
COOEE!

September 2019

www.nrhsn.org.au

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3, 2, 1... Career lift off!



Three reasons to choose primary health care nursing

1. Broad scope of practice

Nursing is a continuously evolving discipline—and primary health care is right at the forefront. Scientific and technological advancement and the demands of the community require nurses to constantly gain new knowledge and skills. And nowhere are the margins of nursing practice expanding faster than in primary health care.

2. Autonomy in decision making

Nurses in primary health care can have wonderful autonomy—with plenty of freedom to guide their

own working experience. This comes with broad responsibility alongside working collaboratively with a team, making it a positive, challenging and satisfying career option.

3. Patient-centred care

In primary health care, you get to put the patient firmly at the centre of care. This is because it allows you to provide healthcare that is respectful of, and responsive to, the preferences, needs and values of patients.

Three reasons to choose APNA

1. Get to know the ins and outs of primary health care nursing. We'll feed your curiosity with industry news and clinical articles via our *Primary Times* member magazine, sent straight to your door every three months.

2. Access guidance and reassurance from top dog nurses. APNA's member-only Nurse Support Line a national support service manned by expert nurse consultants, who have *been there and done that*, and can help advise you on your career trajectory.

3. Get ahead of the curve with your professional skills. As a student member, you can access up to 200 hours of free and discounted online learning, all tailored to the wonderful world of primary health care nursing.

Join APNA as a student member for only \$15 by 30 September 2019 and you'll enter the draw to win a **FREE registration to the APNA National Conference 2020** in Sydney. To enter the draw, simply enter the code **Student2019** at the online membership checkout. We'll announce the lucky victor in our APNA Connect e-newsletter in October 2019.



Head to www.apna.asn.au and join the APNA tribe

Up to date with the NRHSN Executive



FROM THE CHAIR

Our recent second Council, which brought together the student leaders in rural health around Australia, was a fantastic event. It was inspiring to see the wonderful work our Rural Health Clubs are doing - showcased through snapshot presentations. We heard from external speakers, including Tanya Lehmann who spoke about leadership, challenging yourself and using storytelling to affect change.

The NRHSN Exec also presented the papers we have developed so far this year to Council. A number of our stakeholders sponsored students to attend council which was gratefully received. A big thank you to those stakeholders who were also able to make it in person!

We are very excited to see our Rural Health Club network continuing to expand this year, most recently gaining a rural health club from Curtin University. The support from long standing and experienced clubs given to our newer clubs was fantastic at Council and it was great to experience the collaboration and teamwork that occurred. A massive thank you to everyone who helped to make our second Council for 2019 such a success!



Our projects

Position paper about the Availability and Accessibility of Positive Rural Placement Experiences for Allied Health Students

- Project lead: Krishn Parmar
- Preliminary stats from our clubs about how accessible allied health rural placements are, and recommendations on how to improve this part of the Allied Health rural training pipeline.

Nursing, Midwifery and Allied Health Student Engagement guide

- Project lead: Fiona Fletcher
- The NRHSN is a multidisciplinary network, this guide is aimed at helping rural health clubs to run engaging events for students studying all health disciplines

Updated Rural High School Visit guide

- Project lead: Danica Xie
- A wonderful resource for clubs planning school visits, including how to approach schools, suggestions of activities and how to engage with the students

Updated When the Cowpat Hits the Windmill

- Project lead: Ashley Brown
- The NRHSN's mental health guide, written by students for students. Aimed at students heading out on rural placements but can be applicable for many other groups as well.

Updated Rural Placement Guide

- Project lead: Ashley Brown
- Getting prepared for rural placement and how to get the most out of it, including a handy checklist pamphlet

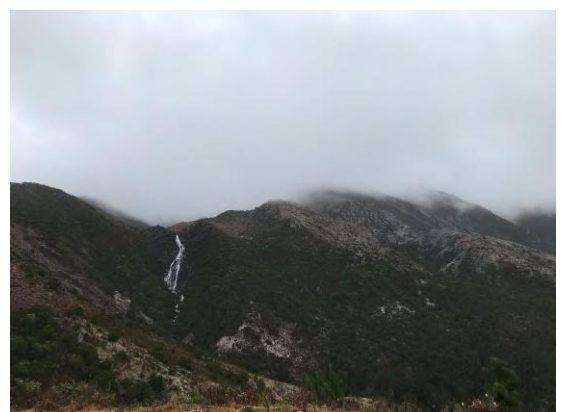
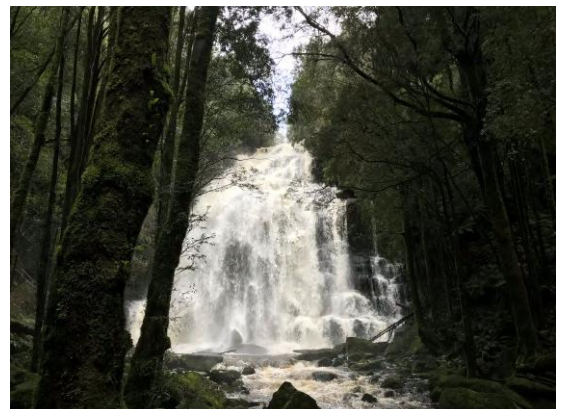
So far this year we have been to a number of meetings and conferences to advocate for rural health students and their future training. Some updates since our last newsletter:

- Participation in the Rural Health Multidisciplinary Training program advisory council
- Bonded Medical Places Integrated Working Group meetings - advocating for students involved with the scheme, we are also involved with the testing of the new BRoSS online software that will be released next year
- Rural Workforce Agencies Network Consortium - David and Ashley caught up with the workforce agency CEOs in July
- The National Rural Health Alliance Conference
- Rural Doctors Association Queensland
- National Rural Health Alliance Councilfest attended by David, Vice-chair, just last week

