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# COOEE!

April 2020

[www.nrhsn.org.au](http://www.nrhsn.org.au)

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# A message from the National Rural Health Commissioner



# Professor Paul Worley

## National Rural Health Commissioner



I doubt 2020 is the learning experience you were expecting when you made your New Year resolutions... The tragedy and terror induced globally by Covid-19 has required adjustments to just about every area of our lives.

I know your universities have been doing everything they can to help you learn and be on track to qualify on time. And I hear how stressful this is for you and your colleagues, especially for those of you who have adopted Australia for your education (thank you!). Many are waiting desperately for the time when things can go back to normal. But is this realistic? What will normal look like as we emerge on the other side of this crisis? I suggest that higher education, and health professions education in particular, has irreversibly changed in the space of a few months and is unlikely to return to its previous status quo.

This is especially so for rural health professions education. The radical redesign of course delivery to online modes means that the justification for students being resident in major metropolitan centres for the majority of their course has evaporated. The ability for many smaller rural centres to be flexible and pivot to provide different, but safe and effective clinical learning environments has reinforced their importance in the education system. The contributions that students can make to health care, including in public health areas like contact tracing, reminds us of the symbiotic importance of students in our health system. And the rural and remote workforce shortages that pre-existed Covid-19, and

were in meaningful part a product of our city-centric education system, cannot be tolerated in tomorrow's world.

As we honour our colleagues who are daily confronting the horror of this global pandemic, we can together celebrate the vocation of remote and rural practice. Every day I look forward to my work, whether in national policy or in my local rural clinic. And every day I see we are one step closer to a safer, more just and equitable world, where students can live and learn in the remote areas they love. How thankful I am to be in Australia. How grateful I am for my family holding me in their prayers. And how hopeful I am that you will find your way through this crisis to join me, and then surpass me, in seeing remote and rural practice as your intellectual privilege, your technical challenge, and your heart-filled response to our common world and destiny.

Kind regards

Professor Paul Worley







## FROM OUR CHAIR

### Harry Jude

We, at the NRHSN, hope you are all safe and are supporting each other through this difficult time. I have been incredibly impressed by the resilience of our health clubs across Australia, as they adapt and create innovative ways to move forward. It has also been inspiring to see how larger peak rural bodies have worked together to help create policy and action to best support all healthcare students. We hope to see collaboration like this extend into the future.

NRHSN recognises the numerous changes and challenges facing students across Australia as a result of the COVID-19 pandemic, including suspensions of clinical placements, rapid transition to online learning and social distancing adaptations. Primary health care settings and rural areas have also been heavily impacted by the pandemic due to growing service demands and concerns for the health and wellbeing of vulnerable communities.

This year we plan to continue the work of the NRHSN by advocating for all healthcare students during this crisis. Supporting the Rural Health Clubs transition to online platforms, ensuring that the most contemporaneous information regarding student rights is made available, and ensuring students are Rural Clinical Schools are able to practise safely, are some of the key priority areas currently.

We are continuing to support the Rural Health Clubs across the country during these difficult times. We are also focusing on liaising with key stakeholders to ensure students voices and concerns are heard on the national platform in response to COVID-19 pandemic.

- Harry Jude, NRHSN Chair 2020

# Australian COVID-19 Resources

**[Australian Department of Health COVID-19 daily updates](#)**

**[Department of Health COVID-19 Response Plan](#)**

**[Further information](#)**

## Mental Health Resources

**[Head to Health - Australian Government](#)**

**[Lifeline Australia 13 11 14](#)**

**[Beyond Blue 1300 224 636](#)**

**[Mindspot](#)**

COVID-19 Support





Australian Government

# **COVIDSafe app**

## **Let's work together to stop the spread of COVID-19**

COVIDSafe helps you and all of our communities. Assist health officials to quickly understand and tackle the spread of Coronavirus (COVID-19).





NSW RURAL DOCTORS NETWORK  
CELEBRATING 30 YEARS

## The Bush Bursary Program



The Bush Bursary and Country Women's Association (CWA) of NSW Scholarship program provides selected medical, midwifery and nursing students in NSW/ACT with bursaries to assist with costs associated with their studies.

Recipients also spend two weeks on a rural placement in country NSW during their university holidays.

The two-week placements are usually undertaken in December or January.

Applications are now open and **close 25 May**.

[More information](#)

## 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 cadetships to medical students interested in undertaking a medical career in rural NSW. At least two of these cadetships are for Indigenous medical students.

