rural experience gave us a taste of what it is like to be a practicing dentist. We had the opportunity to treat multiple patients in one clinical session. We were required to provide any treatment that our patients required with the exception of prosthodontic work. As a result, treatment provided by students in our rotation included complex direct restorations, full molar endodontics, extractions and oral surgery. We were exposed to a variety of dental materials, instruments and techniques. Our supervisors were much more hands-off and trusted our clinical judgement. Patients

“You have to do rural!” Ask any DMD4 student about their rural experience and that is exactly what they will tell you. In fact, it is what we have heard since DMD1. We were incredibly fortunate to be one of the only groups who participated in DMD rural program prior to its suspension during COVID-19. As of now, it is unsure if rural placements will proceed again this year.

were booked and contacted for us by the incredible reception staff, so we were able to focus more on our clinical work, rather than administrative. Overall, the staff and tutors at Ballina were amazing, helpful and made the experience one that we would do again in a heartbeat.

Our advice regarding the clinical sessions would be to embody the role of a rural health professional and be willing to perform a wide variety of dental procedures. Expose yourself to dental materials, instruments or aids that you have not seen or used before. When the clinical day is over, switch off your dental brain and enjoy, as this is very hard to do in Sydney.

We could speak for hours about the whole experience but instead we'll leave you with the five words that we were told throughout DMD and the five I pass onto you: “You have to do rural!”



CLASS OF 2021 HALFWAY BALL

LAURA HUNTER | DMD3

Under the glow of a red setting sun – sadly typical of Sydney’s bushfire season – glamorous men and women arrive at Le Montage. Who are these people? Suits so sharp, dresses so flowy, hair fresh, make-up on fleek? Why, they are the Doctor of Dental Medicine Class of 2021. You may not recognise everyone, as the wine scrubs and dishevelled faces are nowhere to be seen. Instead, everyone has gone all out to impress, and my goodness, what a good-looking bunch.

Bubbles on arrival and a courtyard of buzzing voices and laughter; it was gearing up to be a big evening ahead. Slowly, tutors trickle in. However, without the iPads in hand dishing out B, S or P, they are our equals. For one night only, we are in the Friendzone.

Everyone slowly makes their way to their tables – white tablecloths, orchards and candles, that’s right – we fancy. The bar is doing their very best to keep up with the constant flow. They definitely had their work cut out for them. As the atmosphere becomes more jovial by the minute and the DJ is creating the perfect soundtrack for steady consumption of wine, the staff note it is a strategic time to start serving the entrees.

You wouldn’t have guessed that the chef was catering for 100 people. What a menu! Plates were scraped clean and beers were finished off faster than you could say, “Why do all my complex amalgams look like blobs?”.

A bit of halftime entertainment is required! Up go the social reps to the centre stage – Sirat and Laura – and boy do we have a show for you. Laura has had a few wines by this point and decides every good event needs a speech, followed by a few awards. A tequila shot with each award, as punishment or reward (depends on who you ask) and the night has officially kicked off. Nothing like making Dr. D and Dr. Williams emotional on stage and shoving a tequila shot into their hands saying, “THIS’LL SORT YOU OUT”.

Dinner is served. People are dipping and diving between trying a bit of theirs and a bit of their neighbour’s food. We’re all friends here, right? By the time dessert is served, the meals are





forgotten by half the cohort who are busy pouring shots for anyone and everyone and tearing up the dance floor, the other half making the most of double crème brulees to themselves. Everyone is happy.

Eventually the tequila, gin and even the whisky are polished off by staff and students, the dance floor is at maximum capacity and the tutors are entering dance battles with some of DMD2's best movers. At some point there was an impromptu serenade by the lovely Dr. Czettler. At another point, we all told each other we loved each other. It was all a blur.

Alas, 11pm rolls round and the night's over, and yet no one wants to leave. The loitering on the road lasts at least another hour as people pair off and navigate their way safely home.

Until next time. See you on the D floor.