Coming up

- Australian Medical Students Association Council later this month
- Rural Health Stakeholder Roundtable meeting in Canberra this month
- CRANaplus conference in NSW this month
- Australian College of Midwives student conference this month
- Rural Medicine Australia conference on the Gold Coast in October - we will be presenting our mental health guide *When the Cowpat Hits the Windmill* and our preliminary data on student perceptions of Non GP Medical Specialty Rural Training Opportunities
- Federation of Rural Australian Medical Educators meeting in Canberra in October

- Ashley Brown, NRHSN Chair 2019



Snaps from my recent rural and remote placement on the beautiful West Coast of Tasmania

ALLIED HEALTH OFFICER

I was fortunate enough to attend the 13th National Allied Health Conference in Brisbane at the end of August. It was a great opportunity to catch up with National Rural Health Alliance members SARRAH and AHPA to discuss future collaborations. Rural allied health is a hot topic, so as a representative of the NRHSN, I was able to weigh in on the student perspectives around proposed national policies. It was also wonderful to listen to presentations on the allied health rural generalist pathway and the fantastic work that RHMT programs across Australia are doing. The future looks bright for rural allied health!

- Krishn Parmar, NRHSN Allied Health Officer 2019





For Midwives. With Women. For the Future.

Our commitment

Join over 5,000 midwives and help shape maternity care in Australia.

ACM has a clear mission – to position midwifery as the primary profession for quality maternal care. We speak with one voice on issues relating to midwifery and maternity care.

We know there are various pathways to this remarkable profession and many settings in which midwives practice. ACM embraces this diversity and aims to represent each and every one of our members, supporting midwives in the vital work they do providing woman-centred, evidence-based care.

Join Us. Strengthen the voice of Midwives. Increase Midwives impact. Together we can drive reform and innovation in Australian maternity services.

 FOR MIDWIVES



Together

Memberships tailored for every stage of your midwifery career.

Whether you're just starting out as a student midwife or you've made midwifery your passion and focus for years.

As a member of ACM, you have access to a range of benefits and opportunities, including contemporary continuing professional development; being up to date on the latest research and evidence-based practices; personalised support relating to your professional practice and career; engagement through attending a variety of valuable networking events; and involvement in policy change and midwifery advocacy.

 FOR MIDWIVES



Joining ACM was essential to me in my first year of studies.

I wanted to join the leading organisation working to advance midwifery care in maternity services.

Exposure to ACM's philosophies has encouraged me to be part of the movement that epitomises woman centred care and evidence-based practice.

It is an inclusive community offering support and education.

ACM values students and provides resources that are meaningful to me.

I would recommend ACM membership to all midwives who value therapeutic engagement with their profession and who want to drive midwifery care into the future on a national scale.

Arabella, Student Member

FOR MIDWIVES 



Grow

Reflect on your practice. Plan your professional development. Thrive in your midwifery career.

ACM have a range of programs and resources specifically designed to support your professional practice (discounts may apply for ACM members), including:

- Midwifery Practice Review (MPR)
- Baby Friendly Health Initiative (BFHI)
- Professional advice by experienced midwifery advisors
- Practice Standards and Guidelines, including the National Midwifery Guidelines for Consultation and Referral
- Evidence-based position statements, and regular updates and advice on policy changes
- Practice resources such as the Continuity of Care Handbook and the Midwives Business Resources Folder
- ACM Liaison midwives, creating local community
- Woman-centred publications, such as the Women and Birth Journal and Australian Midwifery News, connecting you with the latest evidence-based practice and research

FOR MIDWIVES

Advance

Enhance your career opportunities Enrich your professional development. Easily and conveniently complete CPD hours.

Education, courses and learning materials designed by midwives for midwives.

We offer CPD Recognition and Refresher programs, as well as a variety of learning formats:

- Webinars
- Workshops
- E-learning courses
- Journals
- National and State Conferences

Undertake your midwifery CPD requirements by connecting with ACM. Our members receive significant discounts and free access to webinars.

FOR MIDWIVES



I am a full member of ACM because I am proud of midwifery and want my profession to grow stronger and more visible.

ACM is important to me because it is improving midwifery representation, education, research, and indirectly improving maternity services and models of care.

ACM gives me a sense of shared purpose.

Being a member helps me to stay inspired and connected. It supports me in my everyday work as a midwife.

I would recommend ACM membership to midwives who want to re-energise themselves. Working together helps us feel proud and provides the energy to go out and do it.

ACM makes change in midwifery possible.

Maya - Full Member

FOR MIDWIVES

ACM Membership & Benefits

	Full	Graduate	Student	Associate
Stay Informed				
Australian Midwifery News magazine delivered to your door (quarterly)	✓	✓	✓	✓
Free access to the Women & Birth international journal (online)	✓	✓	✓	✓
15-30% discount on Elsevier books, eBooks and journals	✓	✓	✓	✗
Regular e-newsletters on the latest midwifery developments, opportunities and events	✓	✓	✓	✓
Access to member-only information, documents and resources on the ACM website	✓	✓	✓	✓
Develop/Maintain your Professional Skills				
Free registration and access to our monthly live webinars and webinar recordings library	✓	✓	✓	✓
30% discount on Midwifery Practice Review program (save \$300!)	✓	✓	✗	✗
50% off e-learning courses	✓	✓	✓	✓
Discounted tickets to ACM conferences and other ACM events	✓	✓	✓	✓
Access to ACM National and state/territory scholarships	✓	✓	✓	✗
Free enrolment and online access to the MidPLUS CPD log	✓	✓	✓	✗
Benefit from Professional Advice and Support				
Professional midwifery practice advice and support from our ACM Midwifery Advisors	✓	✓	✓	✓
Free 1st consultation and discounted legal advice on your professional work as a midwife	✓	✓	✗	✗

