



Business plan 2023

National Rural Health Student Network (NRHSN) 2023 Business Plan

The Future of Rural Health!

About Us

The National Rural Health Student Network (NRHSN)

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, remote and Aboriginal and Torres Strait Islander 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.

You can find the 2023 NRHSN Executive Committee and the Rural Health Clubs that we represent [here](#). For more information about the NRHSN you can visit our website [here](#).

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 (RDN) 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.

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Acronyms

NRHSN	National Rural Health Student Network
RWAN	Rural Workforce Agency Network
RWAs	Rural Workforce Agencies
RDN	NSW Rural Doctors Network
RHCs	Rural Health Clubs that form the Network
Rural	In this business plan the term 'rural' encompasses all areas MM2-MM7

Background

Vision

To be the future of rural health!

Mission

To be a vibrant professional network that connects, inspires and empowers Australian healthcare students to effect change towards rural health equity

Our key goals in 2023 are to improve the health of rural and regional Australians through:

- Providing a voice for students who want to improve health outcomes for rural, remote and Aboriginal and Torres Strait Islander peoples
- Promoting rural health careers and encouraging students with an interest in rural health care
- Work with and support the RHCs to increase rural health leadership and improve executive governance
- Utilise evidence-based research to inform, plan and evaluate current and future initiatives
- Advocate for our members' views to inform and influence national rural health workforce priorities
- Represent the NRHSN with consistent communication to external organisations and stakeholders

To achieve these goals, we have 5 key strategic priorities:

- **Priority 1:** Engaging the Future Rural Health Workforce
- **Priority 2:** Supporting our RHCs
- **Priority 3:** Rural, remote and Aboriginal and Torres Strait Islander peoples Advocacy
- **Priority 4:** External visibility of the NRHSN
- **Priority 5:** Executive Governance

In pursuing these strategic priorities, we hope to achieve a National Rural health Student Network that, overall:

- Creates a community that is engaging and relevant to the RHCs
- Focuses on engaging students from diverse backgrounds to benefit the rural community
- Visible and present in all conversations and at all levels concerning rural and remote health
- Adds value to rural, regional and remote Australia
- Ensures its sustainability and future outlook

Priority 1: Engaging the Future Rural Health Workforce

Overall: The NRHSN focuses on engaging students from diverse backgrounds to benefit the rural community	
Key Area	Strategies to achieve this
<p>1.1 Promoting Aboriginal and Torres Strait Islander health careers</p> <p>The NRHSN promotes health careers for Aboriginal and Torres Strait Islander people in all aspects of health</p>	<ul style="list-style-type: none"> • <i>Providing Indigenous health professionals as speakers and role models to Indigenous students and regular social media posts that highlight careers in Aboriginal and Torres Strait Islander health</i> • <i>NRHSN to continue showing cultural-sensitivity and support for Aboriginal and Torres Strait Islander events throughout the year</i> • <i>Creating the Indigenous Officers Collective between NRHSN's Indigenous Officer and RHCs Indigenous Officers in the form of a Facebook group – providing the opportunity to connect, educate each other and brainstorm ideas for Aboriginal and Torres Strait Islander - based events that advocate for rural and Aboriginal and Torres Strait Islander health</i> • <i>Helping students to build relationships with local on the ground stakeholders (AIDA, NACCHO, IAHA, CATSINaM) and local Aboriginal Medical Services</i> • <i>Partner with grassroots organisations to build external stakeholder relationships to grow internal opportunities for students.</i> • <i>Council 1: Advocacy Training will contribute to improving health education curriculum delivery using a case study of ARMS for example.</i> • <i>Aboriginal and Torres Strait Islander Health Webinar is a great way to educate students around the health inequities faced by Aboriginal and Torres Strait Islander peoples and further, come to terms with understanding WHY this is the case. Then proceed to provide students with helpful tips on providing culturally-sensitive care to Aboriginal and Torres Strait Islander peoples</i> • <i>Social media advocacy for Aboriginal and Torres Strait Islander health events and initiatives</i> • <i>Casting our support behind important Aboriginal and Torres Strait Islander events to encourage RHCs to follow – broadening the scope of our audience</i> • <i>Cultural Competency Guide focusing on interacting with Aboriginal and Torres Strait Islander peoples - for medical and allied health students</i> • <i>Create an online event open to Aboriginal and Torres Strait Islander students in allied health, nursing, midwifery and medical degrees across Australia -> incorporate Aboriginal and Torres Strait Islander health-based guest speakers in a</i>

