

# *business plan 2021*

The NRHSN is an initiative  
of the Australian  
Government Department of  
Health administered by the  
Consortium of Rural  
Workforce Agencies.

## About us

### National Rural Health Student Network

The National Rural Health Student Network (NRHSN) represents the future of rural health in Australia. It has more than 11,000 members who belong to 29 university Rural Health Clubs from all states and territories.

The NRHSN is Australia's only multi-disciplinary student health network, bringing together people studying medicine, nursing and allied health, encouraging them to pursue rural health careers.

The NRHSN aims to:

- ▶ provide a voice for students who are interested in improving health outcomes for rural and remote Australians
- ▶ promote rural health careers to students and encourage students who are interested in practising in rural health care.

The NRHSN and its Rural Health Clubs offer rural experience weekends, career information sessions and professional development activities; and provide a social base for students at university and when on rural placement.

The student network leaders also advocate on behalf of health students of all disciplines - including opportunities for more rural placements and training support.

### Rural Workforce Agencies

The NRHSN is an initiative of the Australian Government Department of Health, administered by the Consortium of Rural Workforce Agencies (RWAs). The NSW Rural Doctors Network is the RWA managing the NRHSN on behalf of the Consortium.

Each Australian State and the Northern Territory is served by a government-designated RWA that works to improve access to high-quality healthcare for people in remote, regional and rural Australia. RWAs do this through a range of programs, services and initiatives that attract, recruit, retain and support GPs, nurses and allied health professionals in rural and remote communities.

### Contact us

National Rural Health Student Network  
Level 7, 33 Chandos Street  
St Leonards NSW 2065  
02 8337 8100

[info@nrhsn.org.au](mailto:info@nrhsn.org.au)  
[www.nrhsn.org.au](http://www.nrhsn.org.au)



### Rural Health Clubs

- |                |   |
|----------------|---|
| 1. ARMS        | Australian National University, ACT                                 |
| 2. AURHA       | Adelaide University, SA   |
| 3. BREAATHHE   | University of Newcastle, NSW  |
| 4. BUSHFIRE    | Bond University, QLD  |
| 5. CARAH       | Charles Darwin University, NT in assoc with Flinders University, SA |
| 6. CRANC       | University of Canberra, ACT   |
| 7. CROHC       | Curtin University, WA   |
| 8. FURHS       | Flinders University, SA   |
| 9. HOPE4HEALTH | Griffith University, QLD  |
| 10. KRASH      | Notre Dame University, Broome, WA                                   |
| 11. LARHC      | La Trobe University, Bendigo, VIC                                   |
| 12. MIRAGE     | University of Sydney, NSW   |
| 13. MURHC      | Macquarie University, NSW   |
| 14. NERCHA     | University of New England, NSW                                      |
| 15. NOMAD      | Deakin University, VIC  |
| 16. OUTLOOK    | University of Melbourne, VIC  |
| 17. RAHMS      | University of New South Wales, NSW                                  |
| 18. RHINO      | James Cook University, QLD  |
| 19. Rh+        | Charles Sturt University, Wagga Wagga, NSW                          |
| 20. RHUWS      | Western Sydney University, NSW                                      |
| 21. ROUNDS     | Notre Dame University, Sydney, NSW                                  |
| 22. ROUSTAH    | University of South Australia, SA                                   |
| 23. RUSTICA    | University of Tasmania, TAS   |
| 24. SHARP      | University of Wollongong, NSW                                       |
| 25. SPINRPHX   | Combined Universities of Western Australia, WA                      |
| 26. StARRH     | Charles Darwin University, NT including Flinders University, NT     |
| 27. TROHPIQ    | University of Queensland, QLD                                       |
| 28. WAALHIIBE  | Combined Universities of Western Australia, WA                      |
| 29. WILDFIRE   | Monash University, VIC  |

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## Introduction

### Aim

The NRHSN aims to improve the health of rural and regional Australians through:

- ▶ providing a voice for students who want to improve health outcomes for rural and remote Australians
- ▶ promoting rural health careers to students and encouraging students who are interested in practicing in rural health care.