	Full	Graduate	Student	Associate
Get Recognised				
Eligibility to be recognised at the ACM Annual Honours and Awards Ceremony	✓	✓	✓	✗
Represent ACM Nationally and Internationally				
Ability to represent ACM at ICM Committees	✓	✓	✗	✗
Ability to become an ACM Liaison Midwife	✓	✓	✓	✗
Eligibility to represent the ACM at external events and consultations	✓	✓	✓	✓
Participate in the Governance of your ACM Branch				
Eligibility to become Branch Chair	✓	✓	✗	✗
Eligibility to become a Branch Committee member	✓	✓	✓	✓
Participate in ACM Governance				
Eligibility to become ACM President, Board Director or Council member	✓	✓	✗	✗
Eligibility to participate in ACM Advisory Committees	✓	✓	✓	✓
Eligibility to attend ACM general meetings	✓	✓	✓	✓
Eligibility to vote at ACM general meetings	✓	✓	✓	✗
Access Additional Discounts with ACM Partners				
Special rates on Accommodation with TFE Hotel Group	✓	✓	✓	✓
Discounted Access to the Microbirth online course and webinar	✓	✓	✓	✓
Discounted application fee to full WOUND credentialing	✓	✓	✗	✗

FOR MIDWIVES

FOR MIDWIVES

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Orders: orders@midwives.org.au | Media: media@midwives.org.au

2019 RURAL GPs CONFERENCE

28 November – 1 December 2019



Medical Student Forum

Are you a medical student interested in rural health and want to hear different perspectives on being a rural doctor?

NSW Rural Doctors Network presents the 2019 Medical Student Forum held on **Saturday 30 November 2019** at the **Novotel Sydney Manly Pacific**. The forum is a one-day workshop where you'll hear presentations on how to survive internship, pathways and opportunities to become a rural specialist and understanding Aboriginal perspectives on health. Registration fee is \$100 for the day.

Don't miss out on this exciting event!

Interested? See the **full agenda here**.

Register now

Catch up with the Rural Health Clubs





ROUNDS

ROUNDS has been working hard to execute inspiring, informative and fun events for 2019 members- here is just a taste!

One of our biggest achievements was Birthing in the Bush, an obstetrics and midwifery inspired night of guest speakers coupled with clinical hands-on workshops targeted towards nursing and medicine students. We were very grateful to have such reputable guests to share their personal and professional rural-based journey, as well as their clinical skills, which was incredibly valued (Dr Kelly Bradley, Dr Ross Wilson, Dr Ray Hodgson, Ms Kristy Smith).

In addition, ROUNDS has been busy advocating and raising awareness for Aboriginal and Torres Strait Islander health. We recently screened the Adam Goodes documentary 'The Final Quarter' which was extremely moving and encouraged a valuable open-question discussion.

ROUNDS has also had the privilege to visit La Salle Academy Lithgow and Kildare Catholic College in Wagga Wagga to share our journeys into tertiary health education and inspire high school students. We had stations teaching students how to plaster, perform CPR and identify basic anatomy.

We have also organised a weekend rural immersion trip to Wagga Wagga. This provided students the opportunity to embrace a rural lifestyle through homestays, as well as tour the Wagga Wagga Base, Calvary and Junee hospitals. Students also had the chance to visit the Notre Dame clinical school and meet senior students and interns to network and gain further insight into professional rural pathways.

- **Ebony Serone, Co-Chair 2019**





SPINRPHEX, Western Australia, has been busy this year hosting a number of events at various universities including students from medicine, nursing, dentistry, oral health and midwifery. Our events include Welcome Night, Camp, RFDS Info Night 1&2, Rejuvenation Morning Tea, GP Obstetrics Workshop, Rural High School Visits, Not Just a GP, Dentistry and Oral Health workshop and SPINRPHEX Annual Dinner.

A highlight was the GP Obstetrics workshop that had 50 attendees from a variety of disciplines and was a fantastic event filled with skills, networking and good food. We look forward to continuing this into the future.

- **Katherine Shaw, Event Co-ordinator 2019**



NERCHA

Fostering the future of rural health



NERCHA often visits rural high schools in Armidale, NSW - here we are visiting O'Connor Catholic College, Armidale and talking to year 10, 11 and 12 students about studying rural health degrees both at UNE and elsewhere, and where degrees in health can take you!

- **Brendan and Dominic, NERCHA Co-Chairs 2019**

Bushfire

BOND UNI RURAL HEALTH CLUB



BUSHFIRE, the Bond University Society of Health for Indigenous & Rural Experience, has had a busy 2019 co-hosting many clinical skills evenings trips and rural high school visits. The clinical skills nights thus far covered laparoscopy, surgical hand knot tying, vital signs, cannulation, ECG interpretations, otoscopy and dermatoscopy, and were immensely popular with the pre-clinical students.

The Rural Doctors Association of Queensland Conference was an enjoyable trip full of networking opportunities, clinical skills such as: ultrasound-guided venepuncture; birthing skills; and suturing, and interesting talks.

A huge highlight was the Reconciliation Week Sip & Paint Night in which a local Indigenous artist shared her personal journey, Indigenous culture and history, and art methods. The attendees were invited to create their own artwork and share personal stories over cheese and wine. It was a fantastic opportunity for community engagement, with the culmination of a mural of handprints, achieving reconciliation between Aboriginal and Torres Strait Islander peoples and our Bond students and faculty, representing the wider community in Australia.

We also ran a raffle, collecting funds for the Red Dust Foundation, an organization crucial to health promotion in remote Indigenous communities. We received overwhelmingly positive feedback and were nominated for a Best Club & Society Event award by the Bond student community. We are looking forward to running these events and a few more additions in 2020!





