

The

Medical Scientist



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**An official publication of the Australian Institute of Medical Scientists
New South Wales/Australian Capital Territory Branch.**

Brought to you from 'Your Editorial Team'.

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**New Year
Edition**

Issue Highlights

- ★ **AIMS Centenary**
- ★ **Report from Chair and Deputy Chair**
- ★ **Clinical Review**
- ★ **Thalassaemia**
- ★ **HDG**
- ★ **Have your Say**

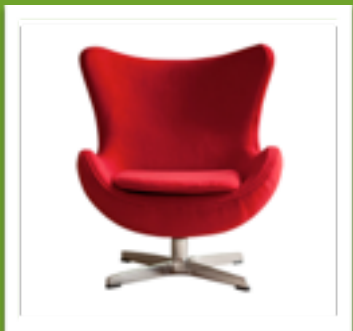
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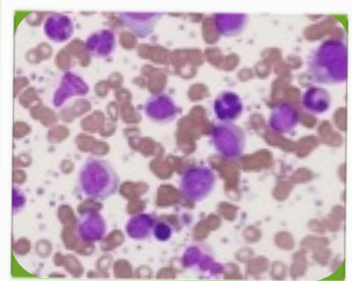
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From the editor

Having celebrated the achievements of the past year, we now look forward to what the next has in store

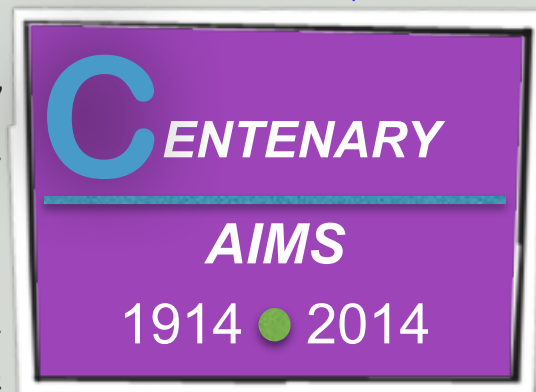
The end of another year has just passed and as we celebrate the new year, we take a few moments to reflect on the NSW/ACT branch events of the past year, a year that has seen the Clinical Review meetings go from strength-to-strength as well as the second year of the new format branch Newsletter "The Medical Scientist", one that the Committee hopes that our members truly enjoy.

In looking at the past year where we saw change politically and perhaps professionally we also look to the future, a future that is rapidly changing and I am sure the branch and its members will continue to adapt and manage change successfully.

A future also that will see the ushering in of the Institute's centenary in 2014. So, perhaps the best way to manage change successfully is to get together, learn together and laugh together. If we can continue to do that then we have a future together.

May I also take this opportunity in wishing you all a very happy new year and a prosperous 2014.

Anup



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F U CENTENARY
PAST U PRESENT E 1914 - 2014



AIMS National Scientific Meeting 2014



RYDGES WORLD SQUARE SYDNEY



4-6 SEPTEMBER 2014

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FROM THE CHAIR

Annual Report AIMS NSW/ACT Branch

This is my first annual report since taking office as chairperson of the NSW Branch in July 2012. I would like to take this opportunity to thank the members of the committee for their efforts over the past twelve months.

The main thrust of the committee this year has been on continuing education activities. The Haematology Discussion Group committee has

**Christopher
Coad**

christopher.coad@sswahs.nsw.gov.au

again been active holding regular meetings in Sydney throughout the year. The trivia night in July sponsored by Abbott is included in the calendar and is always an enjoyable evening with hospital and private pathology teams competing for a trophy.

The NSW branch again this year continued with the highly successful "Clinical Reviews" which are held twice every year. In February this year the topic for the review was "Complications of Pregnancy".



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It was held in conjunction with the AACB (Australian Association of Clinical Biochemists) and sponsored by Beckman Coulter and attracted over one hundred participants. The second review was held on August 5th entitled “Thalassaemia” and was sponsored by Johnson and Johnson. It was also very successful with over sixty in attendance.