Applications open **4 May and close 3 August**.

[Eligibility criteria and more information](#)



# 2020

## JFPP Application Period

27 APRIL - 6 MAY



## 2020 JOHN FLYNN PLACEMENT PROGRAM APPLICATION PERIOD HAS BEEN POSTPONED

Due to the COVID-19 situation, the JFPP 2020 Application opening date scheduled for April 27 has been postponed to late May.

More information will be provided once the new application opening date is confirmed.

We apologise for any inconvenience caused and encourage your commitment to being part of the JFPP.

[About JFPP](#)

[Check your eligibility.](#)

[Read the 2020 JFPP Guidelines](#)



# Update from our Rural Health Clubs



Dear TROHPIQ Community,

Thank you for your patience in these trying times, where we've had to cancel many of the events you were looking forward to. We have sadly had to cancel all of our face to face events for the foreseeable future due to the COVID-19 pandemic. For a lot of you, this is your first year with the club and you're possibly wondering: now what? Our committee is currently in the process of planning potential online events that can get you involved this year. So keep an eye out on our Facebook page and your emails for opportunities to get involved, let us know if you have any ideas we might be able to bring to life for you, and if you are having a difficult time in this period, feel free to contact us for some support.

Kind Regards,  
TROPHIQ Team



As with many organisations, businesses and companies, Club RHINO been amazed at the way in which the COVID-19 situation has changed our way of life. During this time, we as a club have been reminded that things we enjoyed so often - attending clinical placement, studying face-to-face at university and catching up with mates - are not a right but a privilege, and we are incredibly thankful for the work of our health professionals and leaders in caring for the most vulnerable populations, and moving Australia through the current situation towards a new normal.

In the meantime, Club RHINO is working hard to re-shape many of our events to be compatible with the online platform, whilst still spreading the message of rural medicine. We are tapping into the work of telecommunication, and using Zoom to overcome physical barriers by bringing health professionals to our students. We are planning on holding various Networking Nights, information sessions and seminars covering topics such as rural generalism training pathways, support on rural placements and self-care in times of uncertainty. We as a club have enjoyed the challenges of embracing technology, but cannot wait to be able to come together in person again to share a love for the bush!

- Maddy Brown, Club RHINO President 2020



BREATHHE has pulled through with a fighting start to a busy 2020!

For the first time, we have been able to expand over two campuses and are now able to engage with students through a permanent presence across both the Callaghan and Ourimbah, University of Newcastle campuses. This is particularly exciting as BREATHHE is now able to engage with every health discipline offered at the university!

### **Annual First Aid Courses**

In March, we successfully ran one of our annual subsidised first aid courses with 60 students becoming first aid certified! We enjoy hosting first aid courses several times each year to assist our members in transitioning to clinical placements and have received fantastic feedback. We plan to continue providing this option when restrictions are eased and our members are again looking to prepare for placements!

### **Allied Health, Nursing and Midwifery Scholarship night**

With help from the NSW Rural Doctors Network (RDN), BREATHHE shared the amazing opportunities that are available for all Allied Health, Nursing and Midwifery students. Great speakers from the RDN, current students and BREATHHE members shared their experiences which are available to members to engage in rural health. This event provided the opportunity for students to connect online, with many providing excellent feedback "It was brilliant, thank you"

### **BREATHHE continues to provide for students throughout isolation and lockdown**

In compliance with social distancing requirements, we ran our annual Medicine Scholarships Information Night entirely online via Zoom. This allowed students to hear first-hand experiences from past and current BREATHHE committee members Claudia Mallory, Abbie Wilesmith and Jocelyn Ledger who have had the opportunity to take part in the John Flynn Placement Program or RDN Cadetship. This allowed students from home, all around Australia, to tune in and ensure they didn't miss out on these and all the other amazing opportunities that are available! Students provided great feedback afterwards, commenting how valuable it was that BREATHHE was able to run the event. These speakers provided great insight into the various opportunities and inspired many students to apply!

BREATHHE continues to be looking ahead for new ways of overcoming the challenges of 2020 and have exciting events planned to come!

- Lachlan Wasson  
Senior NRHSN Representative for BREATHHE



Photo at Ourimbah O-week





# EAST GIPPSLAND

## COMMUNITY BASED INTERNSHIP

### **Rural Generalist – East Gippsland Community Based Intern Program**

Are you considering a career as a Rural Generalist? The Rural Generalist – East Gippsland Community Based Internship program is an intern training model that allows you to spend your full internship year in our region – completing the three core terms at either Bairnsdale or Sale hospital and completing a 20 week GP placement in one of our impressive medical centres.

