

VOLUME TWO: ISSUE ONE

COOEE!

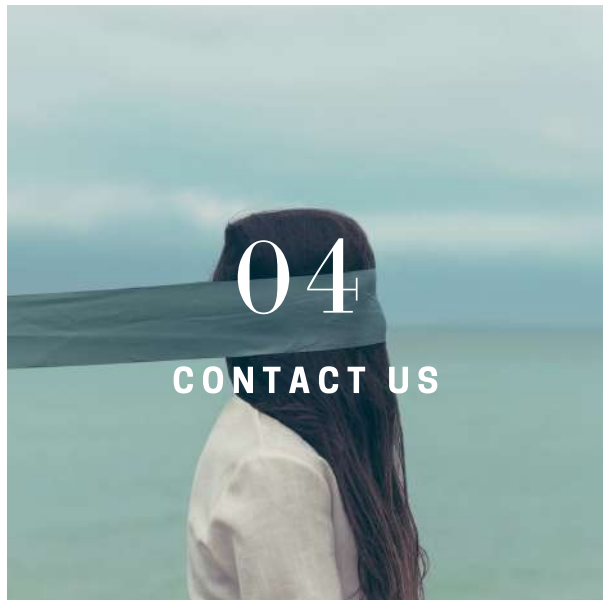
THE NRHSN NEWSLETTER



VOLUME TWO: ISSUE ONE

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THE NRHSN NEWSLETTER



WWW.NRHSN.ORG.AU

NEWS FROM THE EXECUTIVE

COOEE

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THE NRHN NEWSLETTER

The role of the Executive Committee is to work together to lead and support the Council and Rural Health Clubs (RHCs) to achieve the NRHSN's aims and priorities, as agreed between the NRHSN and its administering body, the NSW Rural Doctors Network.

Executive Committee members are responsible for being the main contact for their allocated Rural Health Clubs and stakeholders to ensure a consistent point of contact.

LETTER FROM THE CHAIR



COOEEI

Welcome to 2019! We are excited to be once again running our newsletter, Cooeee, so that we can share news from our Rural Health Clubs and stakeholders. We recently held our first Council meeting of the year in Melbourne, which brought together the Rural Health Club leaders from around the country and the NRHSN Executive to network, form plans from the year and to learn from each other. We had fantastic presentations, including one on Philanthropy from TROHPIQ and one on ARMS' fantastic Close The Gap Conference. We were also excited to welcome MURHC to Council, a newly formed and recently funded Rural Health Club at Macquarie University, and Rh+, formed by the recently amalgamated MARHS and WARRIAHS. It was wonderful to be part of such an enthusiastic meeting and to hear lots of ideas being formed by the future leaders of rural health in Australia.

Our clubs are well under way for their activities for 2019, there have been many orientation events already – including preparing students with some practical skills before starting their clinical placements. Coming up soon is the National Rural Health Conference which is in Hobart, Tasmania. The NRHSN will be hosting the student exhibition booth in collaboration with the Tasmanian Rural Health Club Rustica, if you are at the conference please come say hello! We have many activities planned, including a giant operation game, an Insta Frame and much more...

The NRHSN Executive have settled in to their new roles well, we are very excited for the year ahead and to complete a number of projects – with a particular focus on supporting Rural Health Clubs and advocating for their needs. We will be asking for input from stakeholders on a few projects for the year, so watch this space if you would be interested!

- Ashley Brown -
NRHSN Chair

2019 NRHSN EXECUTIVE



It is with great excitement that we announce the 2019 National Rural Health Student Network (NRHSN) Executive Committee!

Chair - Ashley Brown

Vice Chair - David Trench

Secretary - Amy Wenham

Allied Health Officer - Krishn Parmaar

Community and Advocacy Officer - Danica Xie

Indigenous Health Officer - Rebecca Fatnowna

Medical Officer - Harry Jude

Nursing and Midwifery Officer - Fiona Fletcher

This year the NRHSN has chosen to focus on the below National Priority Areas:

1. Positive, clear and supported 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.

3. Nursing, Midwifery and Allied Health student engagement and support to encourage a multidisciplinary rural workforce that is well informed about the needs and opportunities in rural Australia.