WAALHIIBE's Mental Health Night

WAALHIIBE has recently run our annual mental health night, which was themed PAUSE to remind people to pause for a minute during their day and reflect on themselves, as it's easy to get caught up in life. It was set in a common room at The University of Notre Dame Fremantle at night initially, the speakers gave a presentation and then we ran speed dating groups with each of the speakers. Since WAALHIIBE is a rural health club exclusive to allied health students, we aimed for a diverse range of speakers to allow students of varying degrees to be able to gain a new skill or experience from our event.

Some of our speakers included a mental health promotion officer, a general practitioner, clinical psychologist, an exercise physiologist and two lived experience speakers. Each of our speakers had something different to provide to our students, the clinical psychologist did a 2minute mindfulness relaxation session in line with our theme and one of the lived experience speakers was able to talk about her realisation of an eating disorder and her journey to recovery.

Overall, the feedback was positive and students were very engaged in the group discussions. We will definitely be running this event next year, with a new theme 😊

- **Marta Prasek, WAALHIIBE President 2019**



Left to right: Christine Liau (WAALHIIBE Event Coordinator, Physiotherapy student), Dr. Kaine Grigg (Clinical Psychologist), Tom Hughson (Founder of Hitting Into The Light and lived experience), Jessica Marmoy (Health promotion officer), (top) Josh Knuiman (Accredited Exercise Physiologist and lived experience), Laura McDuff (student advocate and lived experience), Dr. John Terry (GP and Infection Control Officer at UWA), Marta Prasek (WAALHIIBE President, Pharmacy student)



A stall was held at the Alice Springs NAIDOC Week March and Community Day in July. CARAH was on hand to provide information on health careers, Indigenous scholarships and be a visible presence of passionate future health professionals. It is traditionally a well-attended community event.



CARAH held a booth and rural high school visit at the Skills, Career and Employment Expo in August. The expo was attended by approximately 600 students. Final numbers yet to be released but in 2018 there were 1355 visitors. The 2019 expo was visited by: 2 Aboriginal remote community schools (Lyentye Apurte and Ntaria), 1 Primary, 1 middle years school, 1 Indigenous boarding school, 1 flexible learning centre and 3 high schools. We offered a tactile display of disease states and health equipment, information from the local workforce agency, and universities offering regional/remote placements. Students on placement from Flinders (Naomi Crosby: Nutrition/Dietetics), James Cook (Linda Huang, Norman Giang and Samuel Lin: Dental) and Melbourne University (Cassandra Spanos: Medicine). Conor Harnischfeger, Senior Dentist Manager was also in attendance.

- Allison Gray, CARAH President 2019



Undergraduate health students complete GROW Rural program in Central Queensland

Living and working in rural Queensland is an experience like no other – there's the tropical climate in North Queensland, the desert-like landscape of Western Queensland and the cooler food bowl region of Southern Queensland. But sometimes students don't get the chance to experience what's on offer in their large backyard while they are at university! That's one of the reasons Health Workforce Queensland developed the rural immersion program GROW Rural.

This program started in 2017 and the aim was to give medical, nursing and allied health students an insight into what it's like working as a health professional in the bush, as well as the community feel of living in rural Queensland.

This GROW Rural cohort is made up of Rural Health Club and NRHSN members – students who are interested in rural but aren't 100% sure and those students who are dead set keen on rural. This program is unique in that it welcomes international students to participate. The purpose of GROW Rural is to expand upon the possibilities of rural but also cement the decision of a rural career.

For three jam-packed days each year, 29 students visited the Central Queensland communities of Woorabinda, Baralaba, Moura, Theodore and Biloela. These friendly and vibrant communities welcomed students with open arms and worked with us to provide students with the immense experiences below...

Networking with Local Health Professionals • Tour of a Mine • Cultural Awareness • Hospital Tour • Farm Stay • Networking Dinners • Tour of a Cattle Property • Meeting Community Members • Clinical Skill Sessions • Community Trivia Night • Rural Emergency Challenge • Teddy Bear Hospital • Moura's Foods of the World Festival • Community Health Checks • Allied Health Skill Sessions

This year students completed the three-year program and celebrated this achievement at the Winter Wonderland Ball held in Theodore with the local community. Congratulations to the students and thank you to the Central Queensland communities – without both, GROW Rural would not be possible.

Health Workforce Queensland plans to re-commence GROW Rural in Central Queensland in 2020 with a new group of students. Additionally, we hope to expand the program to another region in Queensland! If you're a Queensland-based undergraduate health student in your first or second year of study and are interested in GROW Rural you can find out more or express your interest via email: futureworkforce@healthworkforce.com.au or website: www.healthworkforce.com.au/grow-rural.





RMA19

RURAL MEDICINE AUSTRALIA CONFERENCE 2019
23 - 26 OCTOBER 2019 | THE STAR GOLD COAST

REGISTER TODAY, VISIT:
RURALEMEDIINEAUSTRALIA.COM.AU

Rural Medicine Australia (RMA) attracts a diverse and collaborative community of junior doctors, students, educators, academics, and medical practitioners who are passionate about generalist medicine in rural and remote communities.



Students invited to Rural Medicine Australia 2019 (RMA19)

The annual Rural Medicine Australia 2019 (RMA19) conference is coming to the Gold Coast! We have put together a summary of some of the wonderful ways for you to get involved in RMA19, which is being held from Wednesday evening, 23 October until Saturday afternoon, 26 October at The Star Gold Coast.

Student Volunteer Program

Our student volunteer program gives you the opportunity to attend the conference and network with hundreds of rural health professionals. You'll be supporting our RMA19 crew to provide a fantastic experience for our delegates and to say thanks, you'll receive complimentary access to sessions when you're not rostered on. You're also able to join us at the Welcome Reception! Read more about what's involved and apply to be a volunteer [here](#).