The program is highly regarded and feedback from previous interns very positive – highlights include:

- exposure to a broad range of clinical experiences;
- high quality comprehensive education program;
- excellent support and pastoral care;
- a week long orientation to ensure that interns are confident and ready to begin work
- and of course the great work / life balance with beaches, rivers, national parks and the high country all within easy reach!

The community based model seeks to provide interns with exposure to a wide range of clinical experiences that emulate the practice of a rural general practitioner both within the hospital system and in community settings. The program is designed to create a strong basis for a rural medical career whilst also developing skills transferrable to any setting or practice.

Applications for 2021 internships open in May and are made through the Postgraduate Medical Council of Victoria (PMCV) intern computer match.

**Victorian rural living at its best** – Rolling green hills, glorious lakes, rivers and beaches. Friendly people. Endless opportunities.

[www.egcbi.com.au](http://www.egcbi.com.au)



# Rural Health Pro

POWERED BY RDN

## IS LIVE!

Join more than 1,000 members who are using Rural Health Pro to access information and share ideas and support!

Rural Health Pro is a network of healthcare professionals and organisations who care about keeping rural communities healthy. Rural Health Pro connects healthcare professionals and organisations to share information, support, career opportunities, training resources, funding opportunities and events.



### Those we support

- ✓ Doctors
- ✓ Nurses
- ✓ Midwives
- ✓ Paramedics
- ✓ Pharmacists
- ✓ Carers
- ✓ Dentists
- ✓ Practice Managers
- ✓ Aboriginal Health Workers
- ✓ Allied health professionals
- ✓ Students
- ✓ Locums
- ✓ Outreach workers
- ✓ Health administrators

Join the active student discussion group or network with practising health professionals

[Join Rural Health Pro](#)



Traditionally, ANU Rural Medical Society (ARMS) organises several events during the first half of a year. These events include hosting year 12 students for National Youth Science Forum (NYSF), ARMS blood pressure training, ARMS Rural Health Checks, ARMS Scholarship and Placement Evening and ARMS Close the Gap Conference. Unfortunately, due to the bushfire crisis in Canberra in January, this year ARMS could not host year 12 students for NYSF as its organisers cancelled the program. However, ARMS is currently liaising with NYSF organisers to potentially arrange a webinar on research and career stories for those students who could not attend NYSF.



In February, ARMS was able to organise ARMS blood pressure training event where 1st-year medical students at ANU learned blood pressure measuring skills under the supervision of Dr Sutarsa from ANU Rural Clinical School. Following this training, ARMS was able to partner up with ANU Rural Clinical School Goulburn and organised a health check-up camp in Goulburn show in the 1st week of March. For health check-up camps 1st and 2nd-year medical students at ANU went to Goulburn Show to measure blood pressure and perform a random glucose assessment on residents under the supervision of a Dr Hawke. Both 1st and 2nd-year medical student volunteered for this camp and ARMS received positive feedback from them. ARMS organises Rural Health Check-up camp to increase engagement of ANU medical students with local communities. ARMS had also held similar health check-up camps in Cooma and Yass but were unable to do so due to restrictions imposed as a result of COVID-19.

Other events such as ARMS Scholarship and Placement Evening and ARMS Close the Gap Conference were also negatively impacted due to COVID-19 restrictions and had to be cancelled. To make up for the cancelled Scholarship and Placement Evening, our Scholarship and Sponsorship Officer Arvind Kamath made a summary sheet of all the available scholarships with their respective details. He also made a video, including previous scholarship recipients describing their experiences. Plus Chris Russell from NSW Rural District Network made an informative video on the scholarships. On the other hand, our Indigenous Health Officer and Close the Gap Chair is planning to make a podcast as a replacement of the Close the Gap Chair Conference.

This month, ARMS has organised a country-themed photo-competition for ANU medical students. Students are encouraged to post their photos which have a country theme to ANU Med-years' Facebook pages and the winners will receive a gift card. The purpose of this event was to promote virtual social interaction during social distancing. To help local businesses, all the gift cards for this competition will be bought only from local businesses.

