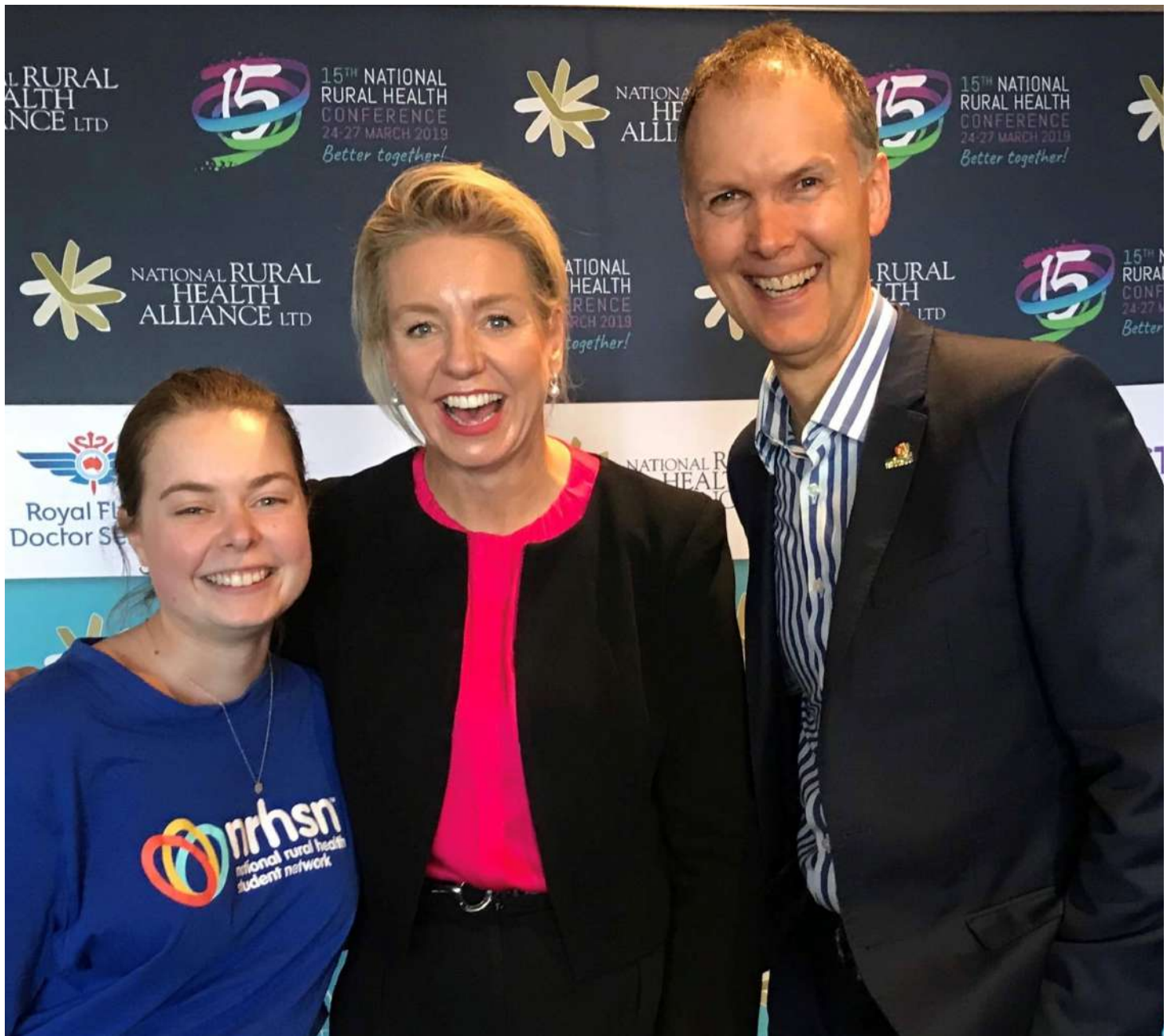


VOLUME TWO: ISSUE TWO

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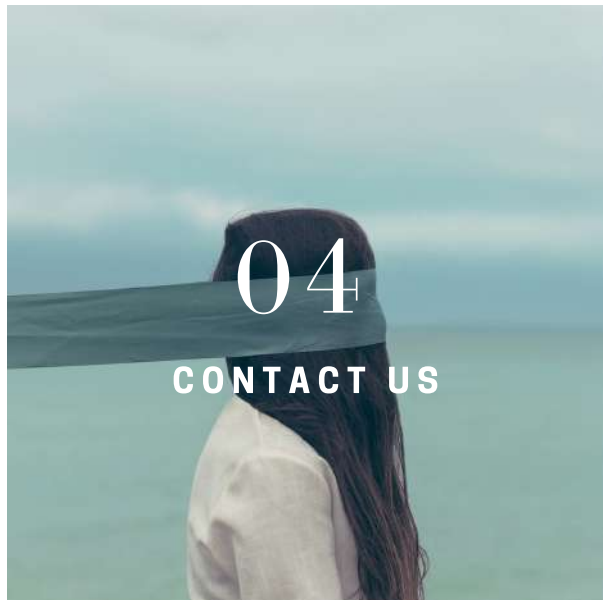
THE NRHSN NEWSLETTER



VOLUME TWO: ISSUE ONE

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THE NRHSN NEWSLETTER



WWW.NRHSN.ORG.AU

NEWS FROM THE EXECUTIVE

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01

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.

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 KRISHN - ALLIED HEALTH OFFICER

University/Degree: University of Queensland/ Pharmacy

Why did you choose to study Pharmacy? I liked healthcare and wanted to run my own business. Pharmacy seemed like the best of both worlds, having a clinical role as well as a managerial position. I have always been interested in chemistry and I found that pharmacy was so much more than just dispensing. We become primary health practitioners in areas of need and so it is a great way to contribute back to communities. We also help out by ensuring we are cost-efficient and can get the most “bang for your buck.” Even working in hospitals and other government centres, I found that pharmacy was a great way to use my business acumen to still help out and contribute to healthcare in Australia.

What is your dream career? I don't know yet, but it should involve having a great team around me and put me in a position where I can help as many people as possible. From my time at uni and through my involvement with various student clubs, I have had the privilege to see where I could take my career. I have spoken to individuals in logistics to policy to clinical practice. I know that whatever I choose, I will definitely work rural and put my patients health as a key priority, whether that be in a clinical role or on a macro level.

Who is someone that you look up to and why? Dr Jacqui Bond. I have gotten to know Jacqui over the past couple of years and have found her to be a very approachable and knowledgeable individual. I first met her as a lecturer through pharmacy at UQ. I would always look forward to going to her classes because she made the difficult subjects incredibly easy to follow and understand. The way she approached teaching allowed us students to remain engaged and enthusiastic about learning. She is also one of the loveliest and most empathetic individual I have spoken to. I one day hope to be as good a teacher, and human as her.

As a child, what did you want to be when you grew up? I wanted to be a builder. I always had fun with Lego and seemed to always be making and breaking things. Around the house, whenever someone was doing any handy work, I always want to help and get my hands dirty. I still do enjoy doing renovations and fixing up things around the house. My latest project is refurbishing our bathrooms!

