I attended the GP10 conference in Cairns, Queensland from 6 to 9 October 2010. GP 10 was the annual national combined Conference of the Royal Australian College of General Practitioners and the Australian Association of Practice Managers. I presented my paper: “General practitioners rate of use of diagnostic tools in the management of hypertension” during the conference.

The feedback I received from the audience regarding my presentation was invaluable and formed the main learning points of my trip. I began to realise some of the flaws of my paper, for example, as I worked with a cardiologist on this project, we failed to acknowledge the many constraints that a GP faced when managing hypertension – barriers that a specialist might not encounter. On the bright side, I received many compliments regarding my speaking style and enthusiasm in research as a medical student.

During the conference, I had the privilege of meeting other medical students and junior doctors from around Australia. We shared many of our experiences living in the different states and compared the teaching and curriculum in the different medical schools. We exchanged contacts and looked forward to meeting and working with each other in the future.

One of the most fulfilling experiences during the conference was my opportunity to give advice to younger medical students who were interested in research. Through my involvement in research this year, I was able to share the lessons I learnt in research with these students. I gave them some tips on searching out opportunities and how to juggle medical school and an interest in research.

Lastly, the various workshops at the conference were very educational. In particular, I really enjoyed a presentation about the involvement of Australian doctors in Papua New Guinea - it was truly inspiring.

In summary, GP10 has given me valuable insights into research, provided me with the privilege of imparting my experience to younger medical students and created the opportunity for me to meet fellow medical students and junior doctors from interstate.