The 2019 NRHSN Business Plan can be found on the here or you can contact the 2019 executive by email executivecommittee@nrhsn.org.au

MEET AN EXECUTIVE MEMBER



Name: Fiona Fletcher

University: The University of Sydney

Degree: Bachelor of Nursing (Advanced studies)

NRHSN role: Nursing and Midwifery Officer

Where are you from? What was it like growing up here?

I grew up 300 km west of Mackay in rural Queensland on a cattle station till I was 12 yrs old before moving to Mackay for secondary school. We (my sisters and I) completed our primary education through School of the Air via Charters Towers and our mother taught all four of us. When we weren't doing our school work, we were helping Dad with the mustering (horse back), branding, property maintenance, feeding animals, swimming in the creek, playing and exploring till dusk. I had a couple of friends my age from a nearby goldmine village, but I wouldn't change it for the world. I am so grateful for the childhood I had.



What makes you passionate about rural health? Growing in a rural area, you are exposed to certain dangers and risks compared to people living in the city. When I was around seven years old, I was at the local Rodeo with my family. There was a gentleman competing in the campdrafting category when he was involved in a serious accident with his horse and so the Royal Flying Doctors Service was called for aid. I remember watching the team work and thinking they were superheroes. I guess that's when you could say I grew an appreciation for rural health professionals. I'm also passionate about rural health because I understand the disparities in health care in rural and remote areas compared to urban areas.



What is your dream career? With nursing there are so many avenues to branch off to, which makes it tricky to know which path to take. I've always been curious about Mental Health nursing, and in particular, children and adolescents. I would love to explore that area of nursing and follow in Prof. Marie Bashir's footsteps and build a combined education and mental health facility further inland for children and adolescents. I am also interested in specialising in eating disorders because I understand the need for more nursing care for this group of people.



Who is someone that you look up to and why? My mother, because she is my main support and who else could educate four kids under the age of ten on a cattle station unassisted on top of all her other duties on the farm?!? I wouldn't be where I am without her.

What are three random things about you? I am ambidextrous, I studied professional dance in Melbourne, and my nickname was 'Yoda' in high school.

NRHSN COUNCIL 1

THE FUTURE OF RURAL HEALTH-

The future practitioners and advocates of rural health in Australia gathered in Melbourne over the weekend of the 23rd and 24th of February. Student Presidents of Rural Health Clubs, representing some 28 university clubs and over 6000 student members, met to discuss plans for promoting and advocating for rural health in 2019. This Council Meeting, the first of two biannual meetings held by the National Rural Health Student Network (NRHSN), brought together student representatives from far North Queensland, Broome, Alice Springs, Tasmania and everywhere in between.

Student run Rural Health Clubs are based at Universities around Australia. They include students studying a vast array of health degrees, including medicine, nursing, dentistry, social work, pharmacy and many other allied health degrees who all share an interest in rural health. The National Rural Health Student Network works to support these clubs on a national level, one aspect of which involves hosting Council meetings.

Up for discussion at this Council meeting were intervarsity events, scholarship opportunities for students, workshops on advocacy and leadership among many other sessions. It is hoped that students will be able to take these new-found skills back to their Universities and improve their Rural Health Club's impact on student enthusiasm for health in the country.

One particular highlight for students was interacting with other club representatives from around the country. "It was good to learn about other club's structures", one student said. "It felt collegial and made me realise the common threads in most clubs." The weekend allowed for opportunities for clubs to discuss with one another some of the challenges they faced and share strategies for overcoming those problems.

The Council also voted to adopt the NRHSN 2019 Business Plan. This year the Business Plan will focus on developing positive, clear and supported rural training pathways, the promotion of Aboriginal and Torres Strait Islander Health, as well as nursing, midwifery and allied health student engagement. The second Council meeting of the year will be held on August the 24th and 25th, where it is hoped that many of the returning club Presidents will be able to share insight on how 2019 has progressed and pass on that knowledge to incoming leaders of Rural Health Clubs around the country.



RURAL HEALTH CLUB HIGHLIGHTS

COOEE!

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THE NRHSN MONTHLY NEWSLETTER | VOL.2

Each month we choose to highlight some of our outstanding clubs across the country. This month we show case CARAH, ROUSTAH, RUSTICA, ROUNDS and MIRAGE. Don't forget to follow these clubs on Facebook!