### Role

The National Rural Health Student Network (NRHSN) provides a voice for students who are passionate about improving health outcomes for rural and remote Australians.

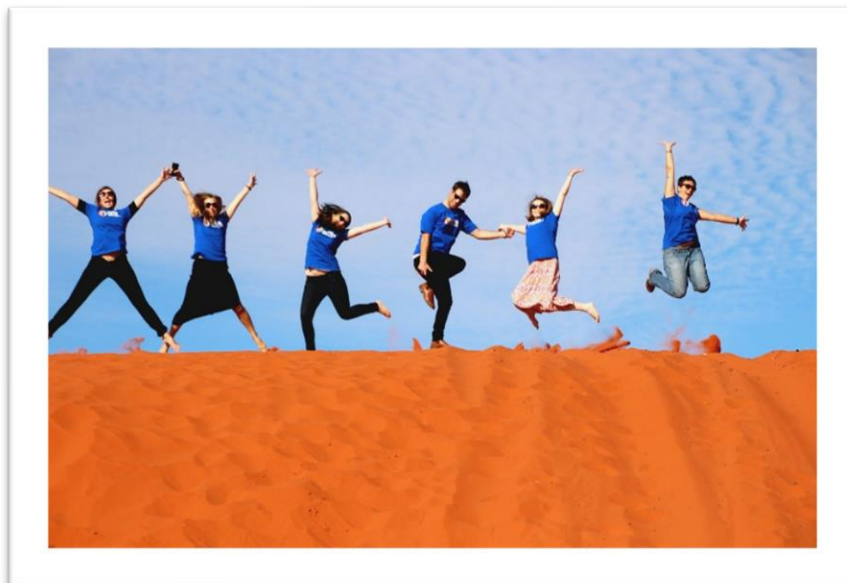
The Network has more than 11,000 members who belong to 29 Rural Health Clubs at universities throughout the nation. They include students from medical, nursing, midwifery, and allied health courses.

The NRHSN offers interdisciplinary networking, professional development, and opportunities to promote rural health careers.

The NRHSN is funded by the Australian Government and managed and supported by NSW Rural Doctors Network representing the consortium of Rural Workforce Agencies.

### Operating Principles

- ▶ Work with Rural Health Clubs to complement their on-the-ground knowledge and experiences.
- ▶ Support the Rural Health Clubs to deliver the aims on time, within budget and to an exemplary standard.
- ▶ Utilise evidence-based research to inform, plan and evaluate.
- ▶ Advocate our members' views to inform and influence national rural health workforce priorities.
- ▶ Represent the NRHSN with consistent messages to external organisations and stakeholders.