In April this year I had the great pleasure of writing a letter of support for Dr. Ross Brown (Principal Scientist in Haematology at RPAH) and with the help of Robert Short (St. Vincent’s Hospital Sydney) and the NSW branch a nomination for life membership was sent to AIMS. I am delighted to say the nomination was endorsed by the AIMS board and Ross will receive this prestigious award in the opening ceremony of the AIMS National Scientific Meeting in Melbourne on 2 September 2013.

It was with great pleasure that I gathered together on the stage with the Dean of the Faculty of Science at UTS (University of Technology Sydney), academics and representatives of industry and business to present the annual awards for AIMS accredited courses at the 2013 prize giving ceremony. AIMS awards four prizes annually and this year they were in the form of membership of AIMS rather than monetary prizes as in the past. The following were presented;

Leonard J Lawler prize for 2012 Leanna Titterton

Jim Ruxton prize in Haematology 2012 Bahidh Hiba

Curtis Hill prize in Clinical Bacteriology 2012 Beatrix Kandova

Bruce Munro prize 2012 Joanna Spasojevic

I look forward to the next twelve months and the celebrations associated with the centenary of AIMS.

Chris

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FROM THE DEPUTY CHAIR

2013 has been another successful year for the branch!

Welcome everyone to the third edition of the Medical Scientist!

I must congratulate the Editor, Anup Patel, for his talent in compiling this third edition of the Medical Scientist.

2013 has been another very successful year for the NSW/ACT Branch of AIMS. As always, education has been at the forefront of the 2013 activities. Both Christopher Coad and Sarah Just have written about the 'Clinical Reviews' held in 2013.

**Gillian
Rozenberg**

gillian_rozenberg@yahoo.com



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They have been a great success, attracting huge numbers of Medical Scientists, Haematology registrars and members of the trade. In fact the number attending the combined AIMS/AACB held in February was so large that Beckman Coulter had to open a second lecture room to accommodate the number of attendees! The committee has more of the same planned for 2014 so mark your diary after reading 'Dates for your Diary' on page 24.

The most exciting event planned for 2014 is of course the Centenary National Scientific Meeting to be held in Sydney from September 4-6 at the Rydges Hotel, World Square. The theme of the Meeting is 'Past, Present and Future'. I am a member of the Scientific Committee organising the scientific content for this event. Should any of you have a request for a particular topic for discussion at this meeting please feel free to contact me via my email: gillian_rozenberg@yahoo.com

I wish you all the very best for 2014. May it be a healthy and successful New Year.

Gillian

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AIMS NSW/ACT BRANCH CLINICAL REVIEW

The third Clinical Review was well attended with the topic being Thalassaemia

After the success of the first clinical review for 2013, where we had over 100 attendees, the second clinical review was held in August with the topic being “Thalassaemia”. Our sponsors for the night

were Ortho Clinical Diagnostics and the event was held at their offices in Macquarie Park.

The review was well attended with over 60 people and a conference video connection with our AIMS colleagues in Canberra was arranged.