DMD 2019 GRAD BALL

MOLLY WILCOX | DMD 2019

On 15th December 2019, we celebrated the graduation of Doctor of Dental Medicine Class of 2019 at Pier One, Sydney. This event was sponsored by ADA NSW and Guild Insurance, with special gifts presented to each member of the graduating class provided by One Dental. The event celebrated the culmination of 4 years of Dentistry studies along with 3+ years of undergraduate studies for all students in attendance. With 144 staff, students and partners in attendance, the night was a great time for all!

The night began with stunning views, drinks and canapes on the pier overlooking the beautiful Sydney Harbour underneath the Harbour Bridge. This was then followed by a motivating welcome from Professor Spahr, a delicious dinner and finally a speech by Bree from ADA NSW covering what they have to offer new graduates in the years to come. The night finished with prizes for some of our classmates including 'Worst Day in Clinics' and 'Most Likely to be Mistaken for Each Other', dessert and plenty of dancing.

Although a happy occasion, it also marked the last time many of us would see each other for a while with many of our Canadian classmates heading home and Australians accepting jobs all over the country. The last official event for the Class of 2019 was supposed to be the graduation ceremony on 18th March 2020. Due to the current circumstances, this has been postponed until further notice.



DMD PERSPECTIVES

CLASS OF 2023

JEANNAE DE PEIZA | DMD1

Nervousness and anticipation. Emotions that were commonplace for the new, matriculating DMD1 cohort. On January 28th, 2020, 90 new dental students embarked on the first day of their four-year journey to becoming competent clinical professionals. While many felt initially overwhelmed, the first event (SUDA drinks, put on by the Sydney University Dental Association), where new students could talk and interact with the upper years, really helped ease some nerves.

Between events like Dean's Drinks, Dent Camp and Beach Day, DMD1s have really enjoyed getting to know each other as well as other members and staff in the School. It's these gatherings that really help break up the monotony of lectures and bring a lightness and fun to this experience. DMD1s really look up to the 2nd, 3rd, and 4th years who inspire hard work as they show how much can be achieved with time and patience.

General advice from them in terms of study tips and tricks, time management resources as well simple encouragement is always greatly appreciated. Looking forward, DMD1s are excited to start improving manual dexterity in SIM clinic, learn more from MJL in prosthodontics, get through the rest of head and neck lectures, and to continue along this whirlwind journey.



DMD CLASS OF 2020 WORDS OF WISDOM

“Studying for postgrad is a different ball game to undergrad. Figure out a good study method for yourself. Might take a while to explore a bit, but once you find it, that will make a world of difference for the next four years.” ZIL CHENG

“Life moves pretty fast. If you don't stop and look around once in a while you could miss it.”

SARRAH WOOD

“Expect the unexpected.”

MICHAEL ANTOUN

“For first semester head and neck: Come prepared to class so you can actually understand what's going on.”

MARYOUMA EL MUSTAPHA

“Don't let other people's stress or how many hours they seem to be studying affect how you go about your life.”

SOPHIE BROWN

“Don't lose track of your MedSci blocks just because there is new shiny dental knowledge going around. You'll save yourself a lot of grief in the end.”

AMARAH TASNEEM

“Work-Life Balance will keep you sane!”

DERRICK KWANTES

“If you need help, ask for it. There is so much that the uni and faculty can do for you.”

MATTHEW FAIGENBAUM

“Enjoy life while you can.”

ARYK YU

“If it was easy, everyone would do it! Determination, skill and social lives got you here. Determination, organisation and new, great friends will help you get there.”

DAYNA FAIRWEATHER

“Read the tooth cons handbook when it becomes available!!! All the answers are there and tutors will refer to it.”

BORNA ANSARI

ADSA UPDATES

EVELINE DWYER | ADSA USYD REPRESENTATIVE

The last couple of weeks have resulted in some major changes for the Australian Dental Students Association. Firstly, the Melbourne convention that was scheduled for the last week of June has been cancelled for this year. This is a huge disappointment for the committee, however, new ways of delivering the convention have been discussed and further information will be provided in the coming weeks.

