

ISSUE NO. ONE | APRIL 2023

COOEE!

THE FUTURE
OF RURAL HEALTH

AN UPDATE FROM THE NRHSN

NATIONAL RURAL HEALTH STUDENT NETWORK

Photo credit: Kate Murray

CHAIR'S WELCOME



Welcome to the first edition of *Cooee!* For 2023!

I hope the beginning of the year is treating you well and you're enjoying all things rural health!

Since handover in November, the new National Rural Health Student Network team has been working hard towards a range of initiatives all in support of the future rural health workforce.

Last month, Council 1 was held in Brisbane, where an amazing group of Rural Health Club Chairs came together to hear from leaders in rural, remote and Indigenous health. Students also participated in workshops to enrich their leadership skills and club cohesiveness to ensure a strong year ahead! Thank you to the NRHSN executive, NSW Rural Doctors Network, our fantastic speakers, and students for creating such an insightful and rewarding weekend. Council 2 is fast approaching and will be held online in May with registrations to be released soon.

Our Internals team of Pip, Lilly and Laura have been busy liaising with RHCs to support the new executive teams as they develop event plans for the year. If you are a club executive and are requiring support, please don't hesitate to reach out to the team or organise a check-in session!

Kurtis and the Externals team of Ellen, Emily and Jordan have been busy contacting stakeholders and developing a range of discipline-specific projects. Keep your eyes out for a survey regarding rural and remote student placements run by our Vice Chair External!

And last, but not least, Tash, Nathan and Heidi in the Operations Team have been developing a communications plan and our e-newsletter *Cooee!* to celebrate the amazing work our clubs and students are doing in the rural health space. The NRHSN has recently transferred to a new website, so check out some of the resources we have available regarding Rural High School Visits, placements and more!

Thank you to the NRHSN executive for your continued hard work, and thank you to the NRHSN community in our clubs and stakeholders - all for the future of rural health!

Happy reading!

Anna Ryan
NRHSN Chair
chair@nrhsn.org.au

A handwritten signature in black ink that reads "Anna Ryan".

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A person's hand is visible on the left, holding a pair of binoculars. The background shows a zipline tower structure with a hook hanging from a cable, set against a blue sky with white clouds. Below the tower, a scenic landscape with green hills and a road is visible. The entire scene is overlaid with a semi-transparent orange rectangle containing text.

WHAT HAS THE NRSHN BEEN UP TO?

A quick refresher on who we are and
what we do.



Anna Ryan

NRHSN Chair

Kurtis Gray

Vice Chair External



Pippa Kensit

Vice Chair Internal



Laura Beaumont

Vice Chair Operations



Laura Beaumont

Community and Advocacy Officer





Emily Thomson

Medical Officer



Lilly Harvey

Indigenous Health Officer



Jordan Thomas

Nursing and Midwifery Officer



Ellen Jeon

Allied Health Officer



Nathan Brown

Social Media



Heidi Annand

Publications and Sponsorship

EXECUTIVE PROJECTS 2023

**STANDARDISING
RHC PROCESSES &
DOCUMENTATION**

**Lily Harvey
Pippa Kensit
Laura Beaumont**



**Jordan
Thomas**

**GRADUATE NURSES
RURAL HEALTH
EMPLOYMENT GUIDE**

**NATIONAL FUTURE
RURAL HEALTH
WORKFORCE
CONVENTION - 2024**

**Kurtis
Gray**



**Kurtis
Gray**

**FINANCIAL STRESS &
MENTAL WELLBEING**
of students on rural placements
- Research Paper



**Nathan
Brown**

**SOCIAL MEDIA
WORKING GROUP**

**COOEE! ONLINE
ACCESS UPDATE**

**Heidi
Annand**



**Jordan
Thomas**

**SPEAKING FROM
EXPERIENCE**
A Personal Overview of What
Life Looks Like as a Nurse/Midwife
Practicing in Rural Australia

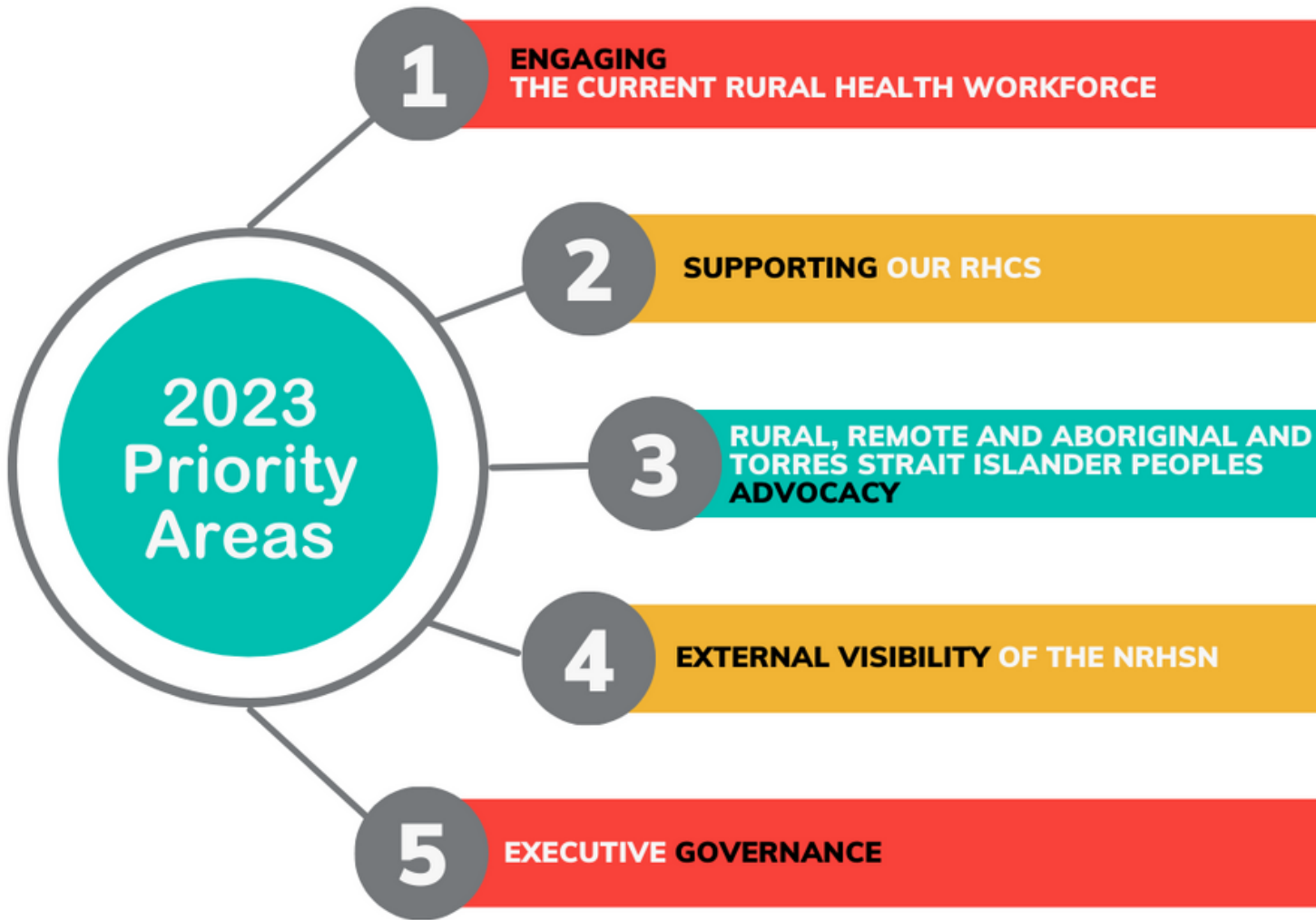
**RURAL ALLIED HEALTH
PODCAST**

**Ellen
Jeon**



**Emily
Thomson**

**NRHSN RURAL HEALTH
WEBINAR**



Register now for Council 2 at <https://cvent.me/YBLWeE>

ALLIED HEALTH PORTFOLIO 2022

Our 2022 Allied Health Officer for NRHSN, Hayley Johns worked tirelessly over 2021-2022 to build national Graduate and Placement Guides for Allied Health students. Here's a sneak peek but keep an eye on the website while it gets updated for the release of these guides!

Top 10 New Graduate Questions for the Employer

The following questions are designed to prepare you for upcoming job interviews.

1. Will on-the-job training and support be available upon commencing employment?
2. Would the opportunity for mentorship be available?
3. Is there a period of training available prior to the commencement of treating patients?
4. What is the anticipated consultation time when I do start treating patients?
5. Is there the potential in the future to increase the days I work?
6. Will my employment position include administrative tasks, or will I have administrative support?
7. Would I be consulting from my own room, another clinic, or multiple locations?
8. Apart from annual CPD, am I required to complete additional training throughout the year, and will these costs be covered by the clinic?
9. Is annual CPD provided through the clinic or is an individual responsibility?
10. Following the probation period, is there the possibility that my pay rate would be reviewed?

the future of rural health
www.nrhsn.org.au



PHOTO COMPETITION!

- Heidi Annand and COOEE! Working Group

The NRHSN Photo Competition is continuing into 2023 as a way to share highlights from rural health students across Australia!