What are three random things about yourself? I can burp on command, I don't drink coffee, and I have burnt everything I have tried to bake



- OUR ADVOCACY -

One of the NRHSN's core activities is to advocate for rural health students and their interests around Australia. We gain these interests mainly from our Rural Health Clubs representing their members through our Council, which allows us to write position papers, devise research topics and to speak to stakeholders/politicians. Alongside the formal meetings and events we attend we also have many catch ups with stakeholders individually, both over the phone and in person. We have been very busy over the last month!

The National Rural Health Conference

This was a great platform to both formally and informally meet with many of our core stakeholders, including the National Rural Health Alliance, the Australian College of Rural and Remote Medicine, CRANaplus and the Australian Rural Health Education Network. We were able to engage with a number of students from around Australia and had many people stop in to find out more at our "Student Central" booth! Some of the key outcomes from this conference for the Network were:

- Engaging with organisations keen to assist with the guides we are revising this year: When the Cowpat Hits the Windmill and the Rural Placement Guide
- Advocating for increased accessibility to good quality allied health rural placements and complete rural training pathway options for non GP medical specialties. We had the opportunity to speak to the organisations present and also Senator Bridget McKenzie (Minister for Regional Services) and Emeritus Professor Paul Worley (Rural Health Commissioner). Many of the people we spoke to are keen to see the outcomes of these projects which opens up the opportunity for us to advocate for students.
- Presenting our Aboriginal and Torres Strait Islander guide, to advocate to both students and Universities for better engagement and how to go about it



Indigenous Health Officer Rebecca Fatnowna presenting at NRHC



Chair Ashley Brown with Senator McKenzie and Emeritus Prof Worley

- OUR ADVOCACY CONTINUED -

The Tasmanian Rural Health Conference

This conference immediately preceded the National Rural Health Conference. As both were in Hobart this allowed us to engage on a more local level with Tasmanian organisations, students and health professionals. We were able to learn more about opportunities available locally in Tasmania, including the progress of an Allied Health Rural Generalist pathway.