Act as a patient model in a course

ACRRM's two emergency courses, Pre-Hospital and Retrieval Medicine (Wednesday, 23 October) and Ultrasound (Sunday, 27 October) require 'patients' for course participants to practise on. Our patient models receive a \$50 voucher, are provided with meals throughout the course, and learn valuable techniques alongside participants. Email courses@acrrm.org.au for more information and to take advantage of this great experience!

Be inspired by the Students in Action Panel

Our Students in Action panellists are representatives from student medical groups around Australia. You'll hear presentations on the projects they are working on in their clubs and in some cases, overseas activities. Held on Saturday 26 October, this panel is sure to inspire and will provide networking opportunities amongst medical students with a rural passion and adventurous spirit.

Engage in the student stream

As our future Rural Generalists, we have a stream in our program dedicated entirely to you! Some highlights include our emergency skills, plastering and rural obstetrics workshops, a cultural awareness working lunch with Dr Louis Peachey, and the ever-popular Students in Action panel. It's important to note there are limited tickets for some of these sessions, so register early and don't miss out!

Don't forget to register for RMA19 [HERE](#)

From June 7-9 we had two students associated with StARRH attend the Barunga festival to assist at the Flinders stall. They were able to see the remote setting first hand and this is what one of the students said about the experience:



"I am grateful to have had the opportunity to be a small part of this wonderful 3 day showcase of the rich and exotic Indigenous culture and hope to be a part of many more. It has heightened my motivation to contribute to improving remote health as a future health professional and share my stories to inspire others."

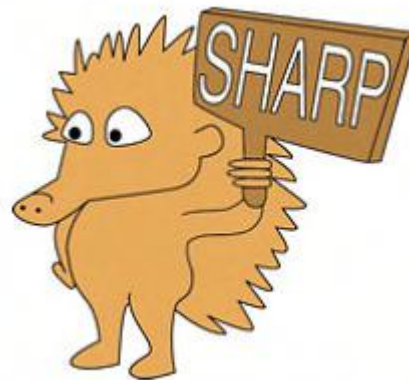
The annual StARRH sunset cruise was held on June 15 with a sold out attendance. Spirit of Darwin hosted the cruise, Nick's Cuisine Catering provided a spread of Greek food and Sonia the mermaid from A Rainbow Full of Balloons provided excellent entertainment and balloon art for the young and young at heart. Most importantly we had 4 speakers to share their experiences of rural health with everyone. Over about an hour each speaker shared how they had been involved with rural and remote healthcare in various capacities, what some of the challenges were and why they would encourage others to get involved with rural health.

We have two rural high school visits next week, in which we will be running rotations of plastering, anatomy, hand washing, blood pressure, percussion and auscultation, reflexes (eyes, knee-jerk, etc.), etc. At the end of next month we will be organising our annual clinical skills night for health students at CDU and Flinders. This will involve health professionals presenting on matters concerning; cannulating, x-rays, managing a roadside trauma and suturing.

- **Marianna Diamandopoulos, 2019 StARRH President**



Each August, UOW SHARP sends 6 students studying health-related degrees from the University of Wollongong on a four-day trip to Alice Springs. The trip is based around the desertSMART Eco fair and a special relationship we have that sees SHARP run a 'Rural Healthcare' Stall for two days with school children. For the rest of the trip, our SHARP representatives also visit The John Flynn Museum, the Sexual Assault Referral Centre (SARC), Remote Dialysis Provider The Purple House, the Alice Springs Hospital Retrieval Centre and get to explore the beautiful landscapes with a trip to Simpson's Gap.



The purpose of the trip is twofold. Firstly, it is an amazing opportunity to get involved with the rural high schools in the area to both encourage them to pursue a career in healthcare and to increase their own health literacy. Secondly, it to exposes our UOW representatives to the realities of rural healthcare and further inspires them to pursue a career in rural healthcare themselves.

The desertSMART EcoFair is a fantastic initiative designed to help students understand the implications of climate change. SHARP's role is to help educate and inspire the children to think of healthcare as a form of sustainability for our own bodies and communities. The program we run is simple but effective, our volunteers run through a scenario looking at what the students can do if they were ever in an accident, who they would call, and what other health professionals would be involved beside nurses and doctors. Classes are then split into smaller groups so extra time can be taken to explain the ins and outs of each profession. After this, we run activities including checking vital signs and bandaging snake bites. Almost 900 students attended the fair this year and we received lots of positive feedback from everyone involved.



Our time spent with the Sexual Assault Referral Centre is a truly memorable experience. It is a privilege to hear the stories of the people that work there, how they came to be in their position, and the type of person it takes to work in such an environment.

SHARP also visits The Purple House, an indigenous-owned organisation that provides dialysis services and health education to the most remote parts of Australia. This helps Elders stay on country and has taken the survival outcomes for people in Central Australia with kidney disease from the worst to the best in the world. Over the past two years, SHARP has been raising funds to help support this wonderful initiative and it is great for our members to learn more about this amazing service in person.

At the Alice Springs Hospital (ASH) Retrieval Centre, doctors take time out from their day to show the high stakes decisions that they have to make. It is such an eye-opening experience to see how someone who works in rural medicine has to be such a “jack of all trades”. One minute they are ‘on the comms’ deciding whether or not to send the RFDS out, the next they have to be ready to jump into the ambulance themselves.

One of the moments that really stands out for the SHARP crew is when we all go to dinner at the local pub, Monty’s. It seems like the whole town is there, people from the EcoFair, SARC and The Purple House all together. Dinner, a cheeky beverage and some late-night star gazing seems like the perfect way to spend the last night in Alice Springs. Then after a fantastic immersive trip, it’s time to head back to Wollongong.

SHARP’s Annual Alice Springs Trip is an amazing opportunity to get involved in and learn from a community outside of our local area and gives our SHARP members a unique and memorable chance to see where a career in healthcare could take them.