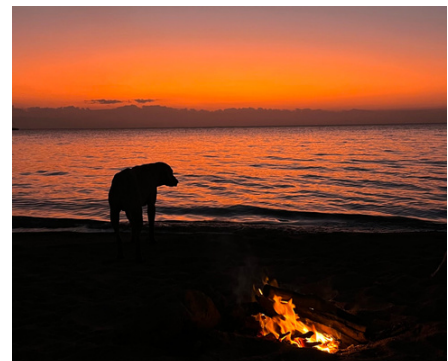
Each round of the Photo Competition will be held prior to the publication of the subsequent COOEE! newsletter with round 3 winners listed below.

The winner will receive a \$50 gift card and publication of the winning image in COOEE!

Congratulations to the following students for their amazing submissions:

Winner: Kate Murray

- Beauty and the Bush: The best thing about rural healthcare and rural living is the camaraderie! The second best is the post-shift beach bonfires. Palm Island, QLD.

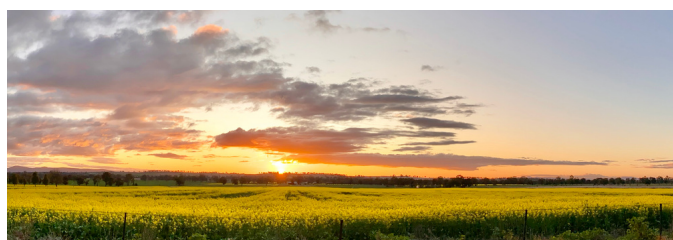


Runner Up: Charlotte, Deakin

- I'm a first year Deakin optom student. As part of my scholarship with the Royal Flying Doctors I went with optometry outreach to Goongerah and Cann River.

Runner Up: Hayley Johns, BREAATHHE

- These images are from my month-long placement in Tamworth NSW where I assisted at the Tamworth Hospital's High Risk Foot Clinic and outreach services. I really enjoyed driving around the area especially checking out the beautiful fields of canola in full bloom!



Thank you to everyone who made a submission. You may even see your submission in the pages of COOEE! Keep an eye on our instagram for the next round!

JOIN OUR WORKING GROUP!

- Heidi Anhand and COOEE! Working Group

Join the Cooee! team!

Are you passionate about rural health? Do you love hearing about what health students are getting up to across Australia? Got a knack for editing?

We would love to hear from you! Join the working group and get involved in creating and publishing our newsletters for this year. No experience necessary.



Shoot Heidi an email at publications@nrhsn.org.au with a bit about yourself to express your interest!



NRHSN COUNCIL 1

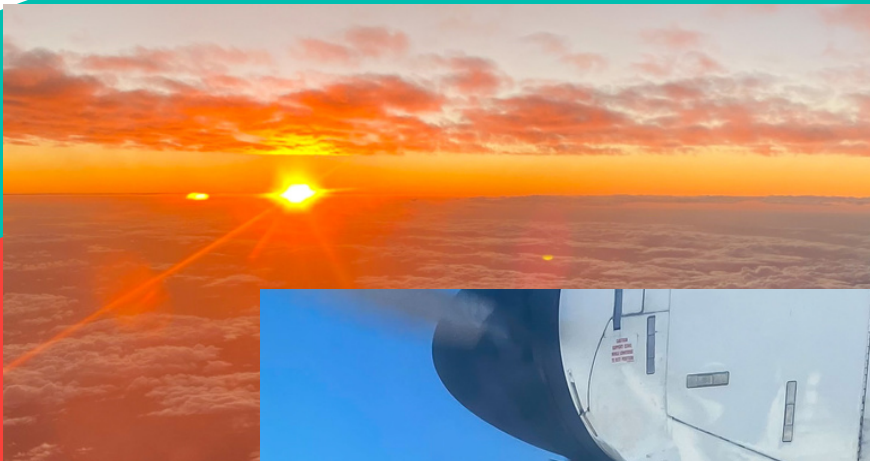
February 2023, Brisbane

Council 1 was a jam-packed weekend away in Brisbane with an amazing line up of speakers and workshops! A major takeaway from our workshop with Josh Farr was that on average people need to see advertising for an event or product 16 times before deciding to engage with it. Therefore, our club marketing and advocacy execution is just as important as facilitating quality events and activities. Tanya Lehmann discussed wellness as health leaders and the importance of looking after ourselves in our efforts to affect change. Burn out is real and Tanya emphasised the need to recognise the symptoms early on to maintain positive mental health and endurance. It was also great to hear from Professor Ruth Stewart, National Rural Health Commissioner for Australia, on the current state of Australia's rural workforce. It is encouraging to know that there are experienced and influential people like Ruth, who are passionate in improving the health of our rural communities.

As always, the networking with other clubs and social activities was a highlight. Our mind mapping on overcoming common leadership challenges within our clubs was particularly useful. The cross-disciplinary and inter-university nature of the NRHSN means I always walk away from Councils enthusiastic with new ideas and initiatives to introduce to my rural health team back home. Looking forward to Council 2!

*Lauren Strachan
Rural Health Positive
Year 4 Dentistry*





NRHSN COUNCIL 3 - 2022

Nicole Clark - Rh+

Council 3 was my first event with NRHSN, and what an amazing weekend it was! Over three glorious days, Council 3 delegates shared, learnt and laughed together.

We hit the ground running early Saturday morning, with each rural health club sharing what they've been up to for the last 12 months. It was great to hear so many stories of rural health clubs getting back into the swing of things after two years of Covid interruptions. I personally loved hearing about the duck races and petting zoo from Club RHINO in Queensland, and stress cows from Rustica in Tasmania.

Saturday afternoon saw us all on the bus for a social afternoon in beautiful Hahndorf and a nearby winery. You could not head to Hahndorf without diving into some German delicacies, with one gigantic pretzel being my weapon of choice. After all that fun, some truly spectacular bus karaoke saw us back in to Adelaide in no time.

We also had the pleasure of hearing from Professor Paul Worley and Dr John Floridis over the weekend. Both shared stories of the opportunities that a career in rural health can give you, only building inspiration for the future generation of health professionals.



"Now I know it will sound cliché, but my highlight of Council 3 had to be the people I met along the way."



Not only were some great friendships formed, but Council 3 saw us all collaborate to problem-solve common issues shared between rural health clubs. As an allied health student myself, it was wonderful to hear so many ideas as to how we can boost allied health representation in rural health clubs and the NRHSN.

Overall, Council 3 in Radelaide was a rad time full of great memories and new friendships. And if the opportunity ever arises to attend an NRHSN Council, I'd implore anyone to give it go!

*Nicole Clark
Occupational Therapy
Rural Health Positive (RH+)*

NRHSN COUNCIL 3 - 2022

Shankar Seevanayagam

Defeated, drained, exhausted, and ready for a rest.

That's how I felt finishing a rotation in the emergency department, travelling 3 hours to the airport to fly to Adelaide for a conference I had not yet mentally prepared for. Luckily for me, the conference was just the shot of energy I needed to bring my passion for healthcare back to life.

Representing WILDFIRE, Monash University's Rural and Indigenous Health Club, the opportunity to spend time with the leaders of other student health clubs was something I am extremely grateful for. Everyone had different perspectives and stories, but a common goal: promoting Rural and Indigenous Health. Hearing what other clubs were doing, bouncing ideas off others, and seeing energy being funneled into action was inspiring. As a final year student, my time is finishing up, but knowing the plans and ideas students left with, reassured me that WILDFIRE will be striving and thriving in 2023.

My personal highlights were the sharings by the guest speakers Professor Paul Worley and Dr John Floridis. Their insights into rural health and experiences as rural clinicians were invaluable, reminding me of the possibilities that the future holds. Throughout Paul's talk, I was reminded of the brilliant opportunities I have had as a student placed rurally throughout my education, with a reminder of the impact one can have on the shared journey of improving rural health outcomes. John's talk felt like an older brother sharing stories, he was the embodiment of humility and a truly brilliant man who reminded us that we can do anything. Hearing his experiences working in remote communities, the impact of going against the grain, and forging a path that suits you and those important to you, inspired everyone in that room.

Outside of the wonderful learning opportunities, I appreciated the opportunity to explore Adelaide, a city I had never been to. The chance to visit Hahndorf, a small German village and a nearby winery, was very much appreciated by our young, energetic group, and the time to unwind was used well. To anyone reading, I would highly recommend getting involved within your local Rural Health Club or the NRHSN, and the opportunity to attend Council was extremely beneficial both personally, and for the club.

Shankar Seevanayagam
WILDFIRE

NRHSN COUNCIL 3 - 2022

Jack Howard - BREAAATHEE



I had a fantastic time while at Council 3, I honestly couldn't praise the organisers of the weekend highly enough!

I was amazed by how quickly such a diverse group of health students connected; thanks must go to all of the Council 3 delegates for creating such a friendly and welcoming atmosphere.

The first day began with the presentations of each club's events and stories from the previous year. The variety and originality of events and initiatives that the clubs had conducted was outstanding. This was a fantastic way to start Council 3 and left me with many ideas to take back to my own rural health club.