Sarah

Just

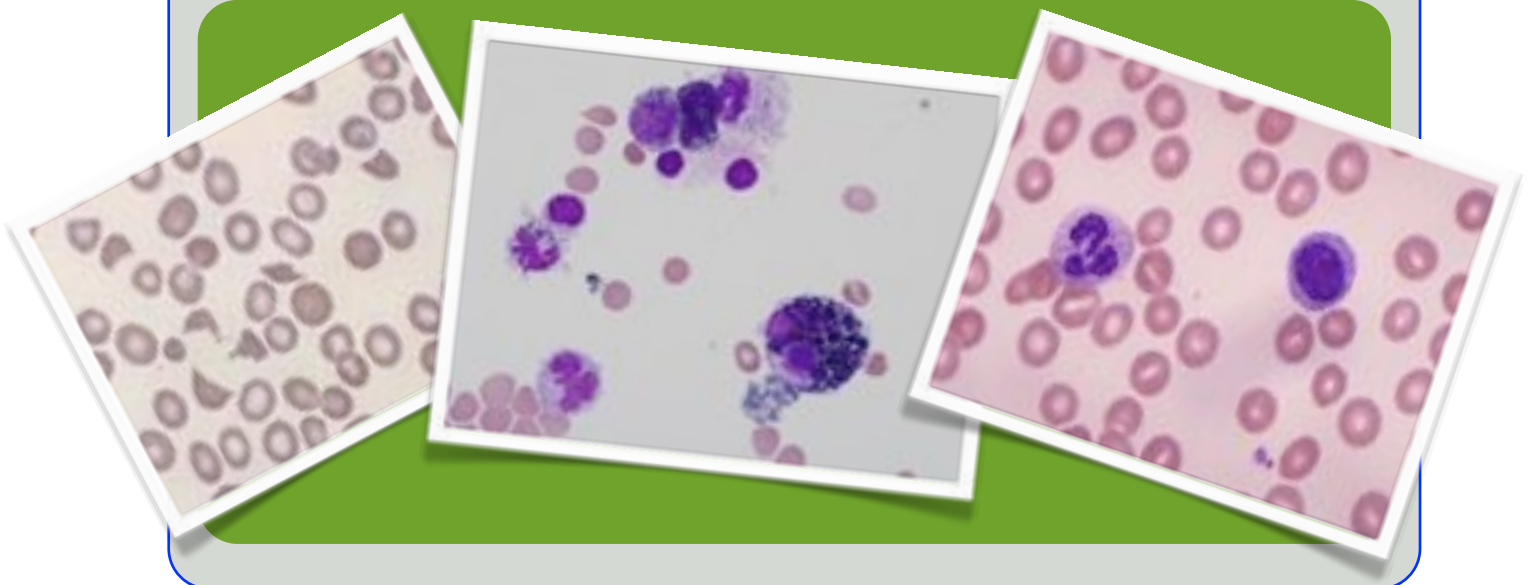
sarah.just@sesiahs.health.nsw.gov.au

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The first speaker was **Associate Professor Robert Lindeman**, Director of SEALS North Haematology from Prince of Wales Hospital. He gave a great overview of Thalassaemia in the adult patient including the multi-faceted clinical complications of this disorder. These include transfusion dependence, osteoporosis, iron overload which leads to cardiac complications and endocrine disorders such as diabetes, hypogonadism, hypothyroidism and hypoparathyroidism, as well as transfusion complications such as Hepatitis C. Other issues including thrombosis, asplenia, and management of pregnancy were touched on. The treatment options were reviewed for iron overload including the successes with iron chelation therapy. Future directions for disease management including bone marrow transplantation and gene therapy were also mentioned.

The second speaker was **Dr. Julie Curtin**, Haematologist from the New Children's Hospital at Westmead. She gave a review on the paediatric presentation of this disorder including the significance of the presence of the various haemoglobins at different stages of development. She discussed a few cases



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where knowledge of the amount of various haemoglobins at the different age ranges (newborn to 1 year old in particular) would have impacted on the correct diagnosis and subsequent management of the child.

The final speaker was **Nancy Lucich**, a thalassaemia patient and co-ordinator of the Thalassaemia Centre for NSW. Nancy's presentation was inspiring to hear, how she and her family have managed the issues with Thalassaemia. Because of the overwhelming response from attendees we have asked Nancy to write a summary of her presentation for the newsletter. If you require any further information about the "Thalassaemia Centre of NSW" feel free to contact Nancy on 02 95504844 or email coordinator@thalnsw.org.au.

Due to the great attendances at the clinical reviews for 2012 and 2013 we have decided to continue with this format in 2014. The first one for the year is "Multiple Myeloma – a haematology, biochemistry and transfusion perspective" and will be held in conjunction with the AACB in February at Beckman Coulter's premises at Lane Cove. See the AIMS website for further details. Please remember to RSVP to the event for catering purposes, with the BBQ starting at 6pm followed by the presentations at 7pm.