ORIENTATION, DINNER AND THE DRIVING RANGE

Kicking off the year with a bang, CARAH has been busy with orientation afternoons, social evenings for the new medical academic year and welcome events for the first round of students on placement in Alice Springs.

At the CDU Orientation afternoon, CARAH ran a booth promoting the opportunities available to students. The booth was a busy hub of students from a wide range of courses attended initial talks by support staff and lecturers. Nursing, Public Health and Counselling students approached with keen interest picking up their coffee keep cups to sustain them during their studies.

At the Alice Springs dinner and driving range night, students enjoyed a relaxing night of food and great company as the sun went down. Students then had the opportunity to hit some golf balls overlooking the spectacular ranges, mingle with multidisciplinary counterparts and talk with the Centre for Remote Health staff that were in attendance.

O-WEEK FESTIVITIES IN SOUTH AUSTRALIA

ROUSTAH has also been off to a big start for the year. The end of February was O-week for many universities around the country and the University of South Australia was no different. The ROUSTAH team were found out in the scorching heat signing up members all day at their booth. Signing up record numbers of students, sharing information about rural health opportunities and scholarships it was a great day for everyone!



BROKEN HILL ENGAGEMENT & SEMESTER KICK OFF EVENT

BY: CHRIS PARKS & LUCIE ROBINSON

Medical students from the Universities of Sydney, Adelaide, Wollongong, NSW and Bond drove out to Outback Astronomy on the night of February 24. The venue is just outside Broken Hill, removed from the little light pollution that the town creates. We were treated to an adventure through the night summer sky and gazed up at stars, planets, galaxies and nebulae. Highlights included Mars, the Seven Sisters star cluster, Alpha Centauri and Sirius, the brightest star in the sky. Pretty dazzling stuff.

On Friday 15th February MIRAGE held it's annual 'Cans in the Stands'. The event was attended by over 100 students, keen to enjoy a drink and some of The Grandstand's fine catering after a long hard day of lectures and pracs.

The guest speakers for the evening included Dr Zachary Kesby, a 2016 MBBS graduate of UoW who went on to complete his internship and residency at Tamworth Rural Referral Hospital. Now a critical care SRMO and trainee in the Australasian College of Emergency Physicians, Dr Kesby spoke about the many benefits of training and working in a rural location.

Our other guest speaker for the evening was Chris Russell, Future Workforce Manager with the RDN. Chris outlined (for an audience largely made up of first year medical students) what the RDN is and elaborated on the variety of scholarship opportunities available to Medical students including the John Flynn Placement Program, the RDN Cadetship, and placement opportunities available as part of the Outreach program. It was an engaging evening, with a number of keen students sticking around to ask Dr Kesby and Mr Russell further details about what they had spoken about.

Voting for a number of MIRAGE committee positions was also opened at the event. I'd like to take this opportunity to acknowledge our newly elected members:

Senior Medicine Rep: Melanie Bird

Junior Medicine Rep: Angus McGinness

Junior Dentistry Rep: Fatima Mohammadi



MIRAGE

RUSTICA SKILLS NIGHT

Rustica again held its very popular 3rd Year Skills Day in March, which was attended by 45 students. This day aims to prepare 3rd year medical students for their introduction to clinical practice. Students rotated through three stations of venepuncture, cannulation and suturing. These are all activities commonly performed in the hospital, so this event provides students with a valuable opportunity to learn and hone these skills. All students gave very positive feedback about this event and were very appreciative to the 4th and 5th year students who tutored them on the day. Rustica is now looking forward to hosting its first semester skills day which will be open to all medicine, paramedicine, nursing, pharmacy and allied health students.



THE ANNUAL AMAZING RACE

Amazing Race is an event hosted by ROUNDS for first year medical students on the Sunday of their first week at university. It is structured like the classic TV show Amazing Race, except based in the city of Sydney around Notre Dame's Darlinghurst campus.

The students are allocated into teams, with a mixture of Sydney raised and interstate students. Sydney students can show off their city, being a vital part to solving the clues to the next location, and the interstate students can tour the famous sites of the city! All whilst getting to know each other in a relaxed and fun setting.