Following the presentations, we were greeted by Professor Paul Worley, a pioneer of longitudinal community-based medical training. Professor Worley was an engaging and inspiring speaker, explaining the rationale and evidence for longitudinal clerkship programs and their effectiveness in both teaching medicine and ultimately strengthening the rural health workforce.



RURAL GENERALIST PROGRAM

SOUTH AUSTRALIA

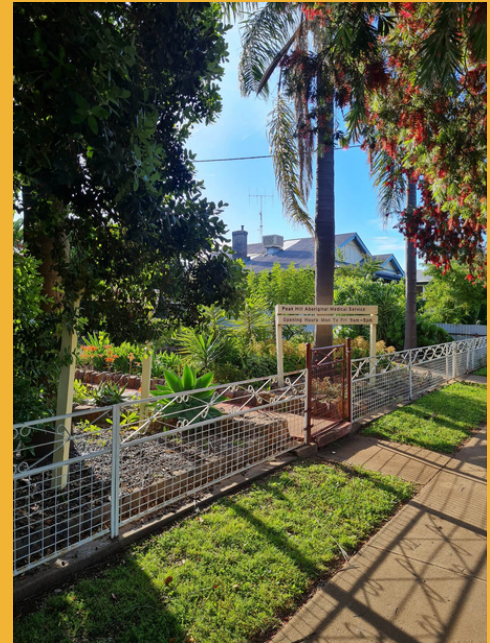
At the conclusion of this talk, we took part in a workshop with the NRHSN executive committee. At this workshop, we looked forward to the future and identified our ongoing goals for our clubs and for the NRHSN. I found this workshop particularly useful and enjoyed learning about the many initiatives the NRHSN is currently involved in, helping to improve rural health access and education across the country.

The second day began with an executive panel with the NRHSN executive committee. Following this, we were addressed by Dr John Floridis; an acclaimed rural generalist who provided unique insight into his experiences working in remote communities in Arnhem Land. Delegates were then greeted by rural allied health advocates Julianne O'Connor, Ruth Adamson and Jodie May. They engaged us in an interesting discussion regarding the role of allied health practitioners in rural areas and the ways that disparities in workforce availability may be addressed.

To finish the weekend, we engaged in a productive workshop to identify where we could improve in the coming year, for both the NRHSN and as individual clubs.

I'd like to sincerely thank all of the Council 3 participants (especially the executive committee) for their time and enthusiasm. It was a fantastic experience and I look forward to taking part in further Councils in the coming year.

Jack Howard, BREAATHHE



CELEBRATING STUDENT ACHIEVEMENTS!

REFLECTING ON MY INTERNSHIP WITH THE OFFICE OF THE NATIONAL RURAL HEALTH COMMISSIONER (ONRHC)

Baneen Alrubayi - RHMUWS

On the third day of my internship with the Office of the National Rural Health Commissioner (ONRHC) I had a yarn with Associate Professor Faye McMillan, during which Faye asked me why I was doing the internship. My answer surprised me as it encapsulated so many aspects of my past, present and future life journey. I applied for the internship because I am passionate about health equity and wanted to work with, and learn from rural health leaders about how to use healthcare leadership as a vessel to influence change. I first learnt about the role and work of the National Rural Health Commissioner in 2019. Over the last couple of years, I have listened to Professor Ruth Stewart speak at conferences and read her publications and am captivated by her passion and vision for rural health and this internship was the perfect opportunity for me to develop a better understanding of the work of the office. My internship at the Office was full of learning experiences which I will summarise below.



The work of the Office of the National Rural Health Commissioner

I developed a better understanding of the work of the ONRHC. Part of this was achieved through a Zoom meeting with Deputy Commissioner Shelley Nowlan and a yarn with Deputy Commissioner Faye McMillan, where I learnt about their work in advocating for nursing, midwifery and allied health care in rural and remote Australia and how they inform Professor Ruth's work. Katherine, Simone and Bridget taught me about the Office's policy processes including the strategic Council, allied health policies, the Rural Health Multidisciplinary Training (RHMT) program, ANNRHC, NRRNG and GPRC. I saw how the office works with stakeholders like PHNs and GESA to ensure that there is a rural focus to the strategies, policies and plans and that the needs of rural Australians are recognised. I also developed a better understanding of the internal work of the Office through reviewing the Office's policy records and attending internal meetings.

Networking as a way to learn and create opportunities

During my internship I met with Dallas McKeown, the Executive Director First Peoples' Strategies from CRANaplus and I also met Dr Helen Pedgrift, a GP currently completing her Public Health training, with experience in remote Aboriginal communities, women's health, youth services and sexual health. Both women were lovely and full of knowledge and wisdom and they taught me a lot about Aboriginal and Torres Strait Islander healthcare and what the work of a Public Health Doctor entails. These meetings also reinforced the importance of networking with like-minded people to develop knowledge and expand opportunities. In fact, Dallas left the meeting with a plan to create a collaborative project between the ONRHC, the NRHSN, CRANaplus and The Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) to implement targeted cultural orientation programs for Australia's rural clinical schools. The Australian College of Rural and Remote Medicine's (ACRRM) 25th year celebration dinner also provided several opportunities to network with healthcare professionals passionate about rural and remote healthcare. These discussions opened up a world of possibilities, new adventures and experiences.

The Summit: Multidisciplinary teams in rural and remote healthcare practice

I was very lucky to be provided the opportunity to be a part of Ngayubah Gadan as the coming together of rural health leaders from various disciplines to present a collective rural health voice at the Summit. During this time we articulated the value and importance of recognising and supporting rural health multidisciplinary teams. The format of the Summit allowed for plentiful opportunities for discussions and reflections. I left Ngayubah Gadan with a better understanding of the diverse work environments of Australia's rural and remote hospital and therefore the importance of providing reflexive healthcare. I also learnt the spheres of influence required to ensure effective multidisciplinary teams, policy context, organisational context, multidisciplinary team context and patient and population context. I am furthering my knowledge on multidisciplinary teams through writing a piece on the relationship between multidisciplinary teams and interprofessional education.



Today, as I sit and write this reflective piece from Bathurst I am filled with so many beautiful memories and I know that this internship will continue to influence my future life direction. Below are three highlights from the internship:

1. An informal Q&A when I asked Ruth and the team what they think their main achievement has been as an Office. This question inspired a lot of reflection from the team which was very interesting to observe. We often forget to take the time to acknowledge and appreciate our achievements and I think this Q&A encouraged the team to do just that! Further, I loved Ruth's answer that is that the Office's main achievement has been to 'influence' stakeholders and encourage them to play their part in improving the health of rural and remote Australians.
2. The semi-structured one-on-one conversations with members of the Office. This included my meetings with Ruth, Faye, Shelley, Simone, Katherine and Bridget. Not only did I enjoy meeting them and getting to know them on a more personal level, but each conversation inspired new ideas, new perspectives and reflections.
3. The productive and fun office environment. I learnt a lot from observing Tanya lead the team and create a culture and environment that is inclusive, productive and enjoyable. This was highlighted in the Summit preparation meeting where she enabled each team member to bring their work and skill-set to the meeting to ensure a successful Summit.

Overall, the internship was an eye-opening experience. It allowed me to develop a better understanding of the work of the Office and inspired me to continue pursuing a career in Rural Generalism. In fact, towards the end of my placement I sat in the Office overlooking the marina, and was able to vividly envision a future where I practice as a Rural Generalist with advanced skills in Obstetrics and continue pursuing my passion for rural health policy and advocacy.

MY TIME AT THE AUSTRALIAN COLLEGE OF MIDWIVES CONFERENCE

Zoe Bidgood

In September I was fortunate to attend the Australian College of Midwives National Conference in Cairns as a student committee member and student volunteer. I had never been to a conference before, and while I was eager for the experience, I was unsure what to expect. Would it be a week of maintaining composure while listening to drawling speeches? Or would I be crawling on the edges of rooms as a student, separated from the action?

To my delight, I could not have entered a more welcoming and energising environment of students, midwives and academics alike, all enthusiastic to celebrate midwifery and learn from each other. The conference spanned over three days. Each day began with a sparkling keynote presentation, followed by a mingling morning tea. After which you would choose from a plethora of breakout sessions to attend, and the day ended with a rewarding lunch. As a student volunteer, I enjoyed the role of being a timekeeper. Hot tip for students: it's actually a great way to brush shoulders and strike up conversations with some spectacular midwifery leaders who would often sit next to me as the chairperson! From a students perspective, attending this conference was a great way to meet midwives from urban, rural and remote locations across Australi

In hearing about midwifery in different settings, my imagination was completely widened for future opportunities as to where to work. Not only this, but we were able to make lovely new friends amongst other midwifery students. This was particularly facilitated by a student's breakfast one morning fit for royalty, with eggs benny, Lindt chocolate, and the like!



"A touch of the tropics" Gala dinner, with some of the student volunteers!



