

***Michelle Brady was the recipient of a small scholarship, donated to us by the ONJCWC, to assist her with the costs associated with attending the OM3/OM4 program in Melbourne. Michelle has previously contributed to the newsletter about her journey to this point, and this month she agreed to send me a diary entry from the first three days of the course, to give others a sneak peek into what it's like to be there and what the challenges are for her....***



**Day One – 28<sup>th</sup> April 2015, 9pm**  
***Program: Review OM1 and 2, Hospital culture, orientations and research and consent sessions.***

I slept surprisingly well last night and woke this morning nervous but excited that the day has finally arrived where we get to start OM3. I was lucky enough to share a ride with another student from our accommodation (at Bell City in Preston) and it was great to walk in with someone else who was in the same shoes as me. We all met in the cafe, which allowed us to informally introduce ourselves and it was terrific to see some familiar faces from OM2 nearly 2 yrs ago.

After putting on our green shirts (which is a funny feeling in itself) we got into our introduction of the course and then began our sessions with the many professionals of the different wards. It must sound a little ridiculous, but after years of knock backs and brick walls from doctors in my local area, it is a bizarre feeling to be greeted with a welcoming smile and acknowledgement of our training and skills with OMT.

The day seemed to pass surprisingly quickly and even at the end of the day when Kate & Gillian gave us our homework quiz and case studies to complete, I felt pretty happy with where I find myself at the end of the day.....tired!....but happy and I look forward to all that awaits us tomorrow. Cheers , Michelle 😊

**Day Two – 29<sup>th</sup> April 2015, 9.15pm**  
***Program: Communication, self care, medical terminology, dry lab and case study presentations.***

We all arrived feeling positive this morning, which lasted for about 1hr and then we realised; "Ahh this is when the intensity turns up"! It was good to see the lunch break roll around... We needed fresh air, food and a chance for the massive information load to have time to process.

Coming back from lunch, I was ready for another big information load but found it surprisingly ok; there's a lot of common sense to this program, but with a really high level of intensity and scrutiny.

I left with my 4 quizzes, 1 -3pg worksheet and some notes from the morning to rewrite, so that I would better understand Stem Cell Production. Homework tonight took 1.5hrs, my hand hurt and my concentration is well and truly shot writing this!! I'm happy to report I had retained more than I thought but glad to

sit by myself and not have to talk to anyone, too tired. Cheers, Michelle 

### **Day Three – 30<sup>th</sup> April 2015, 8.23pm**

***Program: Medical massage, radiation oncology, manual handling, infection control.***

On reflection the homework took at least 2hrs last night but I found after an intense day I had trouble turning off. I woke every hour and found it hard to get to sleep in the first place. When we all met this morning most people were in the same position. I felt liberated after yesterday for a better word with lots of ideas that I noted down at many stages during the night for later reference.

We began the day with Grief, Loss, Burnout and Self Care. The stories shared were emotional. Their not case studies they were real and although at times tough to tell, thank you to the 8 great ladies in the room willing to share openly and honestly because I have definitely learnt from it.

During Burnout and Self Care, it became crazy obvious that I suffered burnout last year, but failed to admit it at the time. It's amazing how we can miss the large flashing signs from our bodies to STOP yet we continue to try and justify why it's ok or normal. This is a very very important section and I got a lot from it as did others who shared their burnout stories. We got some more quizzes for tonight and had a welcomed break.

After lunch came the dry lab training. Really terrific set up and so helpful being up there. Many laughs were had this afternoon and Gillian should definitely consider a part time acting career .

I'm pleased tonight there are only 2 quizzes and, I have also decided to book myself in for a massage when I'm home next week, I have certainly earned it! See I did pay attention to the Self Care Chapter . Cheers Michelle 

The **Day Four Program** is very intense and includes multiple prac assessments with volunteer clients. Therapists are debriefed at the end of the day and then advised to ensure that they have at least a day off before returning to work after OM3. Only those therapists who have completed 12months practice of oncology massage after Module Two, and are then selected by our executive committee are offered a spot on this program. This training is world class and unique its delivery.