ADSA university representatives are currently preparing a podcast series that will run weekly on a Wednesday starting on 22nd April. There are a number of great topics that will be discussed, such as dealing with burnout, dental myth-busters, how to survive COVID-19 isolation, and many more. These will be available to access via the ADSA website and Facebook page.

At the beginning of the year, the annual ADSA blood drive was launched. This drive is still continuing, and it is of utmost importance due to the rapid decline in donations. Not only could we get some ADSA cup points, but we could also save some lives.

ADSA is a fantastic way to interact with all oral health professionals who are encountering the same highs and lows at an incredibly unsettling time. I encourage everyone to subscribe via Facebook and Instagram to keep updated.

ZOOM TRIVIA NIGHT

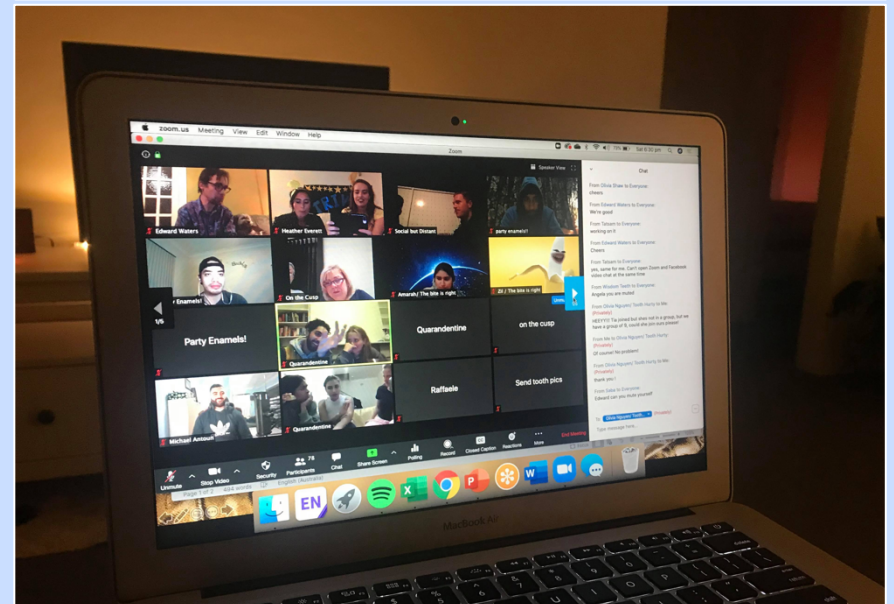
ANGELA CORNELIUS, HEATHER EVERETT | BOH2

What started as a throwaway comment attempting to brighten the morale of a BOH cohort struggling with separation anxiety from 1 Mons Road turned into the lightbulb moment of the year. On Saturday 2nd May, a faculty-wide Trivia Night was held in true physical distancing style, via Zoom, with thirteen teams and over 70 participants indulging in an evening soiree of (dental-free) intellect and debate.

The evening began with a mass Zoom login and a tight contest of General Knowledge. Despite some minor hiccups with keeping tally on the hosting end (primarily due to the lack of simple arithmetic skills of yours truly), teams were eager and encouraged to keep snacks aplenty and drinks flowing. Round Two saw participants' knowledge of TV, film and music put to the test, with some serious concentration faces observed during the audio-based questions. The night concluded with a round dedicated to "Whacky Random Facts". With many teams achieving full marks for this round, it appears that the quizmaster needs to up her "random and whacky" factor for the next Trivia Night.

Tooth-related puns dominated the team lists, including *Quaran-dentine*, *Is It Tooth Hurty Yet?* and *The Party Enamels*. Special mention goes to Faculty staff team *On the Cusp* who, despite their best efforts, finished the night 'on the cusp' of the scoreboard. Victory was claimed by trivia maestros *Prep the Crown*, who were rewarded for their efforts with a \$25 Uber Eats voucher for each team member.