Knitting squares for blanket to be gifted to local centres for Indigenous women and children: Mookai Rosie Bi-Bayan



Lovely to meet Caroline Homer and Rachel Smith

Among the many highlights of the conference, what stood out to me was how the conference acknowledged and celebrated Indigenous culture, further informing all midwives to support and celebrate the strength of Indigenous Australians through cultural safety. On the first day, there was a ceremonial Welcome to Country performed by a local Indigenous group. This involved music and dance, and was a beautiful acknowledgement of the Traditional Owners of the land on which we met.

On the second evening, there was a gala dinner themed “A touch of the tropics”. Everyone enjoyed a sit-down dinner and ended the night with a boogie on the dancefloor to the marvelous Kaweyova and Band. On the last day, there was a presentation by Lia Pa’apa’a, who co-founded [Ngamumu](#).

Through her presentation I learnt about this fantastic community-based service in Cairns which aims to support the holistic wellbeing of mothers and babies in the first 1000 days of life, by celebrating Indigenous cultural artistic expression. They offer arts and crafts workshops, in addition to music and singing workshops in local languages. I enjoyed learning about this service and the positive impact it has on mothers and babies. Overall, I left this conference feeling inspired and rejuvenated.

I would certainly recommend attending future ACM conferences if given the chance (and to be a volunteer if you’re keen!) as it is rare to be able to converse with so many like-minded people in a non-clinical setting - with ample time to learn, have a chat and dance!



A SEMESTER IN EAST ARNHAM LAND

Madelyn Deigan - Flinders

Spending this semester in rural/remote NT was the best decision I've ever made.

I spent 20 weeks in East Arnhem Land, based in Nhulunbuy, but also travelled to lots of remote communities. I was immersed in different languages and cultures, exposed to things that you just don't get to see in a city, and learned so much about society, and also about myself. It opened my eyes to a whole new world. I'm so grateful for all the friends I made along the way and all the incredible places I got to experience.

Before my rural/remote experience

Flinders NT Medical Program has a great emphasis on rural/remote health, which is something I've always been interested in. Having been born and raised in Darwin, I was excited to venture out of my hometown and experience a different part of the Top End. Though I had no idea what to expect, as an eager first-year I chose to spend a semester of my third year based in Nhulunbuy, NT.

I chose to go rural/remote for many reasons:

1. To challenge myself and step out of my comfort zone.
2. To better understand my patients: in the Top End, patients who need tertiary hospital care typically come to Darwin. Because of this, I've met so many people from rural/remote areas, and I wanted to better understand their lives and the complexities of living rural/remote, so that I can provide better care for them.
3. To explore new places, meet new people, and have a different experience compared to standard city GP.

During my rural/remote experience

Upon arrival in Nhulunbuy I instantly felt at home. I think it's a small town thing: everywhere you go people are so friendly, and I always felt safe and welcome. With the town being so small, I was surprised at how much there is to do. I joined the local running club, went to quiz nights, and spent Saturday mornings scoring bargains at the op shop and heading to the community garden for fresh veggies. My evenings and weekends were filled with adventures to beautiful beaches, hiking along coastal trails, and camping under the stars. I stayed in one of the three student houses here, which hosts students from a variety of disciplines including medicine, nursing, physiotherapy, and speech pathology. Living with other students and sharing in the experience was so much fun, and I've definitely made some lifelong friends.

A SEMESTER IN EAST ARNHEM LAND

Madelyn Deigan - Flinders

Gove District Hospital was where I spent the majority of my placement, rotating through ED, Maternity and General Medicine. It was such an awesome experience. I was always the only student on the team so I was really valued as a team member and get a lot of opportunities to be involved and do things that students don't often get to do. I also got to do a lot of Primary Care, including Layhnapuy Homelands and Marthakal Homelands Services, which involved flying or driving out to remote homelands to provide medical care to those who are otherwise unable to access health services. Some communities had a clinic, but more often, we ran a clinic on a mat in someone's backyard. It was a really special experience to be able to provide much needed healthcare to people in their own homes, and really eye opening to see how different people's lives are here. I also spent time at Miwatj Aboriginal Health Service in Yirrkala and spent a whole month in the remote community Galiwin'ku, which was the highlight of my time here. The community was so welcoming and I was able to experience first hand Yolngu kinship and the importance of family for Yolngu, having been adopted into a family. The clinic was always super busy, and I got to rotate through different areas, including GP, the two-bed ED, child health, women's health and sexual health. Food insecurity and overcrowded housing are major issues, with common presentations including diabetes, scabies, acute rheumatic fever, rheumatic heart disease, renal failure and lung diseases. Being so isolated and on an island made evacuations logistically challenging, and sadly, on the one hand, I saw many bad outcomes from people not getting assistance in time. On the other hand, I also got to see GPs providing the most outstanding care you can imagine, navigating cultural and linguistical challenges, with little resources, which was extremely inspiring.



A SEMESTER IN EAST ARNHEM LAND

Madelyn Deigan - Flinders

After my rural/remote experience

This semester was an absolutely life changing experience. I'll leave here knowing that I can live and work in challenging settings. My clinical skills have developed beyond what I could have hoped for. I've become a more independent person, learnt to think critically, adapt, and gained a whole new world view. The most important thing I leave with is a greater appreciation and understanding of Yolngu culture, and a better grasp of how I can treat people in a way that is culturally safe as a clinician.

If you have an opportunity to go rural/remote - go for it! It will change your life and benefit you in ways that you'd never imagine. Even if you don't want to work rural/remote eventually, the experience will benefit you as a person and as a clinician.

As for me, I'll definitely be back on Yolngu Country one day.

Madelyn Deigan

4th year medical student

Flinders NT Medical Program



EVE WEST

RDN Outreach Program

I completed my placement in Eden, NSW which is a beautiful little seaside village on the south coast. My Outreach student placement was at an Indigenous Community Health Diabetes Clinic, which is a multidisciplinary team including an Endocrinologist, Diabetes educator and Dietitian. The Outreach program gave me the opportunity to gain insight into rural health in a great learning and teaching environment but also allowed me to be exposed to great team care, which I believe is something rural areas do well.

Shadowing alongside Dr Morris and the team allowed me to network with the local medical fraternity and share stories, knowledge, and laughs. The rural people of Eden were amazing and instantly made me feel at home and at ease, which gives a better opportunity to learn. Being rural is where I feel most at home and the small-town feeling is great, so you become involved in the community and feel like you fit in. Dr Morris made me feel very supported and inspired to pursue future work regionally, as the lifestyle is great and there is so many activities!



Rural work is so important, and this placement opened my eyes up to just how much small towns like Eden need medical professionals, and the importance of Dr Morris' work for the community and relationships. Each time you arrive the Eden community shower you with love!

The RDN Outreach program has been a fantastic experience and I have already organised to go back!

Eve West, Charles Sturt Doctor of Medicine 2nd year, Rh+





Rural Health Club Highlights



AURHA

Adelaide University Rural Health Alliance

Hi everyone,

I'm Eden, the Vice President of AURHA. It has been an honour to be one of the leaders of our fantastic club in 2022. We commenced the year for the first time with a multidisciplinary, first-year welcome, coined our *AURHA Welcome Muster*. We were overwhelmed by the incredible turnout of the event. In May we organised a Take Heart Screening, coinciding with Reconciliation Week to raise awareness about rheumatic heart disease. There was not a dry eye in the room. Over the past few months, we have organised many incredible initiatives and events including careers evenings for all our disciplines including allied health, dentistry, nursing, medicine, and psychology.

For the first time since COVID-19 commenced, we were able to run our Indigenous Outreach Trip. Our Yalata Kidney Health Festival aims to improve health education about chronic kidney disease. We travelled to Kangaroo Island for our Teddy Bear Hospital trip to help increase health literacy in primary school students. Our Rural High School trip travelled to Port Pirie and Port Augusta, and we hosted an online session to ensure that all high school students, no matter where they are located, can access information about health careers.

For the first time we organised a dentistry outreach trip to Murray Bridge to showcase the possibilities of working rurally! We also hosted our inaugural rural research information evening because we believe there is a role for AURHA to connect health students who are often so eager to get involved in research, with the demand for research in rural health to ultimately improve rural health outcomes.

This year I had the pleasure of learning more about our incredible club. I reached out to Dr Lydia Scott, our AURHA President in 2006 who was one of the leading members in transforming Adelaide University Rural Medical Association into the multidisciplinary club we have today. We were fortunate enough to listen to Dr Scott speak at our annual cocktail evening, *"Escape with AURHA"*. I also had the pleasure of representing AURHA at the annual Rural Medicine Australia conference alongside my colleagues. We were able to network with many incredible people and were thrilled to meet the first Indigenous Representative for AURHA, Dr Olivia O'Donoghue! Meeting these instrumental members of AURHA and learning about what they are doing now helped to showcase the importance of our work in our rural health clubs!

I am so proud of my AURHA team and how hard we have worked this year to achieve so many of our goals. Next year we have four different disciplines making up our executive team, and our three event portfolios are multidisciplinary teams. I am so proud and cannot wait to see AURHA continue to grow in 2023!

Best wishes, Eden

AURHA

Adelaide University Rural Health Alliance

Hi Everyone! I'm Constance, the 2023 President of Adelaide University Rural Health Alliance, aka AURHA. This year has gone off with a bang with an amazing turnout in O'Week, First Year Muster and we can't forget the Nursing Careers Night with the Adelaide Nursing Students' Society! I can't wait to see you all out at our events this year with some exciting new events coming your way soon...

