

**Centre for Medical and Health Sciences Education (CMHSE)**

**Research Seminar Series**

**Monday 19 June 2017, 12noon - 1.30pm  
Room 503-028, Grafton Campus**

**Technology and psychology in modern  
surgical training**



**Mr David McCormack, Cardiothoracic Surgeon  
Waikato Hospital**

David is a Cardiothoracic surgeon who was trained in London, UK. Outside of surgery, he has represented England in Karate at the international level and coached the University of London Karate Squad to multiple national championships over a decade.

He brings lessons from sports coaching to dexterity development in surgery, and robust decision making. He will evaluate the use of psychology and evolving technology in contemporary surgical training.

**Tai Chi Chuan and improving student  
wellbeing**



**Drs Marcus Henning and Craig Webster  
Centre for Medical and Health Sciences Education, University of  
Auckland**

The poor health consequences of stress are well recognized, and students in higher education may be at particular risk. Tai Chi integrates physical exercise with mindfulness techniques and seems well suited to relieve stress and related conditions. We conducted a systematic review of the benefits of Tai Chi in higher education based on 68 reports in Chinese and 8 in English, comprising a study sample of 9263 participants. Eighty one health outcomes were extracted from reports, scored and ranked – reducing to four primary and eight secondary health outcomes.



**RSVP to Doreen Presnall [d.presnall@auckland.ac.nz](mailto:d.presnall@auckland.ac.nz)**

**12noon – 12.30pm – light lunch and networking  
12.30 – 1.30pm – Seminar presentations**

**If you are interested in presenting at one of  
our monthly seminars please email your idea  
to: [Craig Webster c.webster@auckland.ac.nz](mailto:c.webster@auckland.ac.nz)**