- Skylar Alucia, UOW SHARP





Matthew Campbell Memorial Evening

An annual event run by WILDFIRE with the support of Royal Flying Doctors Service in memory of the late Matthew Campbell, a past Monash student and Indigenous health advocate who tragically passed away during his studies.

This year's event was held on Thursday the 2nd of May and the theme was "Closing the Gap." The event was held at the Campus Cinema and featured a screening of the "Take Heart" documentary on rheumatic heart disease and an inspiring talk by a guest speaker within the field.

The "Take Heart" documentary was an engaging film that explored the true stories of young people living with rheumatic heart disease and demonstrated the challenges faced by these children and their families. The film provided valuable insight into the health inequalities faced by Indigenous Australians and set the scene for a later talk by guest speaker Doctor Ari Horton.

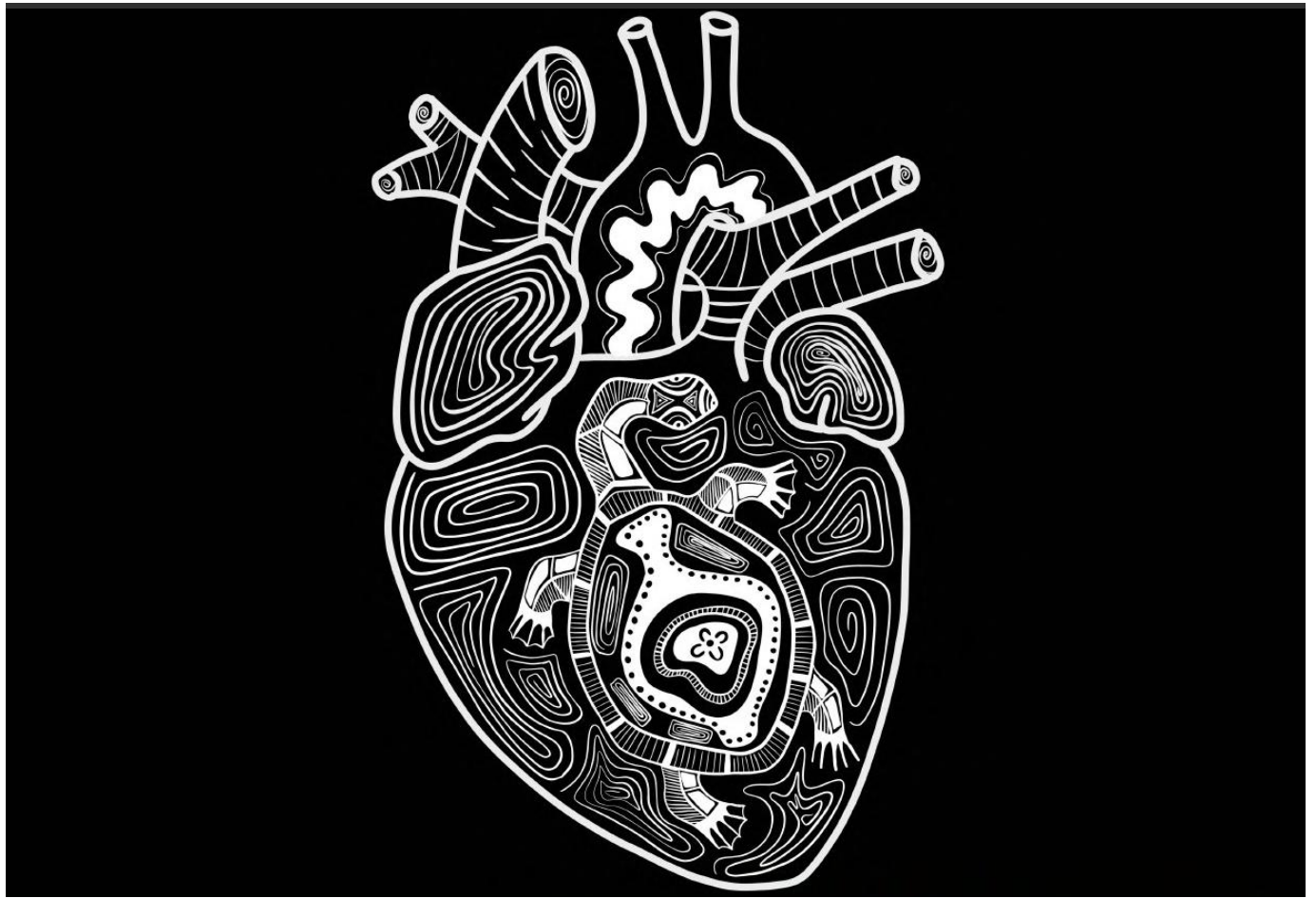
Doctor Ari Horton is a paediatric cardiologist who has worked to treat rheumatic heart disease in both Darwin and Timor Leste. His talk highlighted the importance of working with the community to provide culturally safe healthcare and instilled a drive and determination to help the quest to rid Australia of rheumatic heart disease.

We would like to thank Aunty Di for opening the evening with a Welcome to Country. Thanks to Xenia and Wendy from the Monash Medical Orchestra for their performance on the night. Finally, thank you to Jocelyn and the team from the Royal Flying Doctors Service for their continued support for the event each year and for delivering an educational talk about the services they provide to rural areas.

This year's event was well attended by medical and allied health students from all year levels. We encourage all students interested in Indigenous health to attend next year's event as it provides valuable insights into Indigenous health and how we can work as a community to improve upon it in the future.

**Lilly May Backshell and
Arabella King**





ngangwurra

2019 paddle prize winner

The Paddle Prize is an annual prize awarded to a student who produces a creative piece on a chosen theme. This year's theme was "Closing the Gap" and we received seven high quality entries. The Paddle Prize was awarded to Cheyenne Travis and an honourable mention to Mary Fang.