Rural High School Visit

Bright and early on the first Monday of the mid-semester break, an excited group of students from across medicine, dentistry, nursing, psychology, and allied health left Adelaide for the Mid North (SA). Our first stop was Port Pirie where we went to St Mark's College and spoke with over 100 of their Year 10-11 students. Next it was a quick lunch break before heading to John Pirie Secondary School. Here we spoke with around 30 students from Years 10-12 who had an interest in health. After this we left Port Pirie and drove to Port Augusta to check in to our accommodation. We went shopping and then whipped up a legendary BBQ for dinner. Throughout the trip, a highlight for many was how much we bonded as a group, even though we started with a very competitive game of UNO. The next day we went to Caritas College in Port Augusta and spoke to their Year 9-11 students who had an interest in health. Following this we were lucky enough to have a tour of the Port Augusta Hospital and learn about the dialysis unit, their allied health network and Aboriginal birthing program! We also got the chance to explore Port Augusta and what life in a rural centre is like. That night we met up with the Adelaide Rural Clinical School students currently in Port Augusta to go out for dinner. We then headed back to Port Pirie to talk to a small group interested in health at Mid North Christian College before making the drive back to Adelaide. A great time was had on the trip by all, with some personal highlights including inspiring students into careers they did not think were possible and the support services available for rural students.

- Constance McIntosh, RHSV Volunteer 2022 and AURHA IT Officer & Tri-Club Officer 2022, 2023 President

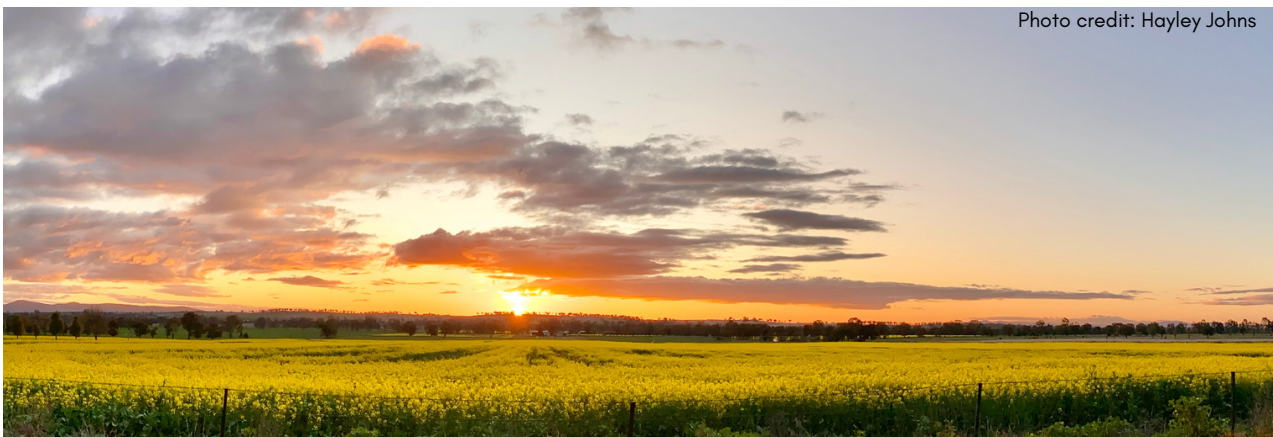


Photo credit: Hayley Johns

H O P E 4 H E A L T H

STRIVING FOR A
WORLD WITHOUT
HEALTH
INEQUALITIES

Hope 4 Health is a student-run not-for-profit organisation based at Griffith University, Gold Coast. Rural and First People's health forms a core part of our work, and each year we have a range of opportunities for medical and allied health students to engage in rural health education and experiences!

Rural Experience Weekend: What's It Really Like to Be a Rural Doctor?

Early in 2023, we co-hosted a rural experience weekend in Stanthorpe, alongside TROHPIC (UQ) and Bushfire (Bond University). Saturday began with clinical skills workshops and a tour of Stanthorpe Hospital. The day drew to a close with local wine tasting at sunset, and toasting marshmallows around a campfire! Following the morning coffee run, Sunday was an opportunity to be inspired and informed about rural career pathways, with talks from representatives of *The Royal Australian College of General Practitioners*, and the *Australian College of Rural and Remote Medicine*. Many thanks to *Health Workforce Queensland* for sponsoring the event!

Upcoming rural trips!

We simply can't get enough of our rural clinical sites, which is why we've organised more trips later in the year! Griffith University provides the opportunity for 24 students from each cohort to undertake their clinical placements at rural sites in the Darling Downs region of Queensland, and these trips give pre-clinical students a taster of the rural medical student lifestyle. We have a trip to Warwick and Stanthorpe in early April, and a trip to Dalby in May.

We're also really excited for rural high school visits later this year, as well as the Rural Doctors' Association of Queensland Conference, in Cairns!



FOLLOW
@Hope4Health



RHUUWS

Western Sydney University

On the 7th July 2022, students attended the RHUWS Indigenous Cultural Engagement Event, hosted by Aunty Kerry and Rob. Professor Gawaian Bodkin-Andrews also shared a surprise Dreamtime Story of the Lyre Bird with attendees. The Lyre Bird is a native Bird of Campbelltown and the Dhawaral People that can mimic any sound it hears. It was a fascinating story, and you would have heard a pin-drop in the room as attendees were hanging on to every word. Attendees then wove their own headbands with native grass that had been dried out over weeks by Aunty Kerry as well as painted their own rocks in the style of the Indigenous Australians, guided by Rob. Attendees were even treated with the company of Aunty Kerry's dogs! Dinner was also supplied on the night, and it was a wonderful event with all attendees in agreement with how much fun they had, and how much they loved the opportunity to learn more about the culture of our First Nations people.

Following this event in September, RHUWS organised an online Zoom event where three guest speakers chatted to students about their profession. A paramedic and two retrieval doctors discussed their pathways and their experiences working and living rurally, sharing the ups and the downs with attendees. Those unable to join the Zoom event were able to watch the recording in their own time.

-Nikki Adams



StARRH

Students Association for Rural and Remote Health Remote Outreach Experience

What a year it has been in StARRH in the Northern Territory!

We ventured more remote for our school visits than ever before! In September we partnered with NT Primary Health Network to fly our committee of seven health students from medicine and allied health 1000km from Darwin to Nhulunbuy. Nhulunbuy is the major town of the East Arnhem region. This region spans 33,310 km² and has a population of 10,345 people. 64% of the population identify as Indigenous peoples. As we touched down onto beautiful Yolŋu country, we were greeted by the friendly people of Bawaka homeland, who shared with us their knowledge of traditional bush medicine and invited us onto their stunning lands.

Over the following three days, our team spent their time inspiring community kids from Nhulunbuy Primary School, Nhulunbuy Christian School, Nhulunbuy Christian College and Nhulunbuy High School, with visiting high school students from surrounding communities and Yirkkala.



StARRH

Students Association for Rural and Remote Health Remote Outreach Experience



We had interactive stations with the high school students surrounding the topics of heart health, neurology, occupational therapy assessments, first aid and healthcare careers. We invited the two universities in the top end, Charles Darwin University and Flinders University to join our outreach program to provide information and careers resources to the kids. For most of the students, it was the first time they had an opportunity to speak to the universities about careers or higher education study!

The primary school kids enjoyed playing “doctor” with our teddy bear hospital and trip mascot Benji. We also discussed the importance of hand and face hygiene and healthy eating with fruit and veggie platters.

Being engaged in the Nhulunbuy community was a blessing, and we are all very thankful to have had an opportunity to meet and learn from the community. We hope the students of Nhulunbuy felt inspired to pursue a healthcare career or learned more about their bodies and health. The committee would like to thank NTPHN again for sponsoring our visit, and the NT General Practice Network (GPSN) students for being involved.

-Matika Marchant (President StARRH 2022)



TROHPIQ

Towards Rural and Outback Health Professionals in Queensland

Multidisciplinary Skills Day

In August, TROHPIQ was delighted to run its inaugural Multidisciplinary Skills Day. We arranged seven tutors to help run four stations, which included acute and post-event care of a stroke patient (with excellent acting skills from one of our convenors), breaking bad news, medication history taking, and a neuro examination. We had a great turnout at the event with students studying medicine, nursing, occupational therapy, podiatry, and pharmacy. The feedback was very positive with students reporting that they loved learning about the roles of other healthcare professionals and how everyone fits into a team environment. We can't wait to run this event again next year and continue making it bigger and better!



TROHPIQ K'gari Trip

In late September 2022 TROHPIQ representatives from Bundaberg and Hervey Bay joined forces to organise the trip of a lifetime to K'gari (Fraser Island) during peak whale migration season. The wonderful guides spent the morning educating us on the importance of the mother-calf bond, the uniqueness of a whale's tail and the long list of skills the calf needs to perfect before being able to make it on their own. The weather and the whales showed off for the entire day, with whale calves breaching half a metre from our boat and showing off their impressive tail slapping practice. We spent the first 3 hours of the day bobbing around and turning the engines off to just sit and watch, as the majestic animals enjoyed calm, safe waters in Playtplus Bay, after their annual migration south. We were treated to lunch on board and spent the remainder of the day kayaking, hiking sand dunes, swimming, tubing and adventuring around the relatively untouched side of the largest sand island in the world.