**FOR DETAILS ON THE FORTHCOMING
CLINICAL REVIEW AND RSVP
INFORMATION, PLEASE SEE PAGE
13.**

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**AIMS/AACB
NSW/ACT Branches**

Combined Clinical Review and BBQ

'Plasma Cell Myeloma'

A bedside to laboratory perspective

When:
Tuesday 18 February 2014
6:00pm start for the BBQ
7:00pm start for the clinical review

Venue:
Beckman Coulter
23-27 Chaplin Drive,
Lane Cove NSW 2066

PRESENTERS:

Professor Joy Ho
Haematologist
Haematology Department
Royal Prince Alfred Hospital

Louise Wienholt
Laboratory Manager
Clinical Immunology
Royal Prince Alfred Hospital

Evangelia Papathomas
Senior Hospital Scientist
Special Chemistry
Liverpool Hospital

Tracey King
Clinical Nurse Consultant
Haematology Department
Royal Prince Alfred Hospital



Please RSVP by
Friday 31st January 2014

John Sneddon
jsneddon@beckman.com

For more information, please contact:

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or
Maree James
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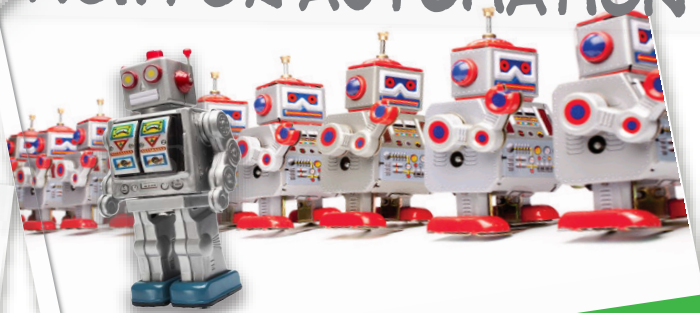


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“THE GIFT OF LIFE”

**A touching story of Thalassaemia from
the point of view of a patient**



**Nancy
Lucich**

I was born in Sydney Australia on the 26th December 1976 to Italian Parents who had 2 Children, I was the second child with one older sister. My mother had a very natural and normal pregnancy with both my sister and I, we were born into this world very health happy babies.

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I continued to grow and thrive as a toddler until the age of 3 when my mum started to notice a significant difference between myself and my sister, although she was only 12 months older than me there started to be a big difference in weight, height, and general health and development.

My mum became most concerned when I was showing signs of anaemia, I became pale, did not sleep well, lost my appetite and was failing to grow and thrive like my sister. At this point after many trips to the Royal Alexander Hospital for Children in Camperdown, and a series of blood tests and medical appointments I was diagnosed with a genetic blood disorder called Thalassaemia Major.

Thalassaemia is a genetic blood disorder that affects the reproduction of red blood cells, patients with Thalassaemia Major do not have the ability to reproduce red cells, so in order for survival and to lead a healthy life they require regular blood transfusions. My parents were both carriers of the genetic disorder however were not aware carriers carry the genetic disorder and lead perfectly normal lives. Although I was diagnosed with Thalassaemia Major very early in life the doctor's prolonged treatment because my blood levels were not extremely low at that point.

At the age of 4 I underwent major surgery to have my spleen removed as this was no longer working for me, my belly became very swollen and sore and I remember any sort of movement around my tummy area caused me so much pain.

From the age of 4-8 I started to look unwell, my colour changed to a yellow sallow look, and my facial bone structure started to change, basically the marrow in my bones was working overtime to try and produce these red blood cells but my body could not do it... slowly

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I became more and more unwell, at this point I was being bullied and teased at school by the other children. Parents at the school would make nasty comments while I passed or to my mother when she came to pick me up. My mother not being confident with her English as a second language would not reply or inform them of what was wrong with me as she didn't want to say the wrong thing.

I remember as clear as day the television advertisement's that used to be on TV in the 80's of the Grim Reaper, they were HIV Commercials, I would watch them as a child but not know what it was until one day the nasty kids at school said that that was me, that I had aids and the commercial was about me. From here on until high school I had a battle convincing my "friends" at school that I was okay, I didn't have aids, and they could not catch what I had.