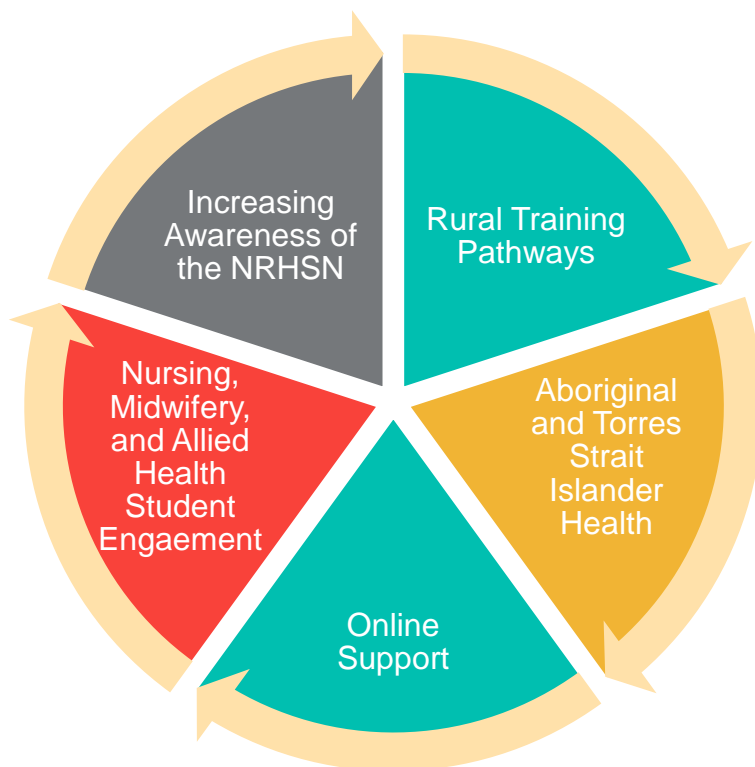


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## Priorities

2021 priority advocacy areas:

1. **Clear, supported, and sustainable rural training pathways** for all disciplines to ensure students have accessible and positive placement experiences, role models, and the ability to keep learning regardless of location – as students and throughout vocational training.
2. **Promotion of Aboriginal and Torres Strait Islander health** through our own engagement and our Rural Health Club engagement with the community, allowing for continued improvement of Aboriginal and Torres Strait Islander health and education.
3. **Supporting Rural Health Clubs, students, and rural training pathways through online support** – in response to the changing demographic of students and models of education.
4. **Nursing, midwifery, and allied health student engagement and achievements** – support to engage a multidisciplinary rural workforce that is well informed about the needs and opportunities in rural Australia.
5. **Increase awareness of NRHSN** through relationship with Rural Health Clubs, universities, and stakeholders.



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## Activities

2021 key activities:

- ▶ **Advocacy** - Position Paper updates and development
  - Rural Midwifery: a snapshot of 2020 (Project Lead: Angela Pham)
  - First Nations Health Career Guide (Project Lead: Skylar Alucia)
  - Rural High School Visits: A Comparison Across Queensland's Rural Health Clubs (Project Lead: Maddy Brown)
  - Allied Health Undergraduate Employment Guide (Project Lead: Hayley Johns)
- ▶ **Advocacy** - we will engage with universities and stakeholders on our key priorities:
  - Clear, supported, and sustainable rural training pathways – accessible positive experiences, role models and the ability to keep learning regardless of location
  - Aboriginal and Torres Strait Islander health – increasing community engagement for continuous improvement of Aboriginal and Torres Strait Islander health and education
  - Support for Rural Health Clubs to positively affect the health of rural Australians
- ▶ **Sector development** – we will monitor and comment on health funding and sector change



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## Monitor and advocate

We will continue to monitor and advocate in the following areas in 2021:

- ▶ Rural community health outcomes
- ▶ Aboriginal and Torres Strait Islander health outcomes
- ▶ National Rural Generalist Pathway for Medicine and Allied Health
- ▶ We will continue to provide our member views to consultations on relevant government reforms and reviews, such as:
  - Rural Health Multidisciplinary Training Programme
  - The Bonded Return of Service System (BRoSS)
  - Educational opportunities for Aboriginal and Torres Strait Islander students.
- ▶ We will engage with and monitor the outcome of the Regional Training Organisations to ensure clear and supported rural training pathways
- ▶ Our Rural Health Clubs will further our engagement with local Primary Health Networks and Rural Workforce Agencies as an integral part of the planning of education policy and future health workforce. We continue to engage with our universities as the future trainers of our rural health colleagues
- ▶ We will continue to work with government and others in progressing the development and integration of new innovative models in health service delivery, including extended scopes of practice, emerging health professions, multidisciplinary models and eHealth
- ▶ We will continue to advocate for mental health training for all health students and provide resources to support our members through their rural training, such as our Mental Health Guide and Rural Placements Guide
- ▶ We will engage with the Regional Training Hubs which are a component of the Integrated Rural Training Pipeline for Medicine (IRTP), an Australian Federal Government initiative.