For the next half of the year, ARMS is planning only to organise its events online to adhere to social distancing guidelines. These events will be Academic Speaker Night and Rural High School Visits. ARMS is trying to do its best to work during this COVID-19 despite facing several challenges, and we will strive our best to keep organising events which motivate medical students to pursue rural medicine as a career while adhering to laws and regulations.

- Upanasa Pathak, ARMS President



Hi everyone

We hope you're all safe and healthy! Thanks to everyone for their support in O'Week. Our team was overwhelmed by the enthusiasm for rural health and for our free hand sanitiser. We're looking forward to seeing our new (and returning) members at events throughout the year.



With many things changing this year, AURHA have been working hard to move your favourite events online. First up is the online First- and Second-Year Muster, to be held on Thursday 23rd April. This event will provide Medical students with information about AURHA's activities for 2020 and 2021 as well as information regarding the John Flynn Placement Program. First-year Medicine Representative applications will also launch following the event. Congratulations to our Medicine Representatives for a fantastic job and thank you in advance to our attendees. A similar format will be used for our Dentistry and Psychology Careers Nights to be held later in the year.

Preparation for our other highly anticipated events such as the Yalata Kidney Health Festival, Teddy Bear Hospital, Rural High School Visits, Escape with AURHA and some new Indigenous Health opportunities are continuing as we look at how these events can change to best support our members and rural communities during the current pandemic.

Once again, we thank YOU, our members, for your support. We know the last few weeks have been difficult for many of you. We are always happy to hear from you via email ([aurha@nrhsn.org.au](mailto:aurha@nrhsn.org.au)) or [social media](#) and are so excited to see you all at future events!

The AURHA Team



## ROUNDS

ROUNDS will be hosting an Aboriginal Health Evening on 6th of May at 6:30pm via Zoom.

The session will commence with a video clip and then move onto a Q&A panel. This event is intended to give the medical and nursing students

an insight into the healthcare of Aboriginal and Torres Strait Islander patients and answer questions about the health system, indigenous culture and cultural responsiveness.

The Q&A panel is still to be finalised; however, will include Aboriginal Liaison officer from St Vincent's Hospital Sydney, Sarah Michael. We also hope that our other Panel members may include a Professor of Aboriginal and Torres Strait Islander Health Program, a Junior Doctor and another ALO. Further release of the speakers and Zoom details will be given at a later date.

Follow our [Facebook](#) page for updates

- Nicola Murphy, ROUNDS Secretary 2020

In March 2020 WAALHIIBE hosted a Rural Student Experience Night for its members. The purpose of the event was to increase awareness of the opportunities available for students in rural and remote WA. We had speakers from Physiotherapy, Occupational Therapy, Dietetics, Podiatry, Pharmacy and Health Promotion come in to talk to students about their experiences doing placement or paid work across rural WA.



The speakers inspired the students that attended by discussing their unique experiences, the location where they were based at, what made them want to go rural in the first place and of course any challenges they found and how they were overcome. Additionally, we had two 10 minute video presentations from two of our WAALHIIBE Alumni who spoke of their experience working rurally as new graduates in the disciplines of Dietetics and Occupational Therapy in their respective locations of Mount Isa (QLD) and Kalgoorlie (WA).

There was student crowd of 35 attendees on the night, from four different universities in WA and a wide range of health disciplines. The event was overall very well received and students were inspired at the end of the night to undertake a rural placement and go rural following university. We hope to be able to run a similar event in semester 2!



IMAGE Left to Right Speaker (Occupation, Rural town they talked about): Josh Stringer (OT, Kalgoorlie), Antoni Ukalovic (Pharmacy, Karratha), Andrew Nguyen (Physiotherapy, Broome), Marta Prasek (Pharmacy, WAALHIIBE President – MC for the night), Sophie Leonard (Health Promotion, Mt Magnet), Andrew Huynh (Podiatry, Northam).

Video Submissions by: Phoebe Wan (Occupational Therapy, Albany & now working in Kalgoorlie), Stephanie Bell (Dietetics, Broome & Kalgoorlie & now working in Mount Isa QLD)

Friday

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Feature

EVERY FRIDAY

**A showcase of  
Rural Health  
Clubs around  
Australia**

ON [FACEBOOK](#) AND [INSTAGRAM](#)



# SARRAH

Services for Australian Rural and Remote Allied Health

## FREE STUDENT MEMBERSHIP



**SARRAH IS NOW  
OFFERING  
MEMBERSHIP TO  
STUDENTS FOR FREE!**

If you are an allied  
health student  
interested in rural  
practice join now!