	<p><i>range of fields as role models to students and promoting Aboriginal and Torres Strait Islander Health careers. Also keep the event casual between speakers by allowing students to yarn and connect with each other!</i></p>
<p>1.2 Engaging the Future Rural Health Workforce</p> <p>The NRHSN will engage with and promote the work and achievements of future and current health students and rural health professionals</p>	<ul style="list-style-type: none"> • <i>Working to get a nursing and midwifery officer and allied health officer at each RHC as appropriate</i> • <i>Creating more opportunities for nursing and midwifery & AH students and sharing student experiences in AH and N&M</i> • <i>Being visible at O-week and create an O-week package to assist RHCs promote the NRHSN</i> • <i>Showcasing nursing and midwifery students and professionals such as ensuring councils and COOEE feature all health professionals</i> • <i>Advertising allied health and nursing events</i> • <i>'Spotlight on nursing and midwifery and AH' e.g., in COOEE!</i> • <i>Having open discussions and asking nursing and midwifery and allied health students where the NRHSN can help them.</i> • <i>Projects and position papers that are dedicated to N&M and AH professions.</i> • <i>Ensuring RHSV's are AH or N&M specific and engaging.</i> • <i>Engage with allied health, nursing and midwifery representatives from each RHC early in the year and ensure regular contact and follow up with allied health, nursing and midwifery representatives throughout the year.</i>
<p>1.3 Expanding the boundaries of our community</p> <p>The NRHSN will seek to grow its member base to include health students from all backgrounds and courses to represent the modern needs of rural Australia</p>	<ul style="list-style-type: none"> • <i>Looking at furthering mentorship opportunities for our students with key players in the rural sphere</i> • <i>Communicating with Social Media and Publications Officers from Rural Health Clubs to set expectations of mutual sharing of content.</i> • <i>More on the ground visibility such as attending events and being present at orientation</i> • <i>More opportunity for Allied Health and Nursing and midwifery students to get involved and promoting more of our allied health and nursing and midwifery stakeholder events and opportunities</i> • <i>Monthly features on our Social Media pages where we ensure that we are covering medical, Allied Health and nursing & midwifery students and healthcare professionals</i> • <i>Feedback opportunity for presidents and council attendees to track NRHSN's success across the</i>

	<p><i>year as well as more feedback opportunities for our general members.</i></p> <ul style="list-style-type: none"> • <i>Increased collaboration within the NRHSN team will allow brainstorm new ideas and way to overcome barriers</i> • <i>Excel spreadsheet for RHC to share the events that they have run or will run which will foster collaboration.</i> • <i>Sharing more student experiences of rural will contribute to bringing down the barriers many students see in rural.</i> • <i>Increased use of social media and featuring people across different media to encourage uptake</i> • <i>More events for students – e.g., Aboriginal and Torres Strait Islander Health webinar – would be a great opportunity to not only provide advocacy for Aboriginal and Torres Strait Islander health, but educate students about the health inequities Aboriginal and Torres Strait Islander peoples face and why this has been the case over so many years. Then go on to give a workshop to students on how to be culturally competent and provide culturally-sensitive care, particularly in rural and remote areas of Australia</i> • <i>Creating an approachable and welcoming environment with open discussions at council and during the year providing ample opportunity for feedback.</i>
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Priority 2: Relationships with RHCs