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## National Executive Committee

[executivecommittee@nrhsn.org.au](mailto:executivecommittee@nrhsn.org.au)

### Chair – Jocelyn Ledger

- ▶ BREAATHHE Rural Health Club
- ▶ Medical student
- ▶ University of Newcastle

Jocelyn grew up in Lithgow, NSW and spent time living in Albury, NSW while completing her Bachelor of Business. Jocelyn is a medical student at the University of Newcastle and completing her clinical years at Maitland Hospital and Calvary Mater Newcastle. She has previously been the NRHSN Community and Advocacy Officer, President and General Councillor for Medicine in her rural health club, BREAATHHE, and is a current NSW Rural Doctors Network Medical Cadet. In 2019, Jocelyn was awarded the Australia College of Rural and Remote Medicine President's Prize. Jocelyn is passionate about general practice, rural health, and advocating for students wanting to experience and learn in rural settings. She is looking forward to working with students, rural health clubs, and stakeholders in 2021.

You can reach Jocelyn at [chair@nrhsn.org.au](mailto:chair@nrhsn.org.au)



### Vice Chair Internal – Katie Baronie Shaw

- ▶ SPINRPHEX Rural Health Club
- ▶ Medical student
- ▶ University of Notre Dame, Fremantle

Katie is a WA local with a passion for rural and remote medicine that has developed over many years of work experience and volunteering around Australia. These experiences drove her towards medicine at Notre Dame Fremantle and a continued involvement in rural health clubs. Katie was the founder of Macquarie University Rural Health Club, Vice Chair of Fair Game NSW and President of SPINRPHEX. 2021 will be spent in Albany, a regional town on the coast of south west WA, the perfect location to be representing NRHSN.

You can reach Katie at [vcinternal@nrhsn.org.au](mailto:vcinternal@nrhsn.org.au)





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## Vice Chair External – Jean-Baptiste Philibert

- ▶ RHUWS Rural Health Club
- ▶ Medical student
- ▶ Western Sydney University

Jean-Baptiste (JB) was born and raised in regional France and moved to an island off the coast of Madagascar at age 11. At the age of 16, he finished high school, and having always dreamt of Australia he moved as a temporary entrant to Perth, WA to learn English for a few months. JB fell in love with Australia and never left. Once JB finally became an Australia citizen after working several years in events, hospitality and the university sector, he sat the UMAT for the first time. He always knew that he wanted to work and live rurally and had regretted not ever having the opportunity to try for medical school. Now in his 2nd year, JB is the recipient of the Rural and Regional Enterprise Scholarship, a PASS facilitator, Secretary of RHUWS and a John Flynn Placement Program Scholar in the NT. He completed his first life changing placement in Tennant Creek in November 2019 and can't wait to go back.

You can reach JB at [vcexternal@nrhsn.org.au](mailto:vcexternal@nrhsn.org.au)



## Secretary – William Wood

- ▶ MIRAGE Rural Health Club
- ▶ Medical student
- ▶ University of Sydney

William is a medical student based at Royal Prince Alfred Hospital, Sydney. Originally from Griffith, Will believes in the need for equity among rural and metropolitan areas especially in health and education.

Will graduated as a Civil Engineer from UTS and was working across multiple LGAs in Sydney before moving home and briefly working in Griffith and later in Hillston, NSW. Dedicated to pursuing medicine, Will eventually transferred his science degree from Wagga Wagga to Charles Sturt University in Orange where he remained for two years. During his time in Orange he worked as a Sleep Technician and was a Summer Scholar with the University of Sydney. After graduating with a Bachelor of Clinical Science, he moved to Sydney to work as a Research Assistant for the Sleep Research Group based at the Charles Perkins Centre at Sydney University where he still works on a casual basis. Will has served on a variety of organisations and brings a wealth of experience to the position. He is currently a Rotarian with the Rotary Social Impact Network and is working towards his blue belt in Brazilian Jiu Jitsu. He is also fluent in Spanish and is working towards his B1 level German.