Students were lucky enough to have a portion of their ticket subsidised by TROHPIQ and were extremely grateful to have had the chance to experience K'gari all together. Our appreciation extends to Tasman Venture and their staff who went above and beyond for us on this tour. We hope this trip becomes an annual event and something that Bundy and Hervey Bay students can look forward to each year!



TROHPIQ

Bowties & Beauties Charity Gala

Bowties & Beauties Charity Gala is an annual charity fundraiser for the not-for-profit organisation - BUSHkids, and is easily one of the highlights of the TROHPIQ calendar year! BUSHkids support the health & wellbeing of children (& their families) in rural QLD, and TROHPIQ runs Bowties & Beauties to raise awareness and support the amazing work that they do.

This year on July 29th we held Bowties & Beauties Charity Gala at The Mix Bar in Woolloongabba. It was a highly successful event filled with food, drinks, music and wonderful company. Our raffle was a massive hit thanks to all our amazing sponsors and their donated gifts. It was such an honour to have special guests from BUSHkids and Heart of Australia attend and speak with some of the students. Thanks to our wonderful attendees we were able to raise **\$3971.69 for BUSHkids.**

We are incredibly proud of this event and would love for you to join us in the future!



TROHPIQ

Cherbourg Trip

The Cherbourg Trip in 2022 looked a little different to that of past years! COVID outbreaks saw multiple date, location and plan changes but finally, on the 21st of August, the trip was able to take place. We travelled to Cherbourg first, where we met the amazing team at the Ration Shed who gave us a brief look into the history of the town and the legacy of the people that were brought there. We gained some insight into culture, connection to land and ancestors, and watched documentaries made by young people in the town. We then had a beautiful lunch catered by Goomeri Bakery before heading into Cherbourg Hospital. We had the privilege of meeting a wide range of medical, allied health and other staff who are essential to the hospital and the adjacent clinics, who almost convinced us all to come and do placement there and (eventually) come back to work permanently! On our way home, we made a stop at Kingaroy Hospital, where Jill gave us a personal tour of the flashy new hospital, and again, managed to convince many of us to come visit for placements! This was a great trip where we all were able to meet new people, see new faces, broaden our understanding of the strengths of Aboriginal and Torres Strait Islander and rural healthcare, and make a commitment to come back to these communities to learn and work.

Careers in Rural Health Night

This year TROHPIQ was able to run the inaugural collaborative Careers in Rural Health Night, working with Queensland Pharmacy Students' Association and Nursing And Midwifery Student Association. It was a successful evening where students were able to hear from a variety of health professionals including dentists, pharmacists, speech pathologists, and nurses. We also were able to introduce our allied health members to the great work done by Heart of Australia and BushKids. Some of the highlights of the evening were hearing from Lucy Walker, who is a pharmacist from Goondiwindi, who delivers medicines by drone! We also heard from Dr Ruben Sivarajah, who said his rural patients were so loyal, some even followed him to Brisbane for their dental treatment! I found it really interesting hearing from other health professionals' perspectives too, not just pharmacists. It was nice to hear from so many trailblazing rural health professionals and see where a rural career could take us.



CROHC

We are CROHC! We are the rural medical club from Curtin University in Western Australia. Our club contains members from metro, regional and rural areas across WA. We even have members from different states!

The beginning of this year has been so busy! We welcomed the newest cohort of medical students at the Curtin Association of Medical Students welcome day with merch giveaways, info about CROHC, what we do and how they can get involved including numerous applications to be CROHC 1st year rep.

Rural Careers Night

This is an annual event run by CROHC at the beginning of each year where our students from Years 1-5 all come along for a panel and networking style event. This year we have been lucky enough to have RACGP, ACRRM, RANZCP and WACHS attend each with a doctor/ registrar from their college. We had Dr Brittany Wicksteed, Dr David Townsend, Dr Lauren Kuhl and Dr Kim Isaacs. The night is always successful when we see more and more students grow a passion towards rural medicine.



CROHC

Rural Health West Conference

Not long after our Rural Careers Night, our applications opened for students who wanted the opportunity to attend the WA Rural Health Conference 2023. This year CROHC sponsored 8 students to attend this amazing event that is held every year in Perth. The weekend was filled with sessions and talks that ran concurrently, meaning you could choose what you learnt or what skill you wanted to master! We heard from Sam Bloom, a 2x world Para Surfing champion, bestselling author, and inspiration behind the 2020 #1 Australian box-office and international global Netflix hit movie, *Penguin Bloom*. We also heard from Craig Hollywood, a recipient of both the WA Local Hero award and Australian of the Year. Craig received these awards following his founding of the organisation *Short Back and Sidewalks*, a service for people to access free haircuts.

Rural High School Visits

After an amazing year in 2022 covering 22 high schools around WA, CROHC is working closely with The WA Rural Clinical School to reach as many high schools as we can again this year! In 2022 CROHC visited schools from Northam and Narrogin all the way down to Margaret River, Dunsborough and Albany, with a plethora of schools in between! This is CROHC's favourite part about our club and we hope 2023 is just as successful.

All of this has just been in the last few months, and we are excited for what 2023 has to offer. We're planning many upskilling workshops such as rural GP emergencies, surgery in rural areas and OB/GYN nights. This is in addition to our NAIDOC Week Bush tucker lunch, Rural Generalist evening and Annual Rural Health dinner with all WA Rural Health Clubs. We are looking forward to the year ahead!

Cassidy Emmott - CROHC President (3rd Year MBBS Curtin University)

ROUNDS

Rural Organisation of the University of Notre Dame, Sydney

Where and Who We Are

Our club, ROUNDS, is The University of Notre Dame's Rural Health Club for medicine and nursing students. Our 2023 committee is made up of nine students from a mixture of rural and metro backgrounds, yet we are all closely bonded by our shared passion for rural health.

Recent Activity

We started 2023 off with high ambitions and many ideas for how ROUNDS can reach its full potential this year.

Our goal is to create an expanding student network that frequently engages in advocative activities related to rural health. With guns blazing towards this goal, we have already hosted three ROUNDS events in the first six weeks of semester and have two massive upcoming events in the works!

So far we have held a rural first aid emergency simulation activity at 2023 Med Camp, organised an on-campus screening of *Take Heart*, a film about Rheumatic Heart Disease in remote Australia, and most importantly, held the annual ROUNDS Amazing Race.

At all three events students made new friends and had fun whilst broadening their understanding of rural and remote health. In addition to this, we recently collaborated with Budgy Smuggler to create customised ROUNDS Budgys that are available for anyone to purchase. Our ROUNDS members are absolutely loving this unique merch and we believe it's bonded us closer as a student family.



Photos by @cardsphobic

ROUNDS

Upcoming Projects

Our committee is now working hard to organise our next two events (the biggest ones for the year), the **RFDS Gala Night** and the Riverina Road Trip. The RFDS Gala Night is hosted by ROUNDS to raise money for the Royal Flying Doctor Service, who play an incredible role in the lives of our rural and remote Australians. We have already locked in three amazing speakers for the event including a sexual health nurse from Bourke and an RFDS retrieval doctor. Additionally, we have secured some amazing rural-themed prizes for the fundraiser raffle. In the past this event has attracted large numbers of students, so we hope that this year's event will not only raise a lot of money for the RFDS but will also be an educational and impactful experience for the students attending.

Likewise, the **Riverina Road Trip** aims to showcase what being a rural healthcare worker looks like, to encourage students towards becoming rural doctors in the future. We will be touring 20 eager first-year medical students around the Riverina region for a weekend, with Cowra, Wagga and Young being our main stops. In fact, many of the students on the trip will have never experienced rural NSW before, so this is a fantastic opportunity to inspire them. We've organised meetings with local health staff, a tour of Wagga hospital, two farm visits and some fun tourist activities in order to provide as much rural immersion as possible. Most importantly, we'll be visiting Cowra and Bathurst High School to encourage and speak with students about pursuing a career in health.

We can't wait to see how these events unfold and what other great ways that ROUNDS can foster a growing network of people who are advocates for rural health!





FROM OUR STAKEHOLDERS

New programs, conferences, scholarships,
competitions and other exciting opportunities!



RDN

2023 is an exciting time for students to get involved in rural health, and New South Wales Rural Doctors Network (RDN) is here to help. This year we are once again providing a fun range of ways for you to immerse yourself in rural life. Below is a summary of some of the great opportunities on offer:

Go Rural Road Trips

Our Go Rural road trips offer an incredible opportunity for medical, nursing and allied health students to visit rural and remote communities and see first-hand the benefits of working rurally. Over a four-day tour, students will visit health facilities including hospitals, Aboriginal Medical Centres and GP practices and engage with local communities.

Key Dates

Go Rural trip #1

South West NSW

27-30 April

Applications closed.