We sincerely hope that everyone enjoyed the evening and were truly overwhelmed by the enthusiastic response to this event. There are some upcoming Zoom events being held by SUDA in the last three weeks of May – find more details on the next page!





PRESENTS ONLINE SERIES

THIS WEEK

ACADEMIC

Exam Advice and Q&A

Time: Wednesday 13/5

Place: Zoom

What's Happening:

Join your upper year classmates for an exam advice session. We will be sharing study tips and advice on how to tackle your upcoming exams.

SPORTS

Group Yoga

Time: Thursday 14/5
@6pm

Place: Zoom ID TBA

What's Happening:

Our yoga instructor Kadee will be guiding us through a high energy flow class to get our heart rates up and our sweat on

SOCIAL

Cook Along

Time: Saturday 16/5
@5:30pm

Place: Zoom ID TBA

What's Happening:

Join us on a follow along cooking class with Phil and Parshad. We will post ingredients you buy them, and then join us on zoom to follow along as we cook together in our own kitchens

SUDA NEWS

GRAEME PEARSON | DMD3

A huge thank you goes out to our SUDA executive team: Anthony, Yasmin, and Zil, on communicating with faculty about all closures, cancellations and changes that have been happening within our program. The amount of work they have done cannot be overlooked. In addition, year reps have been fantastic at communicating to the students and faculty the evolving situation that is COVID-19.

We are excited to announce SUDA's new website: www.usyddent.org.au, where information will be posted and shared to our cohorts to maximize their access to relevant resources.

Congratulations to Aman Punia (DMD4) whose sweater design was voted most popular. We are also proud to be including SUDA's 100th year anniversary logo on sweaters this year. A total of 336 sweaters were purchased this year, which was many more than recent years. Sweaters have been delivered and are awaiting distribution once restrictions decline and students are back to face to face classes.



GOALS FOR THE YEAR

- Student support
- Improving online presence
- New SUDA website: usyddent.org.au
- SUDA Instagram introduced this year: @usyddent
- Online series for academic, social, sporting events during May. Three events per week (one academic, one social, one sport), starting week of May 11th
- Ensure constitution is upheld
- Restructuring of SUDA Committee

UPDATES

- All SUDA Semester 1 events postponed including the Annual Themed Party, Clinical Lectures, Lunch & Learns, Roland Bryant Cup and End of Semester 1 Drinks
- Semester 2 event planning is going ahead, including Dent Ball, DMD2 Halfway Ball, Graduation Ball and Careers Night
- University Library input for the Sydney Dental Hospital Library space has been postponed due to COVID-19
- Tooth Buds Program is in the process of being restructured. If you are interested in contributing to the process, please contact DMD Vice-President, Annie Johnson, at: ajoh6479@uni.sydney.edu.au



UPCOMING EVENTS

- Working with ADA NSW to provide Zoom lecture on improving LinkedIn profile and social media presence
- A private practice business Zoom series beginning on Tuesday 21st April with COVID-19 and private practice, the situation at present, and the outlook for the future of the profession
- We are currently approaching sponsors about online Lunch & Learn sessions
- ADSA Convention is cancelled and exploring the possibility of an online convention
- SUDA's Online Series commences the week of May 11th, with one academic, one social, and one sporting event held EVERY WEEK, until the end of May:

ACADEMIC EVENT | Wednesday 13th May: **Exam Advice and Q&A**. Tune in for tips on studying and tackling upcoming exams from your upper-year classmates.

SOCIAL EVENT | Saturday 16th May, 5:30PM: **Cook Along**. Try new recipes while cooking alongside Phil and Parshad, from the comfort of your own home! An ingredients' list will be posted for you in preparation for Saturday night.

SPORTING EVENT, Thursday 14th May, 6 PM: **Group Yoga**. Our yoga instructor, Kadee, will be guiding us through a high-energy flow class to get your hearts pumping!