You can reach William at [secretary@nrhsn.org.au](mailto:secretary@nrhsn.org.au)



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## Community and Advocacy Officer – Nicola Murphy

- ▶ ROUNDS Rural Health Club
- ▶ Medical student
- ▶ University of Notre Dame, Sydney

Nicola grew up on the Darling Downs in Queensland and is currently a long way from home, studying Medicine at the University of Notre Dame in Sydney. Nicola has been the Secretary of ROUNDS Rural Health Club in 2020, along with leading the Medical Association of UNDS Alumni Committee. Prior to this, Nicola completed a Bachelor of Exercise and Sports Science (Hons) at UQ in Brisbane. In 2021, as a third-year medical student, Nicola looks forward to opportunity to engage in advocacy for Rural Health and rural careers for health students on a national level.

You can reach Nicola at [advocacy@nrhsn.org.au](mailto:advocacy@nrhsn.org.au)



## Indigenous Health Officer – Skylar Alucia

- ▶ ARMS Rural Health Club
- ▶ Medical student
- ▶ Australian National University

Skylar grew up around in rural New South Wales in Broken Hill, Tumut and Jindabyne. Having lived the first six years of his life in the residences at Broken Hill Base Hospital, Skylar is passionate about improving rural health and through his involvement with the community, developed a deep appreciation for the culture in rural Australia. Skylar is a current student at the University of Wollongong where he has been heavily involved the SHARP, UOW's rural health club as the Junior Allied Health Representative, Secretary, and subsequent President. Additionally, he has been involved in other student societies and a representative on the Student Advisory Council. Skylar considers it a privilege to be able to advocate for and support rural and Indigenous students throughout Australia.

You can reach Skylar at [indigenous@nrhsn.org.au](mailto:indigenous@nrhsn.org.au)



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## Medical Officer – Maddy Brown

- ▶ RHINO Rural Health Club
- ▶ Medical student
- ▶ James Cook University

Maddy grew up in regional and rural NSW and relocated to Far North Queensland to study Bachelor of Medicine / Bachelor of Surgery at JCU, Townsville. Her experiences of regional and rural medicine growing up, along with the amazing opportunities she has been granted throughout her studies have solidified a strong passion for offering high quality health care to all people, regardless of their location. Maddy has been strongly involved with her rural health club, Club RHINO, acting as Medical Faculty Representative in 2019, and Club President in 2020. She is excited by the opportunity to represent medical students across Australia with a shared passion for rural health in her new role as Medical Officer and is excited to contribute to the positive change that is occurring nation-wide for rural health.

You can reach Maddy at [medical@nrhsn.org.au](mailto:medical@nrhsn.org.au)



## Nursing and Midwifery Officer – Angela Pham

- ▶ RHUWS Rural Health Club
- ▶ Nursing student
- ▶ Western Sydney University

Born and raised in South West Sydney, Angela has always had a drive to do more for her community. She previously studied a Bachelor of Pharmacy in Orange, NSW and believes this is where her passion for rural healthcare was sparked. Since then, Angela has endeavoured into studying a Bachelor of Midwifery and been an active member of WSU's rural health club, RHUWS, serving as the midwifery representative in 2019 and now finishing up her term as Co-President in 2020. Both roles involved liaising with students and rural bodies to bring together events such as RHUWS' Rural Outreach Trip to Wagga Wagga in 2019 and Dubbo in 2020. She's also been involved with rural clinical immersion trips in towns such as Bathurst and Tamworth. Angela strives to bring adequate rural training and experience to Nursing and Midwifery students and is excited to represent these students nationally while working in a team of supportive, passionate and inspiring advocates.

You can reach Angela at [nursing@nrhsn.org.au](mailto:nursing@nrhsn.org.au)



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## Allied Health Officer – Hayley Johns

- ▶ BREAATHHE Rural Health Club
- ▶ Podiatry student
- ▶ University of Newcastle

Hayley is currently studying Podiatry at The University of Newcastle, as she has a passion for helping others and being actively involved in her community. Helping one person might not change the whole world, but it could change the world for one person! Hayley's involvement in the NRHSN and BREAATHHE stemmed from her desire to increase awareness among fellow health students about the importance of lower limb health. In addition to understanding and appreciating other allied health and medical practices, especially in terms of multidisciplinary patient care. Her dream job is to provide podiatry services to communities in rural and regional areas!