Go Rural trip #2

Hunter New England

1-4 June

Applications open

24 April-14 May

Go Rural trip #3

Western NSW

Dates TBA.

Go Rural trip #4

Southern NSW

Dates TBA.



Keep an eye on [our webpage](#) or our [Facebook](#) and [Instagram](#) pages for updates on when applications open.

RDN

Outreach Student Placement Program

The Outreach Student Placement Program provides up to 100 selected medical, nursing and allied health students in NSW/ACT with the opportunity to shadow an Outreach provider in a rural or remote community.

Outreach providers from a range of professions deliver clinics and services in rural and remote communities with the aim of increasing access to health services by reducing barriers such as distance, cost and cultural safety.

Key Dates

Placements are to be undertaken before June 30 2023.

[Apply here.](#)

Bush Bursaries

The Bush Bursary and Country Women's Association of NSW Scholarship Program provide selected medical, midwifery and nursing students in NSW/ACT with bursaries to assist with costs associated with their placements. Recipients spend two weeks on a rural placement in country NSW during their university holidays.

Key Dates

The two-week placements are usually undertaken between November and January.

Applications will open
19 June and close 2 July.

[More information can be found here.](#)



RDN

Cadetships

Rural Resident Medical Officer Cadetship and Rural Resident Medical Officer Cadetship for Indigenous Students.

RDN, on behalf of the NSW Ministry of Health, offers 48 cadetships to medical students interested in undertaking a medical career in rural NSW. There are also pathways offered to Indigenous students with a minimum of six cadetships being reserved for these pathways.



Key Dates

Applications open 27 June and close 14 July.

[Eligibility criteria and more information can be found here.](#)

Rural Health Careers Forum

High school students interested in a rural healthcare career are invited to join us at the Sydney Boarding Schools' 2023 Rural Health Careers Forum at Pymble Ladies' College, on Thursday 11 May, 5 - 8.30pm.

There will be the opportunity to:

- Talk to universities and rural workforce agencies about study and career opportunities.
- Speak one-on-one with health students, recent graduates and health professionals about their journeys.
- Participate in hands-on activities that will give an insight into a day in the life of a health professional.

We encourage all students with an interest in a health career, or an interest in working rurally, to come along.

[For more information and to register, see here.](#)

SARRAH

Services for Australian Rural and Remote Allied Health (SARRAH)

is a nationally recognised peak body representing rural and remote Allied Health Professionals (AHPs) in the public and private sector. We are the strongest and most vocal supporter for those AHPs working in the most isolated areas of Australia; and the only peak body fully focused on rural and remote allied health across all disciplines.

As a member association, your support helps us improve community access to allied health and health outcomes in rural and remote Australia by enabling SARRAH to:

- deliver landmark projects
- lead innovation in integrating allied health professions, systems, and policies
- support workforce sustainability in rural and remote context.

We invite individuals including allied health students, professionals, and organisations to partner with SARRAH and help shape future policy reform in this key area and welcome you into our ever-expanding network of members and contributors.

To read more about SARRAH membership visit

<https://sarrah.org.au/membership>

Learning for purpose

Choose Your Course

AHA MODELS OF CARE
Are you seeing unmet need in your community and having to turn clients away because you don't have capacity to see them? Have you thought about employing an AHA but don't know where to start? If yes, then this course is for you!

GRANT WRITING
Is your organisation getting a share of grant opportunities available in Australia? This self-paced short course provides tips and templates to succeed in your next grant application.


LEADERSHIP
Be a successful leader and an agent for change in the rural and remote health landscape of Australia. SARRAH Leadership course is designed for you.

DISC® PROFILING WITH SARRAH
DISC® profiling is a tool to help understand our workplace behaviours and can improve workplace relationships. Dr Bat, as a qualified DISC® facilitator, delivers this program.

PROJECT MANAGEMENT
Allied Health Professionals are expert at many things, but quite often we haven't developed our knowledge and skills in project management. If you'd like to cross that bridge, then this course is for you!

GIVING EFFECTIVE PRESENTATIONS
Do you want to deliver truly engaging presentations? You'll learn about the specific tools and techniques for presentation creation and delivery, that will engage your audience and make a bigger impact.

Expression of interest now open!
**Program 2:
Commencing August 2023**

 melodie@sarrah.org.au

Got a story to tell about remote and rural allied health?

We're building a new Toolkit and we need you!

Contributors

- Share a video
- Write a story
- Share a great photo
- Share a great resource

Reviewers

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- Choose your module
- Give us your feedback

The SARRAH Toolkit is Proudly sponsored by:
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https://bit.ly/SARRAH_Toolkit
email: toolkit@sarrah.org.au



Monash Rural Health

FREE STUDENT MEMBERSHIP



SARRAH IS OFFERING MEMBERSHIP TO ALLIED HEALTH STUDENTS FOR FREE!



Benefits include:

- rural career pathway support
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- free access to SARRAH webinars
- free subscription to newsletters and publications
- discounted event registration including SARRAH Online courses.

<https://sarrah.org.au/membership/individual-membership/join-as-a-student-member>

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Learning for purpose in 2023



ONLINE EVENT

RG CAREERS *FEST*

Discover a career as
a Rural Generalist

What can you expect?

- Gain insights, tips and advice from ACRRM registrars and Fellows
- Find out what it's like to train on the ACRRM Fellowship program
- Discover what training opportunities are available across Australia
- Meet the people who will be there to support you during your training



DATE:

15 March–17 April, 2023

[REGISTER NOW](#)

DR ANTHONY RENGEL

RMA23

A promotional banner for RMA23. The left side has a dark blue background with white text: 'RMA23', 'nipaluna (Hobart) • 18-21 OCT 2023', 'Scholarship submissions are now open', a light blue button with 'LEARN MORE AND APPLY', and 'AN OFFICIAL PRE-WONCA EVENT'. The right side shows three people in pink 'VOLUNTEER' vests on a stage with logos for the Australian College of Rural & Remote Medicine and the Rural Doctors Association of Australia.

RMA23
nipaluna (Hobart) • 18-21 OCT 2023

Scholarship submissions are now open

LEARN MORE AND APPLY

AN OFFICIAL PRE-WONCA EVENT

Australian College of Rural & Remote Medicine
WORLD LEADERS IN RURAL PRACTICE

RURAL DOCTORS ASSOCIATION OF AUSTRALIA

As the future of rural health, we love seeing a large contingent of students and interns at RMA. With a dedicated social event and in-conference sessions, attending RMA23 will provide you with countless opportunities to develop skills, meet new friends and mentors, be inspired and network with some of the brightest minds in rural medicine.

ACRRM and RDAA members are invited to apply for the chance to attend RMA23 and social events for free*! Successful applicants will also have the opportunity to meet and thank the generous sponsors who have made your attendance possible.

Looking for other ways to get involved with RMA23? Whether you are looking to volunteer, apply for sponsorship or get the whole VIP experience by applying for the ACRRM President's Prize, you have plenty of opportunities to explore!

[Apply for a scholarship](#)

**This sponsorship is for ACRRM and RDAA members who are either medical students or interns.*

NACCHO YOUTH

23 October 2023, Noongar Country, Perth

SAVE THE DATE

Youth Conference: 23 October 2023

The NACCHO Youth Conference brings together up to 100 youth from around Australia to gain experience and exposure to the Aboriginal and Torres Strait Islander sector on a national level. Engage in discussion, share your experience and learn from other peers. This conference provides a pathway for your voices to be heard and represented by NACCHO throughout the sector.



www.naccho.org.au/youth-conference

#NACCHOconf2023



More info at <https://www.naccho.org.au/events/youth-conference/>

HEALTH WORKFORCE QUEENSLAND

From the [Health Workforce Queensland Blog](#).

Meet our Rural Health Professionals - Jed Owen

In October last year the Health Workforce Queensland team were in Charleville with health students participating in our GROW Rural South West Queensland immersion program. Jed Owen, a paramedic who is studying to be a psychologist, was part of the GROW Rural program and shared his rural journey with the students. Jed had previously received funding support through the Health Workforce Scholarship Program in Queensland to assist him with his provisional psychologist supervision costs. We took the opportunity to connect and chat with Jed to see where he is now, how his career change was progressing and how life in Charleville is for him and his family.

HWQ - Jed you are in the process of transitioning from paramedic to psychologist. Can you tell us a little about your time as a paramedic?

Jed - I have spent 10 years as a paramedic, working in Mt Isa, Goondiwindi, and Charleville. I worked as acting OIC at times. I most enjoyed helping the community and patients. I made a lot of friends and have been a part of the rural health workforce all this time.

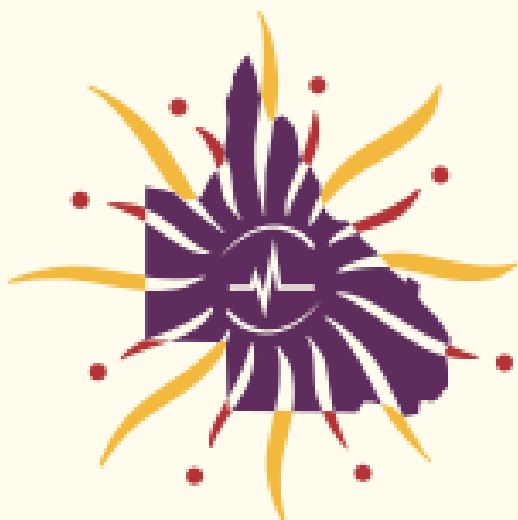


HWQ - What inspired you to make the move and become a psychologist?