Finally a decision was made at the age of 9 to start me on regular blood transfusions, on the one hand I was very frightened of the procedure and the ongoing needles but on the other hand I wanted the doctors to make me better, I wanted to feel and look normal like all the other children at school and to show them that I would be okay.



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As time passed, I continued to have blood transfusions every 4 weeks. I started to feel better and slowly I started to look better. Within one year of the regular blood transfusions I looked like a totally different child. A very noticeable difference in my school photos from one year to the next. In year 7 I looked like a normal young girl about to start high school, a little smaller than some of the other girls in my year but still within a “normal” range.

At this point even though the blood transfusions were helping my blood levels to come up to a normal functioning level I was then faced with receiving too much iron into my body. Excess iron in the body affects all the major organs and can result in heart and liver failure. Without the removal of this excess iron the results could be fatal.

I started iron chelation therapy treatment to remove the excess iron in my body with an iron chelating drug called Desferrioxamine. This drug is injected under the skin by slow infusion pump over a 10 hour period 5-7 nights per week.

In the beginning it was difficult and heart breaking for my parents to not only have to see me having regular blood transfusions but also administer this slow infusion via injection every night. As time went on it became routine and a part of our life and I thank the lord every day that it changed my life.

Growing up I never really had dreams or visions of falling in love, getting married and having a family like most young girls do, I would always block it out and not allow myself, as the life expectancy for a Thalassaemia patient back then was early to mid twenties so for me I was lucky to just be there month by month and I never made any big plans.

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I did however complete high school and sat for my HSC, I then took the path of beauty therapy and worked for many years with leading cosmetic houses in David Jones. I was great at sales, and doing beauty treatments and loved my job.

As a young teenager I was introduced to the Thalassaemia Society of NSW, the Society was formed in 1979 by parents and doctors to help support parents and patients with Thalassaemia. They worked hard as volunteers to raise awareness and much needed funds to purchase equipment for all the patients and hospitals. I became a society member as I felt it was important for me to be involved and do my part to help where I could.

While life was rolling on and I was keeping busy somehow I had time to meet my Prince Charming, I fell in love at the age of 20 and was married at 23, looking back now we were very young, but very much in love. I knew by his reaction to my telling him about my Thalassaemia that he was a true and genuine soul with whom I could spend the rest of my life.

We enjoyed 6 fun filled years as a married couple, building our first home, then going onto building again just because he is a builder and we could, while we both worked hard and went on nice short trips away time passed and then we decided that we would embark on the IVF Journey to see if we would be blessed with a child. After many attempts at IVF and a few mishaps along the way we were truly blessed with a beautiful healthy baby boy.

At this point in my life I gave up full time work and then took on a part time role working for the Thalassaemia Society of NSW as the Centre Coordinator.

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I spend my time at work doing something that is very close to my heart, educating the community about Thalassaemia, raising so much needed awareness, being there for newly diagnosed patients and their parents by guiding them onto the next steps in their treatment or appointments, constantly being there for existing patients to educate them and give them as much up to date information on Thalassaemia as available, and inform them on what is going on around the world . I work closely with the health professionals that do a remarkable job looking after our patients, if they require any resources or information I am there. I give support to the Society and help them execute functions and fundraising events and above all I get to be me....

Our baby boy is not such a baby anymore he has just turned 7, he is happy, healthy and doing what he should and shouldn't be doing sometimes... he keeps me busy on my days off from work and most of the times life just goes on so normal that I don't even think twice about my Thalassaemia.

I would however like to point out that my story is called the "Gift of Life" and that is because without the generous blood donors we have in Australia I would not be here today, I would not have seen my 21st birthday, got married, and had a child. I have blood donors to thank and be grateful for, just as much as my parents. My parents brought me into this world but it's the blood donors that keep me alive.

Thank you!

