



THIS ISSUE

Cancellation of lunch with speaker	1
Victorian Governor at 2019 Oration	1
2019 Anatomy Award	2
Mt Pleasant PS Awards 2019	2
ACMT Details	2
From our Award Winners - Abbey Small & Justin Galvin.	3
Mark McOwan at Mayo Clinic	4
Scholarship Updates	

MENTOR

Newsletter of the Albert Coates Memorial Trust

Issn 2207 - 6115 print

Issn 2207 - 6123 online

Issue 7

Autumn 2020

Cancellation of Lunch with Speaker

Unfortunately, due to the COVID 19 restrictions on meetings, we will be unable to hold our Lunch with the Speaker, which usually has been held in the first half of the year.

Victorian Governor at Annual Sir Albert Coates Oration

Her Excellency, the Honorable Linda Dessau AC was the Orator at the Sir Albert Coates Trust Oration in November 2019.

Her Excellency acknowledged the life and achievements of Albert Coates along with the work of the Trust. In the weeks prior to the Oration, she had visited many Universities and TAFE Colleges and the thrust of her remarks was directed to the outcomes of these institutions and the need to create multi-disciplined thinkers.

Drawing on the words from the Eulogy given by Sir Edward Dunlop at Albert's funeral, she made analogies between his life and her view of education needed by future leaders.

She then spoke about former great leaders and thinkers such as Leonardo da Vinci and John Monash wondering whether "the next polymath or polymaths being incubated right here" at Federation University.

The full text of the Governor's Oration can be found here.

www.governor.vic.gov.au/sites/default/files/2019-11/Sir%20Albert%20Coates%202019%20Oration_0.pdf

Pictured with the Governor and her husband, Mr Anthony Howard, are Scholarship recipients following the Albert Coates Oration and Scholarship Presentation

Pictured from left to right are:

Abbey Small, Emma-Jane Norman, Ann Betts, Wayne Johnson representing his daughter Lauren Johnson, The Honorable Linda Dessau , Mr Anthony Howard, Mark McOwan, Kerry Osbourne and Deborah Bennett.



University of Melbourne/RACS Coates Scholarship in Anatomy for 2019

The presentation of certificates for completion of the Graduate Diploma in Surgical Anatomy was held on 3rd September at University House, Melbourne.

Again, the course attracted strong interest and is now under the supervision of Associate Professor Quentin Fogg.

The graduation address was delivered by Mr. John Crock, a plastic and reconstructive surgeon at Monash University.

He comes from a family with strong medical tradition from Melbourne University, with his father Gerard Crock and his uncle Harry Crock both outstanding surgical leaders in their fields.

John told the story of the development of plastic surgery as a specialty, and the prominent role played by Melbourne surgeons. A close study of anatomy was crucial to many of the new techniques used by these surgical leaders.

Sir Albert Coates was strongly involved in teaching anatomy at the University, as James Stewart lecturer in anatomy and acting Professor of Anatomy, early in his medical career.

As with the development of plastic surgery, Coates based his clinical and surgical skills on basic anatomical knowledge, long prior to the use of CT scans, ultrasound and angiography.

The Coates scholarship for 2019 was presented to Dr Wen-Shen Lee, seen below with Mr Don Moss, chair of the ACMT.



2019 Mt Pleasant Primary School Awards

Each year the Albert Coates Memorial Trust awards six monetary prizes to children in Year 6 at Mt Pleasant Primary School who complete projects on the life of Albert Coates.

These prizes are made possible through generous donations to the ACMT from Sebastopol Bowling Club, Roger and Elizabeth Trudgeon and Arthur and Robyn Coates.

During the fourth term of 2019, the students worked on their projects with some assistance from their classroom teachers, Paul McAloon and Scott Walker.

According to our 'judges' all projects were of a very high quality and it was very hard to select the winners

Awardees for 2019 seen below were:

Ned Murnane - First Prize
Kiera Anderson - First prize
Michelle Carter - Highly Commended
Lynken Hilverts - Highly Commended
Nina Tregonning - Commended
Max Lamers - Commended

The children are pictured below.



ALBERT COATES MEMORIAL TRUST

PO Box 2478

Bakery Hill, Victoria 3354
www.albertcoates.com.au

Please note change of Email Address:
albertcoatesmt@gmail.com

ABN 22 346 252 276

Donations to the ACMT are tax deductible

The Albert Coates Memorial Trust sponsors a range of student scholarships at Federation University Australia and the University of Melbourne.

In association with the Department of Health, Victoria, it also offers scholarships for the post-graduate training of rural emergency care nurses.