Jed - This was inspired by working as a peer support officer in the ambulance service. As a peer support officer, I had a week training in Brisbane with the Priority One Team. We were taught some counselling skills and it was a way to help my workmates who may have attended a "challenging" job or were wanting someone to have a talk with. The learning within that week spurred my desire to know more about psychology.

Follow the link below to hear more of Jed's inspiring story and to learn about how Health Workforce Queensland can support you.

Read the full
article at
<https://www.healthworkforce.com.au/blog/2023/03/meet-our-rural-health-professionals-jed-owen>



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Nursing & Midwifery

Diploma of Nursing Rural Travel Support Incentive - open 30 January 2023 to 19 May 2023

The Diploma of Nursing Rural Travel Support Incentive provides financial travel assistance for Diploma of Nursing students from a rural area (MM3-MM7). The Travel Support Incentive aims to increase opportunities to undertake a Diploma in Nursing by supporting the cost of travel to a recognised Registered Training Organisation (RTO) that is 150km or greater from the applicant's residential address. The applicant can apply for a travel incentive of \$5,000 and use the funds for associated travel and accommodation costs related to Diploma of Nursing studies.

New Graduate Nursing and Midwifery Rural Support Incentive - open 9 February to 28 April 2023

The New Graduate Nursing and Midwifery Rural Support Incentive is available to new graduate nurses and midwives relocating to a rural or remote location. The applicant can apply for a support incentive of \$1,000 and use the funds to support their relocation to take up employment in an identified rural Local Health District area.

Medicine

Supporting Entry into University Medicine Program Scholarship - open 1 February to 26 May 2023 (GAMSAT) and 1 March 2023 - 28 April (UCAT)

The Supporting Entry into University Medicine Program Scholarship is designed to provide financial support to prospective students from NSW rural communities who are pursuing a career in medicine. The Scholarship provides financial support (\$1200) to cover registration for a 2023 GAMSAT/UCAT exam, assist with associated expenses such as travel to the exam and preparation for the exam (e.g., purchasing preparation materials).

Detailed information about each scholarship, guidelines and how to apply can be found: <https://www.heti.nsw.gov.au/Placements-Scholarships-Grants/scholarships-and-grants>
Contact for enquiries about all scholarships: MOH-RuralScholarships@health.nsw.gov.au



Rural Generalist Pathway



Rural generalists are general practitioners who provide primary care services, emergency medicine and have training in advanced skills that help them serve the needs of their communities.



The Rural Generalist Pathway WA supports, guides and advocates for medical students and medical practitioners interested in pursuing a career as a rural generalist.




Coordination Unit

Supporting rural generalist training across WA

 <https://ruralgeneralist.health.wa.gov.au>

 RuralGeneralist@health.wa.gov.au

 (08) 6553 0873





Want to work in remote Australia? We're here to support you.



CRANApplus is the peak professional body for the remote and isolated health workforce. If you're studying nursing, midwifery, or another health discipline, and are looking to practise in rural, remote, or isolated Australia, we are here to provide guidance, assistance and support.

How can CRANApplus support me?

LAUNCHING YOUR CAREER

Scholarships

We offer scholarships that provide financial support to cover costs like travel and accommodation during a remote clinical placement.

crana.org.au/scholarships

Pathways and incentives

We provide guidance on the pathways and incentives for a career in remote health.

crana.org.au/pathway-incentives

Helpful resources for students

Our resources are a good starting point and will help you to become informed and prepared to undertake your rural or remote clinical placement and to effectively transition into the workforce. A good place to start is our *Going Remote – The Essentials* guide.

crana.org.au/resources

SUPPORTING YOUR WELLBEING

Bush Support Line

Our 24/7 telephone support line provides free, confidential mental health and wellbeing support during your rural or remote placement. Call 1800 805 391

Self-Care Course

We offer a free online course called *Adapting Self-Care Practices During Clinical Placement* to help you to develop self-care strategies, familiarise with available resources, and thrive during a rural or remote placement.

crana.org.au/selfcare

LINKS Mentoring Program

Our mentoring program can link you with an experienced professional who can provide guidance and extra support during and in the lead-up to rural or remote clinical placements, and in the development stage of your career. Access our free online module to get started: crana.org.au/mentoring

BUILDING YOUR KNOWLEDGE

Webinars

Our free webinars are designed to support your continuous professional development, and to increase your clinical knowledge and awareness of important programs and initiatives. crana.org.au/webinars

Podcasts

Listen to stories from nurses, midwives, students and other health professionals on *CRANAcast: Recordings for the Road*, or access wellbeing advice to help you manage the challenges faced at work and at home on *CRANAcast: Supporting your Wellbeing*.

crana.org.au/cranacast

EARLY CAREER SUPPORT

Our support continues after you've completed your studies and as you enter the workforce. We provide face-to-face and online courses specific to the rural and remote setting, curate employment opportunities from across Australia, deliver tailored career advice, and more.

Get the most out of CRANApplus by becoming a student member for \$60 a year crana.org.au/membership

- As a Student Member, you'll be eligible for our remote undergraduate clinical placement scholarship, providing up to \$1000 towards placement-related costs
- Receive a print subscription to CRANApplus Magazine, an industry publication which tells your stories and raises the voice of Australian remote health students
- Gain access to the Australian Journal of Rural Health through an annual online subscription, and more.

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CRANAPLUS

LinkedIn- remote nurses are
stronger connected



Are you on **LinkedIn**?

It's worth building up a profile during your studies to demonstrate your professionalism, familiarise yourself with opportunities, and forge strong connections.

We recommend you start today. Remote nurses are stronger connected.

Follow CRANAplus for the latest free webinars, placement scholarships, and industry news.

CRANAPLUS

Free 24/7 counselling service

Remote placements create memories, change perspectives, and consolidate skills, but they aren't always easy.

Our free 24/7 counselling service is available to students undertaking theirs.

If you need support, we'll be standing by.



BUSH SUPPORT LINE 1800 805 391

Available to remote and rural health workers and their families 24/7

CRANAPLUS

CRANAcast Episode 7: student perspectives of rural placement

CRANAcast Recordings for the Road

Ep. 7 - From Kondinin to Kununoppin: WA Bush Nursing through a Student Lens



Listen on Spotify, Google Podcasts, or Apple Podcasts.
crana.org.au/cranacast

RANZCP

Psychiatry Interest Forum



Considering a career in psychiatry? Looking for more information? Join the Psychiatry Interest Forum (PIF)

Membership is free and forum members will receive a range of benefits including:

- invitations to educational events including lectures, workshops and conferences
- career guidance in psychiatry and its subspecialties, through seminars and networking with RANZCP Fellows
- invitations to participate in RANZCP awards, prizes and grants around promotion, research or advocacy in mental health
- access to RANZCP e-learning resources through Learnit, the RANZCP's online learning library
- e-newsletters to keep up to date with RANZCP activities



To join, visit: www.ranzcp.org/pif

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

Specialise in the mind

Become a psychiatrist.

Dr Daniel Mirmilstein,
RANZCP Trainee



Meet Daniel

Everyone has a story. I'm a father, partner, avid meditator, Lego enthusiast and a RANZCP advanced trainee in child and adolescent psychiatry. I was born overseas and I have travelled and lived in many places.

I love psychiatry because I love people's stories and enjoy supporting them in a meaningful journey of discovery and healing.

Psychiatry can be informed by various interesting fields such as neuroscience, psychology and philosophy.

Psychiatry allows the blending of an intellectual understanding, with a felt sense of the other, and ultimately a deeper relationship with the self.

Engaging with the Psychiatry Interest Forum gave me the opportunity to meet my future colleagues and better understand psychiatry as a career. I realised that I had found my people.

I would encourage all students and junior doctors to engage in self-reflection and cultivate broad life experiences as they navigate their career in medicine.

Be a doctor in mental health

Become a psychiatrist.

Dr Lieu-Chi Nguyen,
RANZCP Trainee



Meet Lieu-Chi

I have always been interested in stories and existential questions. Psychiatry relates to these areas the most.

What makes our patients unique on a personal level, their relationships, interests and values, are integral to our assessment and management.

Psychiatry has taken me everywhere – from inpatient units of urban Sydney, tropical island clinics, to remote Aboriginal communities in Cape York.

And most importantly, exploring my own self as a clinician and a human through my care of others, often in the most vulnerable moments of their lives.

If I have any advice for those applying or thinking of applying for the training program, it would be that the first twelve months of your training will be the most challenging – hang in there and I hope, like me, you will see it as privilege to work in this rapidly expanding and incredibly interesting field.

COOEE! ISSUE 1 FOR 2023

Thank you for reading

WE HOPE YOU ENJOYED THIS
ISSUE OF COOEE!



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Photo credit: Hayley Johns