Overall: The NRHSN creates a community that is engaging and relevant to the RHCs	
Key area/goal	Strategies to achieve this
<p>2.1 Effective representation</p> <p>Ensure the accurate representation of the views of RHCs and their members</p>	<ul style="list-style-type: none"> • <i>Anonymous submission form for ideas, concerns, feedback to best represent clubs at stakeholder meetings</i> • <i>NRHSN and RHCs meet and greet meeting face-to-face or in person with all RHCs</i> • <i>Monthly Bulletin distributed to clubs</i> • <i>Regular NRHSN initiated communications</i> • <i>Upskilling clubs with regular training sessions</i> <i>Examples: YouTube Playlist of RSHV, Regular training (bi-monthly), Indigenous Officer Collective</i> • <i>Engaging club administrators to best support RHCs to achieve their goals</i> • <i>Encourage communication by project officers as well as central communication</i>

	<ul style="list-style-type: none"> • <i>WhatsApp group for all club presidents/chairs and other social media groups to engage RHCs in NRHSN based initiatives and council</i> • <i>Develop and deliver practical workshops for RHC executive at all council events focused on key priorities identified by RHCs in meet and greet and anonymous feedback</i> • <i>Develop and sustain meaningful relationships with all RHCs to ensure support is not only RHC focused but ensures RHC executive and committee members are supported holistically including professionally and emotionally</i> • <i>Initial early contact with RHCs to make initial relationships</i>
<p>2.2 Upskilling and support</p> <p>Provide valuable opportunities for RHCs and their members to build capacity, sustainability and leadership</p>	<ul style="list-style-type: none"> • <i>Provide training in RHSVs to upskill clubs on RHSV delivery</i> • <i>Plan, delivery and evaluate three Councils in line with NRHSN guidelines and provide relevant training, support and inspiration to RHC executive and members</i> • <i>YouTube Playlist of RHSV.</i> • <i>President's Induction at the commencement of the year to orientate them to 2023</i> • <i>Aboriginal and Torres Strait Islander peoples to present at Council to participate / encourage Aboriginal and Torres Strait Islander Community Engagement Workshop</i> • <i>NRHSN Indigenous officer to form an 'Indigenous Officers Collective' (Facebook group) with all RHC Indigenous Officers – creating a platform that provides support and enables students to bounce ideas off each other for events, ask questions and connect in general</i> • <i>Sharing Aboriginal and Torres Strait Islander-focused Events and Engagement Workshops, specifically through RHC Indigenous Officers Collective</i> • <i>Database of Ideas for RHSV structure</i> • <i>Having a shared events database to share ideas and inspiration for RHCs and foster collaboration</i> • <i>Sharing ideas of events on Website as a page to aid RHCs in event planning</i> • <i>Interactive map showcasing the school that have had RHSVs in the past on our website</i> • <i>WhatsApp group for all club presidents/chairs and other social media groups including Facebook to engage RHCs in NRHSN based initiatives and council</i>

	<ul style="list-style-type: none"> • <i>In-person coffees for more informal catch ups – Grab a coffee with the NRHSN, especially during Council</i> • <i>Working Groups to aid in delivery of objectives i.e. Youtube Playlist and Training Workshops</i> • <i>Facilitating opportunities for RHC members to have informal discussions and form relationships</i> • <i>Having opportunities for open discussions at Council – eg. Yarning groups to incorporate the Aboriginal and Torres Strait Islander Health aspect</i> • <i>But if we are delivering website – distributing that as a zoom link to the representatives applicable, as a parallel opportunity.</i> • <i>Develop and encourage participation in interactive activities during conference and throughout the year</i> • <i>Provide access to inspiring and educational guest speakers at council and throughout the year at relevant events</i> • <i>Develop and implement meaningful workshops for RHCs at council and throughout the year</i> • <i>Appropriate use of breakouts – in person or zoom to foster relationships with clubs and between clubs</i> • <i>Ensure feedback and evaluation is provided in a timely manner with at least 90% response rate. Ensure feedback is reviewed and where possible acted on</i> • <i>Open discussion to understand what our rural health club members want from us!</i>
<p>2.3 Create a supportive community</p> <p>Facilitate interactions and collaboration between RHCs and celebrate achievements</p>	<ul style="list-style-type: none"> • <i>More regular structured communication to best communicate our achievements and seek feedback from RHCs. This will enable sharing of events and promotion of their work on our socials.</i> • <i>Displaying a culturally-sensitive attitude towards everything we do, particularly showing support for important annual Aboriginal and Torres Strait Islander events such as, NAIDOC Week, National Sorry Day, Reconciliation Week etc., as RHCs are likely to follow. This can be done through social media posts and promotion and attendance at relevant events and conferences</i> • <i>Throughout the year, RHC's have a significant number of volunteers. As such, acknowledging these members would be appropriate. Chairs of RHC's make a significant contribution annually and an Acknowledgement / Recognition of</i>