Benefits include:

- rural career pathway support
- access to members section of website
- free access to SARRAH webinars
- free subscription to newsletters and publications
- discounted event registration

**JOIN NOW!**

[WWW.SARRAH.ORG.AU/JOIN-TODAY](http://WWW.SARRAH.ORG.AU/JOIN-TODAY)



# These are challenging times. But APNA is your lighthouse— your beacon of hope and support.

If there were a silver lining to the COVID-19 crisis, it would be that Australians are starting to truly appreciate just how important nurses are to our health care system. As we've now seen, there's nothing like a national crisis to shine a light on the things that really matter—and one of those things is you. As the future of our healthcare system, it's important you make the right decisions in your career so that your contribution is valuable, rewarding and appreciated. And in the nursing industry, nothing shines brighter than a primary health care nurse. Everything might seem topsy turvy with your future career right now—thanks, coronavirus. Regardless, APNA is still here to support you enter the primary health care nursing workforce.

## 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.

## Four 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 twice a year.

### 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, particularly amid the coronavirus pandemic.

### 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. Too busy for all that? Say hello to Nurse Know-How: short and sweet weekly videos to get you through COVID-19 with all the latest tips and tricks.

### 4. Digitally connect with nurse leaders.

The APNA Member-Only Facebook group is a virtual hub for our members to share ideas, ask questions and support one another.

Start your nursing career on the right foot.  
Head to [www.apna.asn.au](http://www.apna.asn.au) and join  
the APNA community.



# ON THE COVID-19 FRONTLINE

## - A story from Australia's first rural respiratory clinic

ACRRM Registrar Dr Edward Barlow is undertaking his training placement in Emerald, Central Queensland, where College President Dr Ewen McPhee established Australia's first rural respiratory clinic in preparation for COVID-19. Being part of an innovative and responsive project during what has been an unprecedented time in the healthcare landscape for many General Practitioners, has provided great opportunities for learning, and inspiration for rural health. Dr Barlow shares his insights.

### **What was it like being part of this inaugural and innovative project which resulted in Australia's first rural respiratory clinic being built in Emerald?**

It has been amazing to see the extent and speed of the community response to this project. The team, from the builders and tradesmen, right through to the clinic staff, have all stepped up to create a clinical service that will help to keep the community safe. As an ACRRM Registrar I feel privileged to be in a position where I can support the community by being a part of this service. The whole endeavour has been quite impressive, and I think we should feel proud of what we have been able to develop in such a short time. Feedback from my patients is that they have been feeling more reassured since seeing the clinic being built.

### **What role will you play in the clinic?**

The Respiratory Clinic is set up to be run in teams of three staff; a doctor, nurse and receptionist. Having a team is essential to allow appointments to be efficient and helps ensure we meet our strict Personal Protection Equipment (PPE) and infection control processes to keep both patients and staff safe. We can also scale up the service easily as we have enough rooms to run two teams and we can even have several shifts a day if needed. As the doctor, my role is still that of patient clinical assessment and deciding if they require COVID19 testing based on current indication guidelines and clinical judgement. Most of the appointments are related to respiratory symptoms, however there are patients who have





other issues or symptoms who happen to also have respiratory symptoms. As such, we are still able to provide a regular GP service to these patients while also ensuring that we don't expose any of our usual patients at our main clinic to respiratory infections.

Another important role I have realised is that of providing education to the community. Patients have a lot of questions and even misconceptions about the coronavirus and many want to know if they are at risk (given their specific circumstances) and how to protect themselves. I think now, more than ever, the community role of the rural family doctor is so important as through education we can provide reassurance in this time of uncertainty and empower patients.

### **How has being an ACRRM registrar prepared you for COVID-19?**

My ACRRM training provides me with the resilience and adaptability needed to work in different environments. I am quite privileged in Emerald to work at both the GP clinic and Emerald Hospital which allows me to often manage the same patients across both settings. Recently, some of the same patients have been presenting to the respiratory clinic and I feel being a part of this patient continuity of care is quite special as a rural doctor.

ACRRM training also focusses on teaching registrars about coping with uncertainty. This skill is especially useful given the uncertainty surrounding COVID19 and the continuously changing clinical information and guidelines that is unfolding daily.