National Rural Health Stakeholder Roundtable Discussion (The Roundtable)

This was held in Canberra and is a meeting of many of the leaders in rural health in Australia led by Senator Bridget McKenzie. This is a very important discussion for us to be part of as we are the only student organisation at the table. We advocated for all students from a multidisciplinary perspective and received updates about projects currently underway, mainly focussed on workforce and the National Rural Generalist Pathway.

The Federal Budget

We attended the “Lock up” for the reading of the federal budget again this year. We were briefly able to engage with our stakeholder face to face and also hear their impressions and thoughts about this year’s budget. Attending this event also gave us firsthand knowledge of the important aspects of the budget for rural health students and junior health professionals.



Secretary Amy Wenham presenting at our recent Council on Leadership



Vice Chair David Trench, Indigenous Health Officer Rebecca Fatnowna and Chair Ashley Brown at NRHC

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!

GO RURAL 2019 & RURAL HIGH SCHOOL VISITS

Earlier this month 14 second-year BUSHFIRE members had the fantastic opportunity of attending Go Rural, which was held in Toowoomba this year. The day was fully packed, as students brushed up on crucial clinical skills including cannulation and suturing, whilst also being involved in rural paramedicine response scenarios. Additionally, the day provided a networking opportunity and exposure to allied health skills, ending with a farm visit with one of the local doctors – a true immersion into Toowoomba!



This month BUSHFIRE and 8 Bond medical students from 2nd and 3rd year drove out to the picturesque town of Murwillumbah on banks of the beautiful Tweed River to conduct the first Rural High School Visit (RHSV) for 2019. Upon our arrival, we were welcomed to the school by staff and students. We then proceeded to conduct several workshops with the Murwillumbah High School's (MHS) Year 11 students. The first workshop focused on heart rate and involved students learning about blood circulation, measuring heart rate and listening to their own heart sounds. The MHS students particularly enjoyed using the stethoscope, for some this was their very first time! The second workshop involved learning about respiration and understanding the biological mechanisms that underpin this complex process. Students also learned to measure their respiratory rate and explored the usage of asthma puffers. The afternoon concluded with a Kahoot quiz where MHS students competed in teams to win several prizes. Overall the students and staff gave a very positive feedback to the event and the Bond students and BUSHFIRE are grateful for MHS who facilitated the organisation of this event. BUSHFIRE is now looking forward to conducting a combined RHSV and camping trip in upcoming months that is open to our new first years for 2019!

STANTHORPE RURAL CLINICAL SKILLS TRIP

The sun comes up; it's a new day dawning. Together with six cars full Hope4Health set off to Stanthorpe for the Rural Clinical Skills Trip. There was no looking back because the car was packed to the brim with bags and excitement for the adventure ahead. The majestic mountains of the Great Dividing Range were cloaked in clouds; it was not long before we were surrounded by a flurry of clouds and sprinkled with much needed rain in the Darling Downs area. The scenery was juxtaposed with a rustic rural playlist describing the dry, barren Australian landscapes which were barely visible. We arrived at the beautiful red-bricked Stanthorpe Hospital. The stations were set, and we rotated between advanced life support, delivering babies, cannulation and suturing facilitated by the QRME team. It was a great opportunity to practice whether making a rural debut, are a little rusty or are a well-seasoned rural generalist in the making. Running from station to station with a big smile and wagging tail was the friendly border collie, Cleo, who was a great team player and gave us moral support. We were then lead the way through the maze of Stanthorpe Hospital to see the Emergency Department, Maternity suites, Operating Theatre, Helipad and the list goes on. We hit the track on our way to Jilliby Farm with a fitting en-route stop at the vineyard and winery, Golden Grove Estate. The clouds had begun to clear, grape vines glistened with the rays of sunlight, and sweeping fields continued as far as the eye could see, if not further. We sipped in the sweet scenery of Stanthorpe as much as we did wine. Jilliby Farm was perched on a gentle slope over the border of NSW near Tenterfield. We went for a sunset stroll to feed hay to the resident horses, the cows ran towards us like dogs to greet us as we entered their paddock and we walked the edge of the dam. Despite the cool, crisp air, we were warmly welcomed by the Halliday Family who kindly put on a lovely dinner. While at the Jilliby Woolshed, I learnt about the process of shearing sheep from the moment their hoofs enter the pen to the industrial equipment that is used to compress and compact the wool. Most interestingly, I learnt about the moisturising properties of the oils contained within the wool and how to differentiate between types of wool based on the fineness of the wool filaments. We slept over in the Jilliby Woolshed which was a wholesome experience to share with a group of friends surrounded by wool. There was no need for an alarm clock as the rooster's crow was heard by all. This was soon accompanied by the sheep in the pen next to where we were sleeping and the cows who joined in for a morning song. With a cup of tea in hand, a few friends and I headed for a walk in the sun to defrost which was a pleasant start to the day. We headed to Tobin's winery for some more wine tasting, as you do in Stanthorpe, which was a wonderful experience. We went on a tour of the vineyard and learnt about the winemaking process. As a group, we continued onto Sutton's Apple Orchard for lunch and tried their famous apple pie. At the core, the Rural Clinical Skills Trip was a fantastic hands-on experience and a great taste of rural life in Stanthorpe.