Nancy

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2014 RCPAQAP/AIMS MALARIA/MORPHOLOGY WORKSHOP



Applications for the 2014 RCPAQAP/AIMS Malaria / Morphology Workshops will be available on the RCPAQAP Haematology website on the 24th February 2014, from 12 Noon (EST Sydney)

<http://www.rcpaqap.com.au/haematology/workshops/>

The RCPAQAP/AIMS Morphology Workshop is run over 2.5 days, with sessions on setting up a microscope, Malarial Parasite identification, Staining, RBC morphology, Bone Marrows, Leukaemia, Myelodysplastic syndromes, Thalassemias and Paediatric morphology.

Thursday (10:45 - 17:00): Malarial Parasite Workshop
Friday and Saturday (8:30 - 17:00): Morphology Workshop.

Speakers include prominent pathologists and scientists who volunteer their time and donate slides and notes for each workshop.

Previous experience in Haematology Morphology is desirable.

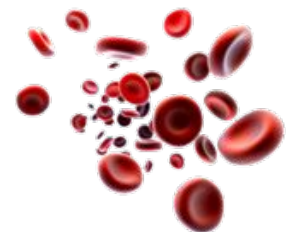
Registrants should expect an intensive program which provides the opportunity for hands on review of cases and assistance from experts, where required.

On departure, participants will take away session notes and a full set of digital images, scanned by virtual microscopy, which will include annotations of the diagnostic features in each case study.



2014 scheduled dates for the Workshops are:

29th, 30th and 31st May 2014
7th, 8th and 9th August 2014



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AUSTRALIAN PUBLICATION

Microscopic 3e Haematology

a practical guide for the laboratory

Gillian Rozenberg FAIMS, Senior Medical Scientist, Department of Haematology, SEALS Randwick, Prince of Wales Hospital, NSW, Australia

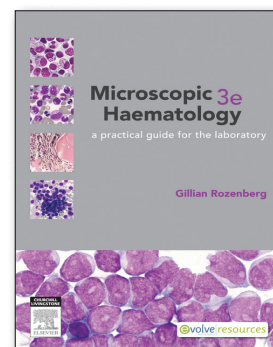
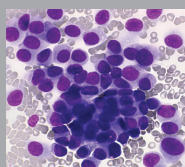
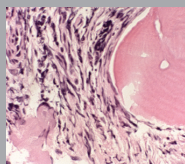
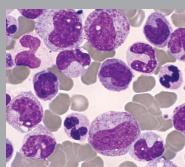
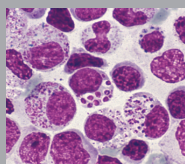
Microscopic Haematology 3e is an atlas of haematology designed for use in a diagnostic setting. The third edition provides over 400 full colour haematological slides of exceptional quality.

Arranged in a logical order, it commences with the red cell series describing normoblastic erythropoiesis and then goes on to describe abnormal erythropoiesis and all the red cell disorders associated with anaemia. Each type of anaemia is described with a minimal amount of text and accompanied by coloured haematological slides depicting the red cell changes associated with the particular disorder. The images have been magnified x 1000 and are of a very high quality.

The white cell and platelet section follows on and adheres to the same format as the red cell section.

There is a section on haematology relating to paediatrics which describes red cell, white cell and platelet disorders occurring in cord blood, the neonate and childhood.

The last section is on Blood Parasites and describes the four species of human malaria. A description of the characteristic features of each species as it occurs in the red cell is accompanied by images clearly depicting the various stages of maturation of each species of malaria.



November 2010

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Gillian Rozenberg Training Workshops ABN 36714064947

Haematology Morphology Workshops

Friday 11 April – Saturday 12 April 2014
Friday 29 August – Saturday 30 August 2014

Sir Stamford Hotel
93 Macquarie Street, Circular Quay, Sydney

Two day workshop covering the following topics

<p>Day 1: Red cell nomenclature WHO Classification of myeloproliferative neoplasms WHO Classification of myelodysplastic syndromes WHO Classification of acute myeloid leukaemia and related precursor neoplasms</p>	<p>Day 2: Malaria Lymphocytes: reactive / neoplastic Paediatric Haematology Case Studies</p>
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Saturday Lectures 08:00 – 15:30
Refreshments: morning and afternoon tea and lunch will be provided
Expression of interest: gillian_rozenberg@yahoo.com
Mobile: +61 (0) 419 639 529
www.microscopic-haematology.com