### **What challenges do you expect to face with COVID-19 in your region?**

One concern I have is the mental health effects that social isolation will have on the long-term health of the region. Mental health awareness has historically always been a difficult topic for rural towns and communities and Emerald is no exception. Given the current social restrictions in place, the financial fallout on businesses and unemployment we as GPs have to be even more alert for mental health symptoms when we see patients over the coming months. Though we have some excellent Mental Health staff that work in Emerald I am concerned they may be eventually overwhelmed with the potential aftermath of COVID19.


### **Do you think the pandemic will change the delivery of rural health long term?**

The pandemic has shown how dependent Central Highlands still is on tertiary hospitals in cities to provide certain medical services. Now that all elective procedures and specialist appointments have been greatly reduced many rural patients are finding themselves left with not knowing what will happen to them. It would be good to see long-term changes that include further increases to the capability of locally based medical services in the community. The new Medicare item numbers that have been made available for telehealth consults may hopefully open an avenue for more dedicated specialist long-term support to the region.

Many rural health services have created new business and clinical processes to be able to continue to provide safe patient care. Locally, I have seen process changes at both the GP clinic and Emerald hospital. Many of these processes have been developed by local ACRRM Fellows which I think is strongly indicative of their extensive clinical experience and training to date.

It would be unlikely for all these new ideas and processes to be discarded again in a post COVID-19 landscape as many are quite innovative and will likely have a lasting impact on patient care.

*Dr Barlow is training towards Fellowship with ACRRM on the Australian General Practice Training pathway. For information on training towards a career as a Rural Generalist with ACRRM, visit [acrrm.org.au/fellowship](https://acrrm.org.au/fellowship)*



# Australian College of Rural & Remote Medicine

## WORLD LEADERS IN RURAL PRACTICE



### Prepare for your Rural Placement with ACRRM Online Learning

Make the most of your time at home and maximise your learning outcomes by preparing for your rural placement with ACRRM's online courses. Created for future Rural Generalists, RG Foundation Skills Course offers students, residents and interns a glimpse of what rural practice looks like.

RG Foundation Skills Courses is comprised of five online learning modules:

1. Rural and remote context
2. Self-care and wellbeing
3. Aboriginal and Torres Strait Islander health
4. Population health
5. Digital health

Learn more about the RG Foundation Skills Course and explore other ACRRM online courses available here ([acrrm.org.au/courses/discover-our-courses/online](http://acrrm.org.au/courses/discover-our-courses/online))

ACRRM Student Members can access these online courses for free through the My Learning platform. Visit our [website](#) to discover all the perks of student membership and join today!

.....

### Get involved in RMA20

Rural Medicine Australia 2020 (RMA20) is the peak rural educational and networking conference for Rural Generalists and junior doctors. Attending as a medical student will give you the chance to network with the brightest minds in rural and remote medicine.

**RMA "is the best conference you will attend as a medical student.** Everyone is so nice and willing to help you out. All senior and junior doctors are approachable and informative. It has a nice relaxed atmosphere, so you can network and learn in a calm, and easy-going environment" - Jessica Paynter

Hosted by the Australian College of Rural and Remote Medicine (ACRRM) and the Rural Doctors Association of Australia (RDAA), RMA20 welcomes junior doctors, students, educators, academics, and medical practitioners all passionate about generalist medicine in rural and remote communities.

This year, RMA20 will be held in the picturesque **Hunter Valley from Thursday 29 - Saturday 31 October.**

"It was awesome to meet some other students who are also really interested in rural & remote medicine."  
- Bron Smith

As the future of Rural Generalism, **ACRRM is giving you the chance to attend RMA20 for FREE!**

The President's Prize, Sponsor a Student, and Student Volunteer programs give you the opportunity to attend RMA20 with FREE student registration, tickets to social events and more! The two lucky students to receive the all-inclusive President's Prize will even have return flights and accommodation included.

Sign up to become a [Student Volunteer](#)

Apply for [Sponsor a Student](#)

Enter in the [President's Prize](#)

Submit an application today and you could be on your way to the Hunter Valley to see firsthand where a career in rural and remote medicine can take you.

## CALL FOR MIDWIFERY STUDENTS

The Nursing and Midwifery Officer for 2020, Fiona, would love to hear from midwifery students to assist her in her Position Paper on Rural Midwifery. This paper will focus on the current snapshot of University training, placements and clinical pathways for new graduate midwifery recruitment in rural and remote Australia.



If you would love to be involved,  
I would love to hear from you!  
Email Fiona Fletcher via  
[nursing@nrhsn.org.au](mailto:nursing@nrhsn.org.au)





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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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