Scholarships are also offered at the Australian Catholic University (nursing/paramedics) and at the University of Notre Dame (medical).

During 2019 a new scholarship at Deakin University's medical school was awarded for the first time.

Albert Coates Memorial Trust Committee

Trustees

Chair: Mr Don Moss OAM

Treasurer: Mr Neil Shiells

Assistant Treasurer: Mr Rudy Novotny

Secretary: Mr Roger Trudgeon

Trustee: Ms Shirley Mclver

Trust Committee Members

Mrs Desley Beechey JP

Mr Arthur Coates

Mrs Robyn Coates

Dr Ed Davis

Ms Gwenda McManus

Mr Roger H Mitchell

Honorary Auditor

Mr Sam Maskell

Honorary Patron

Mr Walter Gherardin OAM

Editor

Mrs Robyn Coates



A Note from the 2019 Deakin University Albert Coates Memorial Award Recipient: Justin Galvin

I was the Deakin University Albert Coates Memorial Award recipient for 2019. This award assists final-year medical students from Deakin University with the financial costs of the compulsory medical elective.

I am both honoured and humbled to be the first student from Deakin University medical school to receive this award.

I was fortunate enough to travel to Addenbrooke's Hospital in Cambridge, England, in the department of Paediatric Ophthalmology. The Albert Coates Memorial Award assisted me with my flights and my on-site accommodation, for which I am truly grateful.

I set off for England in September, arriving in the countryside at Stansted Airport. I had some time before my placement in the hospital to explore Cambridge.

It was a truly marvellous town, full of history and beautiful architecture. I went Punting down the River Cam for a tour of the city, which included sights such as the student colleges, the Mathematical bridge, and the weeping willows along the riverside.

I explored the inside of the student college halls, including the famous Kings College, which were mostly empty due to study break.

However, I did stumble across one hall with students enjoying a lunch; the atmosphere was quite reminiscent of Hogwarts in the Harry Potter movies.

Since my accommodation was shared with seven other medical students from around the world, I was also able to explore Cambridge much more throughout the rest of my time there, which involved good food, drinks, and discussion about history, politics and religion.

My time in the ophthalmology department was fantastic. The surgeons were so friendly and welcoming, and genuinely happy to have me there.

They encouraged me to gain experience in as many ophthalmology subspecialties as possible, which I took full advantage of - for example I attended the clinics and theatres of: oculoplastics, strabismus, glaucoma, emergency, vitreoretinal and paediatric.

I also attended numerous presentations and teaching sessions.

A particular experience that I take with me was in the strabismus clinic. We saw a middle-aged woman who had lived with strabismus for most of her life (abnormal alignment of the eyes). She had finally gathered the courage to seek out surgery.

I learnt that her life was spent in fear of what others thought of her appearance, and she had developed habits to avoid eye contact with people.

She had low self-esteem and lacked confidence. Surprising to me, this patient broke down into tears with joy after the surgeon told her that it would be a straightforward operation and she could expect a good cosmetic result.

I had never realised that this type of surgery could have such an impact on someone's life, not just a cosmetic operation but an improvement of one's mental health, translating into better physical health too.

I am delighted to have been a part of this patient's journey, and all the patients I saw during my elective.

This elective consolidated my interest in ophthalmology and expanded my knowledge of the surgical subspecialties.

It is unfortunate that as a medical student we receive so little ophthalmology training. Our eyesight is precious, and I believe the medical school curriculum should incorporate further opportunities for students to learn and become involved in this amazing speciality.

Thank you to those who made this opportunity possible. I had the most amazing experience and learnt so much to take with me to internship to become a safer and more confident doctor managing ophthalmological issues and to clarify my career aspirations.

Justin Galvin



From our Award winners

Thanks from Abbey Small

I am currently completing my second year of Bachelor of Nursing /Bachelor of Paramedicine the Australian Catholic University at Ballarat, Victoria.

I am loving my course and my recent experiences on clinical placement has further grown my passion for healthcare in the community.

Concurrently, I am continuing my service in the Army Reserves as a Driver Specialist parading at Ranger Barracks in Ballarat.

As I continue to develop and grow as a soldier, I further appreciate the different roles of ranks and corps in the Australian Defence Force (ADF) and how the values developed in the Army are often translated in the clinical practice of nurses, paramedics and other healthcare professionals.

Courage, initiative, respect and teamwork are essential principles for upholding the highest of professional standards and application of best practice in the clinical environment.

My experience in recent paramedicine clinical placement and continued Army service has fortified my passion and drive to represent the university, ADF and myself to the utmost standard that I am able to achieve as a student, soldier and member of the community.