	<p><i>Experience / Participation / Involvement from the Department of Health or RWAN would be appropriate.</i></p> <ul style="list-style-type: none"> • <i>Further to this at our final council of the year, RHC members could be nominated for an award – NRHSN Rural Health Club Member of the Year award. We could seek sponsorship from our external stakeholders who may support this award – making it the ACRRM or NRHA NRHSN RHC Member of the Year Award.</i>
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Priority 3: Rural, remote and Aboriginal and Torres Strait Islander advocacy

Overall: The NRHSN adds value to rural, regional and remote Australia	
Key Area	Strategies to achieve this
<p>3.1 Promote clear, supported and sustainable rural training pathways</p> <p>Promote clear, supported and sustainable rural training pathways for all health students</p>	<ul style="list-style-type: none"> • <i>Seeking feedback</i> • <i>Database of stakeholders, events and possibilities</i> • <i>Expanding on previously offered opportunities such as the mentorship program at a state-based level and working with our rural workforce agencies</i> • <i>Featuring health professionals on our socials</i> • <i>Guest speakers at Council that represent all health fields</i> • <i>Providing an Aboriginal and Torres Strait Islander Peoples Voice (whether this be through Aboriginal and Torres Strait Islander guest speakers / health professionals)</i>
<p>3.2 Resource generation</p> <p>Contribute to the significant body of work supporting the need for investing in rural, remote and <i>Aboriginal and Torres Strait Islander</i> health and training</p>	<ul style="list-style-type: none"> • <i>Guide and mentorship from RDN</i> • <i>Teamwork and assistance from other exec members</i> • <i>Regular communication that shares NRHSN's stakeholder engagement and advocacy work regularly. Within this, will be an opportunity to reply directly or anonymously with contributions.</i> • <i>Reactive Advocacy opportunities may be identified through monthly standing meetings, monthly bulletins and NRHSN Executive's monthly meetings (Rural Health News Update opportunity)</i>
<p>3.3 Effective use of social media to enhance engagement</p> <p>Continue to focus on promoting the activities of the network and stakeholders by</p>	<ul style="list-style-type: none"> • <i>Starting our presence across new media such as YouTube and Tik Tok and possibly LinkedIn and twitter to reach a more professional audience.</i> • <i>Having a good social media calendar</i> • <i>Build our narrative and utilise platforms to showcase our story</i> • <i>Sharing our position papers</i>

<p>engaging various social media platforms</p>	<ul style="list-style-type: none"> • <i>Endorse committee members on LinkedIn</i> • <i>Promote the work of Aboriginal and Torres Strait Islander health professionals in rural health as it is important to have these role models for our students</i> • <i>Research and data shared across.</i> • <i>Repurpose COOEE!, position papers to generate new content</i> • <i>Upskilling webinar at Presidents Induction, Council</i> • <i>Monthly bulletins to be incorporated into the website</i> • <i>Drive more traffic to website event sign up etc</i> • <i>Note from the Chair to put on the website</i> • <i>Resources section for RHCs</i>
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Priority 4: External Visibility of the NRHSN