SPINRPHX EXPLORE WA

PINRPHX once again held their annual camp at Fairbridge Village, Pinjarra. 49 students made the one hour bus/car trip from Perth to attend a cleansing Welcome to Country ceremony and learn important clinical skills including suturing, venopuncture, dental moulding and advanced life support. We had Dr Hui Loh who is a dentist that has worked across rural Western Australia. She gave excellent tips on how to handle paediatric patients and all the reasons to work rurally!

Fun was had on the high ropes course and the traditional bush dance with music being played by the Rambling Bilbies. Everyone learnt a few new moves that night! The costume theme for the night was storybook and fairy tales with some great costumes on display. The following morning included a recovery breakfast and a talk on rural clinical school. We look forward to another Spin camp next year!



FURHS STUDENTS HEAD TO NRHC

Three FURHS members, Alison Taylor, Jawahir Baraki and Jessica Charlton, were sponsored by Flinders Rural Health South Australia to attend the 15th National Rural Health Conference in Hobart on March 24th-27th.

Attending this conference was an eye-opening and memorable experience. It was a great opportunity to think more broadly about the factors affecting the health of rural Australians and how we can find ways to combat this disparity both short and long term. We also had the opportunity to meet some of the friendly NRHSN team and other like-minded students!



STAKEHOLDERS

03

THE NRHSN MONTHLY NEWSLETTER | VOL.2

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National Council of Women of Queensland Inc. 2019 Bursary Program

Would \$1000 help you with your studies?

Are You

- A female **full-time student** in her first year of a tertiary course
- A resident of **regional Queensland** who has relocated for tertiary studies
- An Australian citizen or Permanent Resident of Australia?

Then you may be eligible to apply for one of the two

2019 NCWQ REGIONAL/RURAL BURSARIES

These are just two of the bursaries on offer. Check out the specific bursary criteria which range from a Year 12 student, to TAFE, bachelor degree, to PhD levels.

Go to the NCWQ website www.ncwq.org.au/bursaries to download your application form, or email bursaries@ncwq.org.au

**Applications are open from
25 March – 20 May 2019**



National Council of Women of Queensland Inc. 2019 Bursary Program

The NCWQ is proud to launch its 2019 program of
34 bursaries for female students.

Can you answer YES to any of these questions?

- Do you live in •Logan? •Moreton Bay? •South Burnett? •Maranoa? •regional or rural Queensland?
- Do you want to become a teacher? Or are you already studying in the fields of Special education or Early Childhood?
- Does a family member have cancer?
- Are you an Indigenous student?
- Are you keen to work in aged care?
- Are you studying journalism, a physical science, speech pathology, audiology, medicine, law, justice or a STEM course?
- Do you have a disability or mental illness?
- Do you have a passion for volunteering?
- Are you returning to work/study after a break?
- Are you enrolled in a PhD course which will lead to a direct benefit to women?
- Do you identify with the LGBTIQ community
- Are you increasing your skills in leadership and governance preparing you for board membership or are you able to demonstrate outstanding leadership qualities?