Students meet ROUNDS team members at a central location where they form their teams, slip slop slap and stock up on lollies for essential energy, and rules are distributed. Teams can only travel by foot and public transport, no taxis or ubers are to be used. Emergency contact details of a ROUNDS member is supplied in case teams become lost or are stuck on clues.

The first clues are distributed, and the teams are on their way. The clues are riddles or rhymes to hint at the next location, where they will receive another clue and so forth. It is a race to progress through the clues and arrive at each location as fast as possible, traversing approximately a total of 3kms throughout the race. ROUNDS members are distributed across the city at each clue location, where teams must do a challenge before receiving the next clue (e.g medical charades). There were 8 clue locations and took approximately 1.5hrs for the teams to complete.

Teams meet up at the final clue location to rehydrate, eat and celebrate their wins.



STAKEHOLDERS

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THE NRHSN MONTHLY NEWSLETTER | VOL.2

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THE ROYAL AUSTRALIAN COLLEGE OF GENERAL PRACTITIONERS (RACGP)



Become a rural GP

A day in the life of a GP is as diverse as it is rewarding. No two days are the same, and it is this variety that draws many to the specialty. Add to that the clinical challenges, opportunities to make a difference to your patients and their communities, a supportive and passionate collegial network and the relationships you will form with patients over a lifetime, and you've got a compelling case for general practice as an incredibly fulfilling career choice.

What could your life as a rural or remote GP be like?

A career in rural general practice can take you amazing places and open up parts of Australia that are not open to other specialities.

The unique characteristics of our rural and remote areas provide GPs with opportunities to expand their skills and take on a wide variety of clinical opportunities. In many areas, GPs with advanced rural skills training are the only specialist medical services (such as emergency medicine, mental health, anaesthesia and obstetrics) in the community. Rural GPs respond to changes in patient needs and work to minimise barriers to healthcare access.

Clinical opportunities for rural GPs may include hospital and community-based work, using a range of procedural and non-procedural skills, emergency response, after-hours services, outreach clinics and population health initiatives.

The Royal Australian College of General Practitioners (RACGP) offers training pathways and courses for anyone interested in working in and making a positive difference to rural and remote medicine through RACGP Rural. RACGP Rural educates, supports and advocates for GPs working in our rural and remote communities.

Dr Prue Plowright is realising her dreams working in Aboriginal health in far north, remote Western Australia. As a remote GP, Prue truly values being involved in patients' healthcare, to be there for a couple's antenatal journey and also looking after their children as they grow up. She feels genuinely connected to her patients, to her community and to the vast surroundings of Derby.

Watch Prue's story [here](#) to get a snap shot of a day in the life of a rural GP.

CRANAPLUS

The social and emotional impact of the severe drought in New South Wales is far-reaching and affects everyone in rural and remote communities. Health, Allied Health and other community workers, as the cornerstone of community support, are experiencing an increased demand in complex workload. It is important that the mental health of these workers be a focus of intervention.

CRANaplus Bush Support Services, as the only national psychological service providing support to rural and remote health workers and their families, is in a unique position to raise awareness in drought-affected areas of the importance of self-care. Funded by the federal Department of Health, Bush Support Services Psychologists will visit many areas of New South Wales to promote best practice ways of managing stress. They will also help to provide key community workers with strategies for having difficult conversations with distressed patients and clients around suicide risk and appropriate referral to psychological services.

Bush Support Services is offering free mini workshops between March and May 2019, at venues in designated locations in and around drought affected areas of regional, rural and remote NSW (Refer table below). Light refreshments will be served. Materials and Resources are free. For further information regarding the roadshow and workshops:

<https://crana.org.au/uploads/pdfs/Paper-for-NSW-Drought-Project.pdf>

<https://crana.org.au/uploads/images/NSW-Drought-Blurb-Final.pdf>

<https://crana.org.au/uploads/pdfs/NSW-pdfDrought-Project-Roadshow-Timetables.pdf>

NSW RURAL DOCTORS NETWORK

Rural health is rewarding and so are the opportunities!

Are you a medical, nursing or allied health student interested in rural health?

NSW Rural Doctors Network (RDN) is introducing a new Outreach Student Placement Program!

What is it?