Overall: The NRHSN is visible and present in all conversations and at all levels	
Key Area	Strategies to achieve this
<p>4.1 Strengthen our presence in the rural, remote and Aboriginal and Torres Strait Islander health spheres</p> <p>Continue being a valued stakeholder in rural, remote and Aboriginal and Torres Strait Islander health conversations</p>	<ul style="list-style-type: none"> • <i>Be proactive in our social media engagement</i> • <i>COOEE!</i> • <i>Cross-promoting stakeholders</i> • <i>Christmas cards for all our stakeholders</i> • <i>Chair to outline what we have achieved, our business plan, our goals at the beginning of each Council</i> • <i>Using research and evidence to promote what we do</i> • <i>Submitting abstracts at conferences to increase our presence</i> • <i>Publishing position papers and completing projects</i> • <i>Engage with stakeholders – be proactive!!</i> • <i>Use surveys appropriately to best receive feedback from our members</i>
<p>4.2 Foster and expand meaningful relationships</p> <p>Continue to nurture meaningful partnerships and collaborate with external organisations to impact the rural, remote and Aboriginal and Torres Strait Islander health sphere</p>	<ul style="list-style-type: none"> • <i>Rural Health Clubs</i> • <i>Rural Workforce Agencies</i> • <i>New stakeholders</i> • <i>Club Administrators</i> • <i>Future handover weekends should include handover between NRHSN committee members and external stakeholders.</i> • <i>Committee positions should introduce incoming representatives to external stakeholders.</i>

	<ul style="list-style-type: none"> • <i>VCExternal to create a cohesive and updated document containing best contact details for external stakeholders.</i> • <i>Using Wiki for stakeholders</i> • <i>Ensuring a stakeholder section is incorporated into the written and verbal handover</i> • <i>Be present and proactive in relationships with external stakeholders.</i>
<p>4.3 Grassroots presence</p> <p>Increase our presence at events engaging the rural, remote and Aboriginal and Torres Strait Islander health communities and promoting multidisciplinary careers</p>	<ul style="list-style-type: none"> • <i>Attend events</i> • <i>SM</i> • <i>COOEE!</i> • <i>O-week</i> • <i>Providing RHCs with resources to promote the NRHSN Council</i> • <i>Continually show our support for Aboriginal and Torres Strait Islander -based events throughout the year</i> • <i>FB group chat</i> • <i>Making content that they can share</i> • <i>Upskilling and assistance – especially at the beginning of their role</i>

Priority 5: Executive Governance

Overall: The NRHSN ensures its sustainability and future outlook	
Key Area	Strategies to achieve this
<p>5.1 A rewarding experience for executives</p> <p>Continue to provide a rewarding and sought-after experience for executive members</p>	<ul style="list-style-type: none"> • <i>On the ground visibility</i> • <i>More opportunities for students to get involved in events</i> • <i>Being up to date with Aboriginal and Torres Strait Islander health knowledge and competent with skills in providing culturally-sensitive care</i> • <i>Recognising student achievements</i> • <i>Portfolio Management Plan (PMP) and Personal Development Plan (PDP) system implemented to ensure a better experience for all involved</i> • <i>Allocating time in meetings for social catchups and life updates</i> • <i>Creating opportunities at our events (e.g., council) to socialise as a team</i> • <i>Merchandise</i> • <i>Awards</i> • <i>Templates that once generated are shared with RHCs</i> • <i>Having clearer Portfolio descriptions to ensure better transparency on what is being achieved.</i>

	<ul style="list-style-type: none"> • <i>Improving election processes to ensure all applicants are given a chance to apply.</i> • <i>External speakers at council</i> • <i>Sharing 10 implemented within our meetings.</i> • <i>Formal upskilling workshops with professionals as introduced at handover.</i> • <i>Attending relevant conferences when the member is presenting</i> • <i>Consideration of best use of the alumni network</i> • <i>Provide opportunities at each online meeting for team members to flag wellbeing issues by using systems such as traffic light system</i> • <i>Create a safe space through ‘yarning’ opportunities</i> • <i>Create a wellbeing policy and strategy</i> • <i>Team leaders to take responsibility for modelling positive wellbeing behaviours</i> • <i>Having open discussions about wellbeing</i> • <i>Burnout buddy implementation</i>
<p>5.2 Well established processes</p> <p>Maintain robust and sustainable processes and internal policies</p>	<ul style="list-style-type: none"> • <i>Ensure a full use of the resources such as platforms and shared drives that are organised adequately</i> • <i>Continuation of the PMP and PDP system and reviews to ensure continued participation by all executives</i> • <i>Ensure adequate handovers are written and given to new executive members to establish sustainable processes</i> • <i>Improve election processes to ensure a wide variety of applicants are represented across the roles</i> • <i>Improve the NRHSN’s transparency through improved communication with RHC Presidents at Council, stand up meetings and monthly Bulletins</i> • <i>Implement Quarterly Reviews</i> • <i>Provide opportunities for feedback from the executive team and the RHCs we represent</i>
<p>5.3 Future proofing</p> <p>Future proof our existence by establishing long term strategies and goals for future committees</p>	<ul style="list-style-type: none"> • <i>Where are you now? Featured in COOEE!, Keynote speakers promoted through socials</i> • <i>Establish a strategic plan 2023-2026</i> • <i>Implement Quarterly Reviews</i> • <i>Maintaining appropriate meeting minutes</i> • <i>Implement a rolling handover system</i> • <i>Supporting RHCs with their handover process</i> • <i>Writing internal policies</i> • <i>Ensuring handover weekend is as relevant as possible to incoming executives</i> • <i>Clear documentation of communication and work with RHCs and other stakeholders</i>