You can reach Hayley at [allied@nrhsn.org.au](mailto:allied@nrhsn.org.au)



## Social Media Officer – Debra Lee

- ▶ SHARP Rural Health Club
- ▶ Medical student
- ▶ University of Wollongong

Debra is a Perth girl who has moved to NSW to study medicine. She has been a pharmacist going on 7 years now, and still currently works from time to time. She has been lucky enough to work in regional and remote areas all over Australia, from places as small as Meekatharra in WA, to larger hubs like Mildura and Cairns. Her favourite thing about working in smaller areas is being a part of the local, tight-knit community. Currently, Debra is the Vice President at SHARP, and hopes to encourage as many students to be a part of their local rural health club. Her goal is to get everyone thinking about rural health, even if they plan on working in the city. She looks forwards to spreading the word as the new social media chair and hopes you will follow along the journey!

You can reach Debra at [socialmedia@nrhsn.org.au](mailto:socialmedia@nrhsn.org.au)



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## Publications Officer – Baneen

- ▶ RHUWS Rural Health Club
- ▶ Medical student
- ▶ Western Sydney University

Baneen was born and raised in Cobram, Victoria and moved to Sydney to pursue a career in Medicine. Baneen is currently a third-year medical student at Western Sydney University. She aspires to use her career to improve healthcare access to people from disadvantaged backgrounds, hence her passion for Rural and Global Health. She is looking forward to working with students who share her interest in Rural Health through NRHSN.

You can reach Baneen at [publications@nrhsn.org.au](mailto:publications@nrhsn.org.au)



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## Rural Health Clubs

- ▶ Provide rural health events and activities to engage and inspire health students in a rural health career
- ▶ Connect with local Rural Workforce Agencies, Primary Health Networks, Universities, regional training organisations, colleges
- ▶ Engage all health disciplines in membership and activities
- ▶ Affect positive change in rural communities

Club	University	Location	Region	Email
ARMS	Australian National University	Canberra, ACT	Riverina	<a href="mailto:arms@nrhsn.org.au">arms@nrhsn.org.au</a>
AURHA	Adelaide University	Adelaide, SA	Nullabor	<a href="mailto:aurha@nrhsn.org.au">aurha@nrhsn.org.au</a>
BREAATHHE	University of Newcastle	Newcastle, NSW	Greater NSW	<a href="mailto:breaathhe@nrhsn.org.au">breaathhe@nrhsn.org.au</a>
BUSHFIRE	Bond University	Gold Coast, QLD	QLD	<a href="mailto:bushfire@nrhsn.org.au">bushfire@nrhsn.org.au</a>
CARAH	Charles Darwin University in association with Flinders University	Alice Springs, NT	Central Australia	<a href="mailto:carah@nrhsn.org.au">carah@nrhsn.org.au</a>
CRANC	University of Canberra	Canberra, ACT	Riverina	<a href="mailto:cranc@nrhsn.org.au">cranc@nrhsn.org.au</a>
CROHC	Curtin University	Perth, WA	Nullabor	<a href="mailto:chroc@nrhsn.org.au">chroc@nrhsn.org.au</a>
FURHS	Flinders University	Adelaide, SA	Nullabor	<a href="mailto:furhs@nrhsn.org.au">furhs@nrhsn.org.au</a>
HOPE4HEALTH	Griffith University	Gold Coast, QLD	QLD	<a href="mailto:hope4health@nrhsn.org.au">hope4health@nrhsn.org.au</a>
KRASH	Notre Dame University	Broome, WA	Top End	<a href="mailto:krash@nrhsn.org.au">krash@nrhsn.org.au</a>
LARHC	La Trobe University	Bendigo, VIC	South East	<a href="mailto:larhc@nrhsn.org.au">larhc@nrhsn.org.au</a>
MIRAGE	University of Sydney	Sydney, NSW	Greater NSW	<a href="mailto:mirage@nrhsn.org.au">mirage@nrhsn.org.au</a>
MURHC	Macquarie University	Sydney, NSW	Greater NSW	<a href="mailto:macuniruralhealth@gmail.com">macuniruralhealth@gmail.com</a>
NERCHA	University of New England	Armidale, NSW	Greater NSW	<a href="mailto:nercha@nrhsn.org.au">nercha@nrhsn.org.au</a>
NOMAD	Deakin University	Geelong, VIC	South East	<a href="mailto:nomad@nrhsn.org.au">nomad@nrhsn.org.au</a>
OUTLOOK	University of Melbourne	Melbourne, VIC	South East	<a href="mailto:outlook@nrhsn.org.au">outlook@nrhsn.org.au</a>
RAHMS	University of New South Wales	Sydney, NSW	Greater NSW	<a href="mailto:rahms@nrhsn.org.au">rahms@nrhsn.org.au</a>
RHINO	James Cook University	Townsville, QLD	QLD	<a href="mailto:rhino@nrhsn.org.au">rhino@nrhsn.org.au</a>