Without the assistance of the Albert Coates Trust through this scholarship, I would not have had the capacity to obtain academic resources to assist in successful and efficient study. The purchase of a laptop and prescribed textbooks has assisted my success in a very challenging semester immensely. Furthermore, the profits of such assistance have allowed me to continue in volunteering throughout the community, which is an act that I also hold very dearly.

Overall, I am unable to truly express in writing the gratitude that I have for the Albert Coates Trust for such support throughout the academic year of 2019, I am extremely honoured to be an official recipient of this scholarship.

It would be an absolute privilege to return such gratitude through involvement with the Albert Coates Trust to promote the importance and impact of such scholarships to students such as myself.

Kindest regards

Abbey Small



Clinical Elective – The Mayo Clinic

Mark McDwan

The achievements of modern medicine are no accident.

They are the culmination of human sacrifice and intellectual endeavour throughout history.

We have inherited this rich tradition from our retired colleagues.

As such, there is a responsibility to protect and perpetuate it.

This is a daunting prospect but nonetheless exciting.

The Mayo Clinic is one of few institutions that have been largely responsible for forming our modern conception of evidence-based medicine.

Attending a clinical elective at the Mayo Clinic has provided me with an opportunity to experience this philosophy in a unique and tangible way.

I hope this brief article does justice to the profound way this elective has transformed my understanding and practice of medicine.

The Mayo Clinic can be best described as having three core focuses – clinical practice, education and research.

These are represented in their symbol of three shields overlapped and interlinked.

It alludes to the fact these qualities should not exist in isolation, but rather in parallel.

It understands that research is only useful in longevity if it can be effectively communicated to the next generation. Both these features are essential for sustainable and high-quality clinical practice.

A clear example of this is the use of robotic surgical equipment in urology and gynaecology in the Mayo Clinic.



This technology was originally designed for surgeons to perform procedures on American soldiers in Afghanistan from the safety of home soil.

Several of the surgeons at the Mayo Clinic actively research and teach in this field.

This is just one example which begins to capture the philosophy of the Mayo Clinic.

It is a forward-thinking hospital with deep respect for its roots and tradition.

I'm sure Sir Albert Coates would have been intrigued by these developments given his experiences!

The Mayo Clinic researches a wide variety of fields and specialities. The development of emergency telehealth services for rural areas was something that particularly resonated with me.

This technology enables experienced ED physicians to assist with emergencies in remote parts of the United States. Hospitals connected to the service had specially designed resuscitation bays with high-resolution cameras installed with audio and microphone functions. For example, the cameras could easily zoom and reveal the subtle micro-anatomy of the human iris with astonishingly high resolution. Developing this technology has helped address inaccessibility of specialist healthcare for regional populations. This research is particularly pertinent for places like Australia.

The Mayo Clinic contributions to medicine extend beyond lab and technological advancements. Dr Henry Plummer was an endocrinologist at the Mayo Clinic who developed the first centralised patient medical record system.

Needless-to-say, centralised medical records have revolutionised our practice of medicine.

It has permitted a more team-based approach that has undoubtedly led to better patient outcomes.

Before going to the Mayo Clinic, this is something I took for granted and believed to be self-evident.

This made me realise that simple, thoughtful alterations to the way we practice can have profound impacts on the outcome of our patients.

The opportunity to go to the Mayo Clinic would not have been possible without the generosity of the Sir Albert Coates Trust and Melbourne Medical School through their donors.

I offer my sincere and heartfelt gratitude to all those that have made this possible. I'd like to particularly thank Dr Rob Campbell and his family who have had an instrumental role in making this dream a reality.

I hope I can translate what I learnt from this experience into my own practice. I look forward to passing this rich tradition of medicine to my students.



Mark pictured at the Mayo Clinic, Rochester, Minnesota, USA.

Scholarship Updates

Deakin Awardee for 2020: Conor Dickson

Conor comes from regional Victoria, and is completing his medical training at Deakin University, based in Ballarat.

His long term aim is to work as a rural GP. He is to complete his fourth year elective at the University of Edinburgh in Scotland. He is one of seven children, and finds the financial stress of his university training quite difficult.

ACU Awardee for 2020: Jacqueline Chester.

Jacqueline is completing her double degree in Nursing and Paramedics.

She has a strong history of Veterans in her family, and has been completing her studies under considerable financial stress.

Her community involvement includes working for St Johns Ambulance, Junior tennis coaching and Scouting Victoria.

Ballarat Health Services Perinatal Scholarship

Applications for this scholarship close in early May.