	<ul style="list-style-type: none"> • <i>Something about administrators- e.g., revamping administrators guide + effective communication to RHC from the begging of the year at Presidents induction and Council</i>
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Executive Oversight and Delivery:

Person Responsible	Strategic priorities allocated
Chair	Assists with/oversee all
Vice-Chair External	1.1, 1.2, 1.3, 3.2, 4.2, 4.3,
Vice-Chair Internal	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.2, 4.3,
Vice Chair of Operations	1.1, 1.2, 1.3, 3.1, 3.2, 3.3, 4.1, 4.3, 5.1, 5.2, 5.3

Monitor and advocate

We will continue to monitor and advocate in the following areas in 2023:

- 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.

2023 Projects and Position Papers

Project Updates and Development

Speaking from Experience – a personal overview of what life looks like as a nurse/midwife practicing in Rural Australia |

Project Lead: Jordan Thomas

Aim: To provide a detailed poster outlining the professional and personal opportunities practicing nurses and midwives have been able to experience due to providing care in remote locations.

pursue opportunities within rural healthcare, for both personal and professional benefits. By including feedback from nurses and midwives who have first-hand experience in this industry will hopefully increase students trust in this resource (in turn inspiring them to further explore rural health).

Impact: To challenge the perspective of what some students may assume rural health care consists of. In turn encouraging them to explore beyond what they know, inspiring them to pursue clinical placements and career opportunities within remote settings.

Graduate Nurses Rural Health Employment Guide (GNRHEG) | Project Lead: Jordan Thomas

In a snapshot, this project aims to be an employment guide which graduate nurses can utilise when exploring careers in rural and remote Australia. In addition, the GNRHEG will explore the common stigmas that freshly graduated nurses face surrounding pursuing employment in rural healthcare. This resource aims to educate prospective graduate and student nurses on the variety of employment opportunities available for each State's Country Health Service.

Cooee! e-newsletter online access update | Project Lead: Heidi Annand

About: Changing browser access to Cooee! editions to a blog style landing page with separate pages for articles. Currently to read Cooee! online users download a bulky pdf of the whole edition. Changing to the posting of individual articles will allow for a better user experience increasing readership and engagement. It will also allow for better searching/exploring via tagging and will create the opportunity to share articles more across social media and increase EDM functionality.

Timeline: This project will occur alongside updates happening to the website currently. The first edition of Cooee! in 2023 (April) will be the trial of this new format. By the second edition (July) we will have a functional tagging system and by November we will have uploaded all editions from the previous three years.

NRHSN Social Media Working Group | Project Lead: Nathan Brown

This project will seek to develop a Facebook working group with all Social Media Representatives from each of the NRHSN affiliated Rural Health Clubs. The purpose of the working group will be to unite the Social Media representatives of all clubs in a common space that promotes the visibility of all clubs to each other. The working group will also serve as a place to share or discuss ideas or techniques that may be helpful to the role of social media promotion. 2023 will serve as a pilot year for the working group after which I will

gather feedback about its usefulness from each Rural Health Club's Social Media Representative in the form of a questionnaire.