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RH+	Charles Sturt University	Wagga Wagga, NSW	Western NSW	<a href="mailto:rhpositive@nrhsn.org.au">rhpositive@nrhsn.org.au</a>
RHUWS	University of Western Sydney	Sydney, NSW	Greater NSW	<a href="mailto:rhufs@nrhsn.org.au">rhufs@nrhsn.org.au</a>
ROUNDS	University of Notre Dame	Sydney, NSW	Greater NSW	<a href="mailto:rounds@nrhsn.org.au">rounds@nrhsn.org.au</a>
ROUSTAH	University of South Australia	Adelaide, SA	Nullabor	<a href="mailto:roustah@nrhsn.org.au">roustah@nrhsn.org.au</a>
RUSTICA	University of Tasmania	Hobart/Launceston, TAS	South East	<a href="mailto:rustica@nrhsn.org.au">rustica@nrhsn.org.au</a>
SHARP	University of Wollongong	Wollongong, NSW	Greater NSW	<a href="mailto:sharp@nrhsn.org.au">sharp@nrhsn.org.au</a>
SPINRPHEX	Combined Western Australian Universities	Perth, WA	Nullabor	<a href="mailto:spinrpheX@nrhsn.org.au">spinrpheX@nrhsn.org.au</a>
StARRH	Charles Darwin University and Flinders University	Darwin, NT	Top End	<a href="mailto:starrh@nrhsn.org.au">starrh@nrhsn.org.au</a>
TROHPIQ	University of Queensland	Brisbane, QLD	QLD	<a href="mailto:trohpiq@nrhsn.org.au">trohpiq@nrhsn.org.au</a>
WAALHIIBE	Combined Western Australian Universities	Perth, WA	Nullabor	<a href="mailto:waalhiibe@nrhsn.org.au">waalhiibe@nrhsn.org.au</a>
WILDFIRE	Monash University	Gippsland/Clayton, VIC	South East	<a href="mailto:wildfire@nrhsn.org.au">wildfire@nrhsn.org.au</a>

## Regions

Katie	William	Baneen	Debra	Nicola
RH+	BREAATHHE	RAHMS	RUSTICA	BUSHFIRE
ARMS	SPINRPHEX	LARHC	AURHA	WILDFIRE
CRANC	CROHC	NOMAD	FURHS	HOPE4HEALTH
CARAH			ROUSTAH	TROHPIQ
StARRH				
Maddy	Angela	Hayley	Skylar	JB
KRASH	ROUNDS	MURHC	OUTLOOK	MIRAGE
WAALHIIBE	SHARP	RHUWS	WILDFIRE	NERCHA