If you answered **YES** to any of these questions, you may be eligible to apply

for one of the bursaries from **\$1,000.00.**

These are just some of the bursaries on offer. Check out the specific bursary criteria which range from a Year 12 student, to TAFE, bachelor degree, to PhD levels.

Go to NCWQ website: www.ncwq.org.au/bursaries to download your application form, or email bursaries@ncwq.org.au

**Applications are open from
25 March – 20 May 2019**



THE LIMENETWORK

Leaders in Indigenous Medical Education

LIMECONNECTIONVIII

Pouhine Poutama:

Embedding Indigenous Health Education

5-8 November 2019

Ōtautahi (Christchurch), Aotearoa (New Zealand)

ABORIGINAL, TORRES STRAIT ISLANDER & MĀORI MEDICAL STUDENT & COMMUNITY BURSARIES

The eighth biennial Leaders in Indigenous Medical Education (LIME) Network **LIMECONNECTIONVIII** will be held in Ōtautahi (Christchurch) from 5-8 November 2019. The event will be hosted by The University of Otago, Christchurch.



LIME Connection VII Bursary Recipients. Photo: Marley Holloway-Clarke

To support participation of students and community members, bursary places will be offered to Aboriginal, Torres Strait Islander and Māori medical students, and to community members working with medical schools who have a strong interest in Indigenous health education.

"I am a final year student and the friends I have made through LIME has been amazing...to be supported by students who are experiencing the same things as you is amazing."

Each bursary will cover the costs of conference registration, travel, accommodation and meals. Indigenous medical students are also encouraged to submit an abstract to present at the event. Applicants who have submitted successful abstracts to present at LIME Connection will be considered first for bursary places.

APPLICATIONS CLOSE 17TH MAY 2019

For more information, please visit the LIME Connection website:
www.limeconnection.net.au

+61 3 8344 0813

lime-network@unimelb.edu.au

[facebook.com/LIMENetwork](https://www.facebook.com/LIMENetwork)

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[Instagram.com/thelimenetwork](https://www.instagram.com/thelimenetwork)

LIMECONNECTION will encourage strengths based presentations relating to Indigenous health teaching and learning, curriculum development and research, community engagement, and the recruitment and graduation of Indigenous students in the health professions. The bursaries have been funded by Medical Schools across Australia and Aotearoa/New Zealand. LIMECONNECTION is supported by Medical Deans Australia and New Zealand, The Australian Indigenous Doctors' Association (AIDA) and Te Ohu Rata Ō Aotearoa (Te ŌRA) - Māori Medical Practitioners Association.

LIMECONNECTION is an outcome of the Leaders in Indigenous Medical Education (LIME) Network Program. The LIME Network is a program of Medical Deans Australia and New Zealand and receives funding from the Australian Government Department of Health. The LIME Network is hosted by the Faculty of Medicine, Dentistry and Health Sciences at The University of Melbourne. Logo and Artwork: Michelle Smith and Kevin Murray.

NSW RURAL DOCTORS NETWORK

NSW Rural Doctors Network (RDN) Bush Bursaries and Country Women's Association (CWA) Scholarships

Applications for another great rural health experience are now open to nursing, midwifery and medical students!

The Bush Bursaries and CWA Scholarship offers a \$1,500 scholarship and a two week rural placement in country NSW. The placements are co-ordinated by the rural councils and combines the enjoyable aspects of country life and rural medicine.

Applications close 5pm 27 May AEST. Check your eligibility here: www.nswrdn.com.au/bbcwa

NSW Rural Doctors Network (RDN) Rural Resident Medical Officer Cadetships

Are you a medical student interested in a career in rural NSW? Applications are now open for the NSW Ministry of Health's Rural Resident Medical Officer Cadetships. Applications close 5pm (AEST) on the 5 August 2019.

Successful applicants receive a range of benefits including up to \$15,000 per year for the final two years of their medical degree and undertake two of the first three years of their hospital training in an eligible rural NSW hospital.

There are up to 10 cadetships to medical students and up to two cadetships to Indigenous medical students.

Check your eligibility here: www.nswrdn.com.au/cadetship



**BUSH BURSARIES AND
CWA SCHOLARSHIPS**

Scholarship and rural placement opportunity for medical, midwifery and nursing students

APPLY TODAY



CADETSHIPS AVAILABLE

Medical students and Indigenous medical students interested in undertaking a medical career in rural NSW are invited to apply.

APPLY TODAY

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