The program provides placement opportunities for up to 50 students to shadow an Outreach provider in a rural or remote community before 30 June 2019. Available Outreach providers include Obstetricians, Cardiologists, Nurses, Optometrists and many more disciplines. All travel, accommodation and subsistence costs will be covered for these placements.

Who can apply?

Any medical, nursing or allied health students studying in NSW or have completed year 12 in a NSW high school. You must be able to complete the placement before 30 June 2019.

How do I apply?

Assessment criteria will be released soon and all applicants will submit a one minute video addressing this criteria. Applications will be open late March 2019.

Interested?

Get in touch by emailing students@nswrdn.com.au

RURAL DOCTORS ASSOCIATION OF NSW

The Land and the Rural Doctors Association of NSW (Inc) is pleased to announce that the Land Rural Medical Scholarship will be offered again in 2019!

There are **2 x \$7,500 scholarships** that will be offered to medical students that are in their second year of study. The Land has continued to offer the financial support for the scholarship with RDA NSW supporting the scholarship by assisting the administration process and offering a valuable mentor program. The scholarship has been an ongoing commitment by The Land to encourage and support medical students to return to rural areas after they have completed their studies.

The scholarship recipients also have the opportunity to attend the NSW Rural Doctors Network / Rural Doctors Association of NSW (Inc) conference that is held later this year in Sydney. This provides the students with the opportunity to meet with their mentor face to face, attend workshops and meet rural GPs.

To apply, students must be:

- Be an Australian citizen or a permanent resident.
- Ordinarily reside in a rural or regional area of New South Wales, greater than 50km from the nearest University offering a medical degree.
- Be currently enrolled at an Australian Medical School in their second year of medicine or have successfully completed at least their first year of medicine.
- Provide a letter of support from the principal of their high school, or another senior person within their local community.
- Not be a recipient of another scholarship. (Successful recipients who forfeit their existing scholarship are accepted.)

Applications close **Friday 22nd March 2019**. If interested, please contact admin@rdansw.com.au

MARIDULU BUDYARI GUMAL SYDNEY PARTNERSHIPS FOR HEALTH, EDUCATION AND RESEARCH ENTERPRISE (SPHERE) ABORIGINAL HEALTH AND WELLBEING CLINICAL ACADEMIC GROUP

Are you a student or new to working in an Indigenous health research project?

You are invited to join the new Indigenous Health Research Student Network with monthly meetings held on Friday mornings from 9.30 – 11.30am at UTS Building 7, Level 4, Room 10A

For more information see next page.

Maridulu Budyari Gumal

*The Sydney Partnership for Health,
Education, Research and Enterprise*



Narrbang: Indigenous Health Research Student Network



An initiative of Maridulu Budyari Gumal Sydney Partnerships for Health, Education and Research Enterprise (SPHERE) Aboriginal Health and Wellbeing Clinical Academic Group.

We invite all students and those early in a work or research career in Indigenous health from across UTS, UNSW, WSU and partners to join Narrbang.

Morning tea provided.

**For more info contact Dr Megan Williams
Girra Maa Indigenous Health Discipline
Graduate School of Health, UTS
megan.williams@uts.edu.au**

0400073358

**Monthly, on Friday mornings in 2019
9:30-11:30am
UTS Building 07, Level 04, Room 10A.**

- 15 March** Sharing our Aboriginal and Torres Strait Islander health research stories: A general research yarn up.
- 12 April** Update on NHMRC research ethics and your experience.
- 17 May** Coding interview transcripts (as a team?!)
- 21 June** Identifying and talking about your philosophical framework.
- 19 July** Reducing mountains of data into wise words.
- 16 August** Translating your research: What does that really mean?
- 20 Sept** Resilience and self-care: Come for a spring clean!
- 18 Oct** Surviving the research administration system: Stories and solutions.
- 15 Nov** Planning and reflecting together, prepare for 2020 and letting go...

Narrbang is a Wiradjuri word meaning 'a net bag used to fish with', or 'dillybag'. It reminds us that we need to gather and carry many tools with us for ethical Aboriginal and Torres Strait Islander health research.

Do you want to want to find out more about
the NRHSN? Contact the NRHSN Executive
Team

executivecommittee@nrhsn.org.au

Do you have something you want us
to share? Contact the NRHSN
Secretary

secretary@nrhsn.org.au