SUDA ORDINARY GENERAL MEETING

NAVIDH EKANAYAKE | DMD3

On Tuesday 7th April, the first ever Ordinary General Meeting of SUDA was held. This was also the first time a meeting was conducted online via Zoom, owing to the extraordinary circumstances of COVID-19. Important points of note were:

- AHPRA and accreditation agencies advised that there will be flexibility towards learning outcomes during the COVID-19 pandemic
- Simulation clinics operating at SDH, Westmead and ADA NSW in St. Leonards
- Nepean and SDH patient clinics closed indefinitely
- RBC put on hold for the time being
- Discussions to improve cohort calendars and Canvas organisation
- Clinical school areas remain open
- Steps being taken to create a new SUDA website
- Possibility of replacing lunch and learns with sponsors with Zoom meetings
- Initial trials of an automated receipt system for SUDA payments (works only with Uni or Hotmail accounts).

The meeting was an opportunity for DMD and BOH students to raise concerns about and make suggestions to improve the DMD and BOH programs in light of the COVID-19 situation. This was a great step by SUDA to be more transparent about how student affairs are handled and to allow all members to contribute to the decision-making process.

HONI SOIT

ESSAY WRITING COMPETITION



Welcome to *DISRUPTION*, *Honi Soit's* 2020 writing competition. In both our fiction and non-fiction categories, we are looking for work that pushes the boundaries of form and concept, and innovatively questions what it means to disrupt and to be disrupted.

DISRUPTION: STUDENT WRITING COMPETITION

As we figure-eight through the motions, we approach ruptures in time. We fall outside the present into a void, melting and fusing at the edges like amoeba. Lights (red and blue) and sounds (sirens wailing) invade this space. Walls break down. Bandanas. Face masks. Gas masks. We terraform this void and repopulate.

NON-FICTION

Pieces can be up to 1200 words and must be of an opinion genre with a clear argument. Draw inspiration from all areas of life, imagined and otherwise; convince, challenge and provoke us!

FICTION

Pieces can be up to 2000 words or 40 lines (depending on medium). You can write in any style, including but not limited to prose and poetry. Feel free to interpret the theme as broadly or as specifically as you wish, just make sure to maintain a thematic link.

KEY DATES

Entries open Monday 11th May

Entries close Monday 6th July

Awards night date TBC

You can submit one work per category, for a total of two pieces maximum. Please note that you must be a USYD student to enter this competition.

PRIZE MONEY

In each category: First place \$1000 | Second place \$500 | Third place \$250 | People's choice \$50

MEET THE FACEBOW TEAM

GRAEME PEARSON



Editor-In-Chief

ANGELA CORNELIUS



Designer

ZIL CHENG



Editor

YASMIN SAMIEE



Editor | Writer

HARSHITA SRIVASTAVA



Editor

AIDA MOSHTAQ



Editor

TYLER NGUYEN



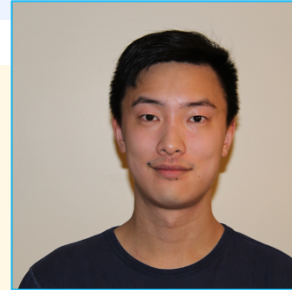
Interviewer | Writer

MIKE PHAM



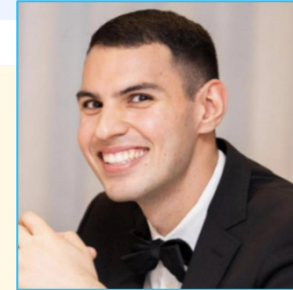
Photographer

ANDREW XIE



Writer

ANTHONY YAMMINE



Writer

NAVIDH EKANAYAKE



Writer

SUHA TAKKOUSH



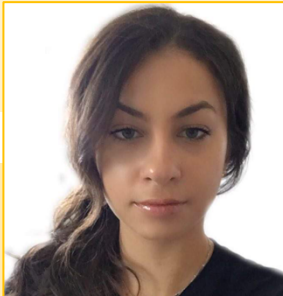
Writer

FAISAL ASSAD



Writer

NATALIE PERIKIC



Writer

ROHAN BONSAL



Writer

JEANNAE DE PEIZA



Writer

USAAMAH PATEL



Writer