NRHSN Rural Health Webinar | Project Lead: Emily Thomson

The NRHSN is bringing you not one, but TWO different speaker panels this year, coming up in May and August! This rural and remote health series will include multiple talks with experienced medical professionals aiming to explore career pathways in rural medicine, get a glance of life as a rural doctor, and address the stigma of practicing rural and remotely! Attendees will be given the valuable opportunity to join online across Australia, ask questions and interact with speakers. Keep an eye on our socials and information you're your rural health clubs for further information.

Standardising RHC processes and documentation |

Project Lead: Internal Team – Pippa Kensit, Lily Harvey and Laura Beaumont

The 2023 internal team is developing a project aiming to provide streamlined structure, support and process to all rural health clubs through standardised documentation and templates. In providing standardized templates we hope to provide clubs with the tools they need to be as successful as possible. Such tools will include event planning templates, budget scaffolds, meeting agenda templates among others. In standardising such, we are confident, our clubs will have greater capacity to lead their clubs and conduct meaningful work without the stress of administrative hurdles. This will inevitably tie each club more closely to the NRHSN and provide an overarching sense of consistency. We are hopeful a standardised approach will improve club engagement, reporting and evaluation in the future.

Financial Stress and Mental Wellbeing of Students on Rural Placements - research paper | Project Lead: Kurtis Gray

The National Rural Health Students Network (NRHSN) is Australia's only multi-disciplinary student health network with over 11 000 members. Thus, the NRHSN is well situated to collect data on allied health student's experiences on rural placements. The current literature suggests that participation in rural placements during university results in a higher likelihood of students becoming rural clinicians. However, there is little data available concerning the major stresses a student may encounter on a rural placement, such as, mental and financial stress. The NRHSN will put out a survey to all its members and collect data about students experiences while on rural placements. Following an analysis of the results, solutions to the mental and financial challenges students may experience while on placement can be created.

National Future Rural Health Workforce Convention – 2024 | Project Lead: Kurtis Gray

While the NRHSN has fantastic engagement with our rural health clubs through rural high school visits and national Councils, there is a lack of opportunities to inspire and upskill those who may not be involved with their rural club. A national conference that is accessible to all members of the multidisciplinary team and focused on rural health would fulfill this purpose.

The rural health landscape is plagued with increasingly complex issues that requires a multidisciplinary approach. Doctors, nurses, midwives, pharmacists, occupational therapists, and a plethora of other allied health professionals all have their role to play. The future rural health workforce must not only be inspired to work rurally, but also must be aware of what each discipline has to offer. It is only through education, inspiration, and upskilling, that we can create a Multidisciplinary team that can begin to alleviate some of the issues facing rural healthcare in Australia.

Therefore, a National Rural Health Workforce Convention that not only educates students on the role of other disciplines through collaboration, but also upskills and inspires them is needed. The NRHSN represents all members of the future rural health workforce and is therefore uniquely placed to create such an event. This would not only inspire those who are already passionate about rural health but could provide upskilling opportunities and multidisciplinary learning from different professions.

This conference would be a 3-day conference that would place a heavy emphasis on the multi-disciplinary approach and allow upskilling for all professions. Due to the work and funding required, this would be planned for 2024 and be an event run every 2 years by the NRHSN.

The Rural Allied Health Podcast | Project Lead: Ellen Jeon

The future rural workforce has a multidisciplinary basis, with all members of the allied health professions being incredibly important in solving the rural health crisis. Therefore, the NRHSN is creating an allied health focused podcast that will focus on all things rural. This is included, but not limited to: the rural lifestyle, the importance of allied health and interviews with leading professionals in the rural allied health space. This will be a series with multiple episodes with the first episode to be released by the end of April.

Reporting

Executive members report to the NRHSN Executive Team on activities throughout the year, this will include:

- Quarterly review meetings
- Meetings with Chair and Vice-Chairs
- Creating and following up with a [Personal Development Plan \(PDP\)](#)
- Creating and following up with a [Portfolio Management Plan \(PMP\)](#)
- The [Executive reporting template](#) can be used to report at Quarterly Reviews meetings with the Chair