Gillian Rozenberg Training Workshops ABN 36714064947

Haematology Morphology Workshops - Sydney 2000, NSW, AUSTRALIA
Sir Stamford Hotel, 93 Macquarie Street, Circular Quay, Sydney

REGISTRATION FORM

April 11-12 Workshop (tick box) August 29-30 Workshop (tick box)

DELEGATE INFORMATION

Title: _____ Given Name: _____ Surname: _____

Address for correspondence: _____

Organisation: _____

Position: _____ Phone: _____ Fax: _____

E-mail: _____

REGISTRATION FEE \$600.00 (ex. GST) per participant. Workshop limited to 35 participants.

Payment details:	Telegraphic transfer / Bank cheque
Bank Account details:	Gillian Rozenberg Training Workshops
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	BSB: 112-879
	Account Number: 482975715

Make cheques payable to: Gillian Rozenberg Training Workshops
Please fax or mail Registration forms and Payment to: Fax: + (61 2) 9327 6975
Mail: 5/4 Greenoaks Avenue, Darling Point, NSW 2027, Australia

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Dates for your diary
2014



HAEMATOLOGY DISCUSSION GROUP

2014 PROGRAM

Tuesday 18th February	AIMS/AACB Clinical Review 'Plasma Cell Myeloma'. A bedside to laboratory perspective
Monday 7th April	'Auto immune disorders' Case Studies
Monday 2nd June	New anticoagulants and HITS
Monday 7th July	TRIVIA
Monday 4th August	Clinical Review 'Haemophilia'
Monday 13th October	Paediatric Case Studies
Monday 1st December	Point of Care Testing

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News In Short

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The APACE (Australasian Professional Acknowledgement of Continuing Education) scheme is a voluntary program that recognises continuing education, formal courses and a wide range of professional activities which contribute to your professional growth.

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www.aims.org.au/apace

The Australian Institute of Medical Scientists (AIMS) Fellowship Program

The Fellowship has been updated and provides a flexible staged process towards completion of the program.

A modular structure has been developed comprising two compulsory and two elective modules to be completed for each discipline. For the General/Core Laboratory discipline the four modules are compulsory. Considerable flexibility is provided to the study format, subject modules that can be selected, and the timeframe for completing the programme. Mentoring arrangements are made as required for each candidate.

The program also retains a viva voce examination. A dissertation may not be required at the end stage if, during the previous five years, the candidate has published a paper in a relevant peer reviewed journal or successfully completed a research degree thesis approved by the Examinations Council.

The new model provides for Members to undertake any module without formally entering the Fellowship program. APACE certificates are awarded and 40 APACE points accrued for successfully completed modules; compulsory modules completed attract advanced standing for subsequent enrolment into the Fellowship programme within a five year period.

The Fellowship provides an attractive and highly competitive option to academic post graduate degrees at a fraction of the cost. The Fellowship is recognised by the National Pathology Accreditation Advisory Council of the Department of Health and Ageing as meeting the requirements for supervision of category GX and GY laboratories.

See below for the regulations, modules and curricula, and enrolment and examination application forms.

I encourage Members to consider the new Fellowship as the preferred option for advancing their knowledge and career prospects.

Barry Gormley
Chair, Examinations Council

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Links of the Month



- ▶ **National cervical screening program E-newsletter**
<https://www.aims.org.au/news/national-cervical-screening-program-e-newsletter-november-2013>
- ▶ **Know Pathology Know Healthcare**
<https://www.aims.org.au/news/know-pathology-know-healthcare>
- ▶ **Government will dump cap on self education expenses**
<https://www.aims.org.au/news/government-will-dump-cap-on-self-education-expenses>
- ▶ **National rural and remote health workforce innovation and reform**
<https://www.aims.org.au/news/national-rural-and-remote-health-workforce-innovation-and-reform>



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Do you have something to contribute to the Newsletter?

All articles, letters to the editor and contributions welcome

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Designed and Edited by Anup Patel

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