We would like to thank the Royal Flying Doctor Service for sponsoring this year's prize. The winner receives a placement experience with their service. We look forward to hearing about Cheyenne's experience with the Royal Flying Doctor Service later in the year.

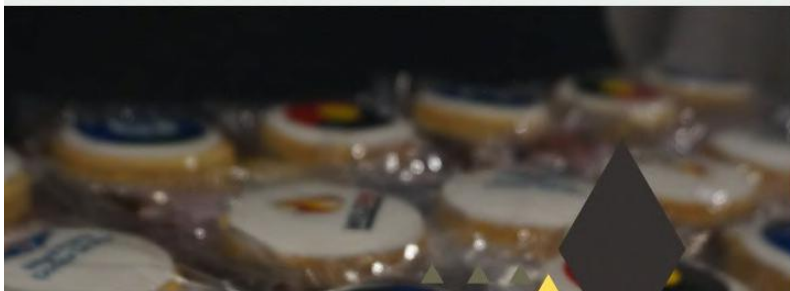
This artwork is named 'Ngangwurra' which means 'Heart' in Yorta Yorta language. It was created by Cheyenne Rain Travis, a medical student in her third year at Monash University. Cheyenne recognises her father's heritage of Yorta Yorta and Wemba Wemba and her mother's family who are English.

This artwork was created to represent the positive impact that cultural identity, values, and practices have on Aboriginal and Torres Strait Islander people's mental health whilst navigating modern Australia. The heart symbol represents the challenges Indigenous people

experience and the long neck turtle, a totem of the Yorta Yorta people, was used to represent the resilience, protection and guidance that cultural connection provides Indigenous people to navigate these unique challenges.

Whilst this artwork symbolises the strength that culture, language and community provides to Indigenous people, it is important to consider the impact of disrupting this important connection. This artwork hopes to draw attention to how historical and societal issues have impacted young Indigenous people and the importance of reconnecting young people with their family and community.





Imogen and Bailey serve guests with a smile (above); Lilly and Belle made this year's MCME a true success (next page). We are privileged to have Lilly and Belle, two Indigenous women, as our senior and junior ATSI Representatives on the council.







A little update from ARMS ANU about from some events we have run lately. We held our rural dinner where we heard from a GP, anaesthetist, cardiologist, ophthalmologist/medical admin and RFDs about rural career opportunities. We really wanted to showcase a variety of rural career opportunities as many of our students know about rural generalism but weren't aware of the opportunities for specialist training.



We also had a highschool visit to Yass recently. The final one is our long term rural students. We host a catch up dinner for them once a Semester where they can come together and debrief on their learning and experiences and support each other in the upcoming weeks. Community and collegiality is a big part of our culture here!

- **Sophie Bonser, ARMS President 2019**





Outlook

University of Melbourne Rural Health Club

The Outlook team ran the annual Outlook BBQ at UniMelb's Open Day on Sunday, 18th August. In typical Melbourne fashion, the day dawned cold and rainy. Undeterred, volunteers rugged up to sizzle some sausages for prospective students and their families. Their combined hunger raised over \$1000 for The Purple House, an organisation providing mobile health services to remote Indigenous communities.





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REGISTRATIONS TO ATTEND LIME CONNECTION VIII ARE OPEN

Registration fees for LIME Connection VIII include:

Tues, 5 Nov: Conference day 1: Ōnuku Marae & Welcome Reception

Wednesday, 6 Nov: Conference day 2: The Piano

Thursday 7 Nov: Conference day 3: The Piano & LIMELight Awards Dinner

Friday, 8 Nov: Conference day 4 & Closing Lunchtime Event

Register to attend at:

www.limeconnection.net.au

LIME CONNECTION TIMETABLE IS NOW ONLINE!!!

View the timetable at:

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ACN National Nursing Now Roadshows

ACN has partnered with the Australian Digital Health Agency to hold a number of Roadshows around the country. These events are hosted by the ACN CEO, Adjunct Professor Kylie Ward FAcN who will be joined by a panel of high profile speakers. These events will facilitate discussion and debate regarding the future of health care in Australia through the lens of the Triple Impact Report.

The report argues that strengthening nursing will have the triple impact of improving health, promoting gender equality and supporting economic growth. Events are complimentary to attend. It is an opportunity to be part of a great evening, extend professional networks and connect with colleagues.

To register or find out about the upcoming events please visit our website at www.acn.edu.au/member-roadshows.



Australian College of Nursing

**NATIONAL
NURSING NOW
ROADSHOW**

**The triple impact of
nursing: better health,
greater gender equality
and stronger economies**



A RURAL HIGH SCHOOL ADVENTURE WITH CLUB RHINO!



Cassowaries, Croc and Clinical Careers



At the beginning of semester two, 10 students from Club Rhino (Rural Health in the Northern Outback) jumped in a minivan and headed north on what was known as The Great Northern School Tour (not affiliated with 'the beer from up here'... well... not officially). Our mission? To inspire students from Mossman, Dimbulah and Yarrabah State High Schools and to let them know that a career in health is a possibility for them! Early on Tuesday morning we piled our stethoscopes, microscopes, mannequins, pastes and thickened fluids into the car at the JCU Townsville Campus. Our destination for the day was Mossman, 6 hours north. After a hearty breakfast at Mick's Pies in Ingham, we continued our journey up the coast and entered dinosaur territory. Etty Bay is a short, 10-minute drive off the highway near Innisfail and the only thing standing between us and our toilet break was 4 giant, clawed cassowaries. These prehistoric birds, as tall as a fully-grown child, reminded us that we weren't in the safety of the Ross Basin anymore; we were in the wild north.



After leaving Etty Bay with as many students as what we entered with, it was time to hit the road. The final stretch of highway between Cairns and Mossman was stunning. We described it as the 'Northern Great Ocean Road' as we snaked up the coastline, feeling as though we were driving over the water. Once in Mossman, it was a quick check-in at the gorgeous Mossman Holiday Village and on to our next activity, the Daintree River Cruise. The Daintree River is one of the most dangerous rivers in the country. According to our tour guide, if you swim across the river from bank to bank, and one of the hundreds of local crocodiles doesn't get you, one of the thousands of bull sharks will. With this in mind, we decided that a hecs debt wasn't the worst thing that could happen to you, and held firmly onto our seats in the boat. We saw multiple reasons to not go swimming in the river that day, the largest being a 3.5m saltwater crocodile.



After sufficiently frying our nerves with our wildlife encounters, we decided to head into tranquil Port Douglas for an evening of relaxation. Relaxation we wanted, fierce competition we got. It was at the Ironbar Hotel that we found ourselves thrown into the world of Cane Toad Racing. This is the only positive thing to come from the introduction of this pest into far north Queensland 85 years ago. These toads are thoroughbreds. We were lucky enough to have one of our pharmacy reps, Bec, jockey a toad (whose racing name was Jerry Springer) to a respectable third place. At this point you might be wondering, 'so did you actually visit any schools or what?'. Fair question, and I can assure you we did.





After exploring Mossman Gorge on the morning of our second day, we prepared for our first school visit. Our team was made up of health students from medicine, nursing, biomedical science and pharmacy and in addition to these disciplines, we also ran a dentistry and speech pathology station. This meant we had 6 stations in total through which the school students would rotate. Each station was designed to run for approximately 8 - 10 minutes and gave the school students an insight into each of these professions. The Medicine station was CPR, Nursing was anatomy and stethoscopes, Speech Pathology was thickened fluids and tongue twisters, Biomedical Science was a microscope with three slides, Dentistry was 'how to brush your teeth' and dental anatomy and Pharmacy was a compounding station. The aim of the stations was to show the school students that a career in health does not just mean being a doctor or nurse, but there are many other health career opportunities in rural towns. Before the session, each of the university students introduced themselves to show that there are many pathways into tertiary education and after the session, the 5 barriers (money, moving away from home, mates, marks, motivation) to tertiary education were also discussed. The main message of the visits was to let the year 9 and 10's know that a career in health is a possibility for them. In all, we had approximately 50 students at our session in Mossman, and the interaction between university and school students were awesome.



Immediately following our visit to Mossman State High, we packed back into the minivan and drove up the range to Atherton. After dropping our bags, we visited Lake Eacham and the Curtain Fig, before having dinner at the iconic Barren Valley Hotel.



The next morning, and the final day of the Great Northern School Tour started early in Atherton. A quick coffee and we were on the road again to Dimbulah State School. Here we were lucky enough to join forces with the JCU Outreach and Participation Team, where we ran three separate sessions - one with years 5 & 6, one with years 7 & 8 and one with years 9 & 10. We used the same structure as the day before in Mossman and had an absolute ball with the students of Dimby. With the year 5 & 6 group, we ran an additional teamwork activity where we asked the students to spell 'Team 5/6' with their bodies. Following our big day in Dimbulah, we headed home via Emerald Creek Ice-creamery.

The following week, three Rhino students continued the Great Northern School Tour at the Yarrabah Career Market Day. Here we had our 'Gutsy Gus' thoracic anatomy model that the students could take apart, put back together and tell us what each of the organs were. We also had some stethoscopes that the students could use to listen to their own heart and breathing sounds. The aim of this visit was again to let the school students know that a career in health is a possibility for them, and communities like Yarrabah need health workers.

In the end, the Great Northern School Tour was a great success. Our team of 10 Rhino students reached approximately 250 students. Statistics show that health students from a rural background are more likely to return to rural practice when they graduate, and our mission as the Rural High School Visit Team is to reach as many students as possible to let them know that a career in health is a possibility for them."



- Alexander Belonogoff, Rural High School Visit Coordinator 2019



SARRAH

Services for Australian
Rural and Remote Allied Health

SARRAH is recognised nationally as the peak body organisation representing allied health professionals working in rural and remote Australia. For nearly twenty-five years SARRAH has sustained a strong reputation for representing the issues facing rural and remote allied health professionals in relation to the needs of the communities they serve. Our strategy is to create an environment that supports allied health professionals working in rural and remote Australia to thrive personally and professionally.

SARRAH recognises the importance of allied health students so in recognition of this we are now offering free membership to all individuals who are studying an allied health discipline at the Undergraduate or Graduate Entry Masters levels.

- Discounted event registration for SARRAH organised events such as the SARRAH Conference.
- The next conference will be held in Townsville from the 13-15 September 2020. Access to our member only section of the website.
- Free access to SARRAH hosted webinars and recordings.
- Lobbying federal and state politicians on behalf of our members' interests. Invitations to consult and/or collaborate on aspects of SARRAH's advocacy and policy initiatives.
- Opportunity to network and share information through SARRAH programs.
- Free subscription to SARRAH newsletters, publications.
- Opportunity to contribute content to SARRAH's communication activities and publications.

If you would like to be part of the work that SARRAH does you can easily join here:

www.sarrah.org.au/membership

If you would like more information about what we do please visit our website

www.sarrah.org.au

Pay it forward!

ACN's NurseStrong campaign encourages nurses to enhance their physical, mental and emotional strength.

As part of this exciting initiative ACN has created Random Acts of Kindness Cards, allowing you to surprise others with motivational messages.

By sharing the thoughtful cards you'll not only make a difference to those around you but also benefit yourself from a sense of gratitude, compassion and happiness.




Head to www.acn.edu.au/nursestrong to download your free Random Acts of Kindness Cards and start spreading the love.





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

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