

ISSUE NO. TWO | SEPTEMBER 2023

COOEE!

THE FUTURE
OF RURAL HEALTH

NATIONAL RURAL HEALTH STUDENT NETWORK

AN UPDATE FROM THE NRHSN

Photo credit: Eve West

CHAIR'S WELCOME

Welcome to the second edition of Cooee! for 2023, how the year has flown! The NRHSN executive team has been busy promoting all things rural health through conferences, councils and social media!

Since Council 1, the NRHSN has presented at Charles Darwin University's *Better Health Futures Symposium*, the Federation of Rural Australian Medical Educators Conference in Hervey Bay, the Indigenous Health Info Net Roundtable in Sydney, and the National Allied Health Association Conference in Perth. We have also progressed several proposals to support the future of the rural health workforce, including the OS-Help Proposal.

The first session of the Rural Health Webinar series, *Career Pathways in Rural and Remote Medicine* was a hit with the second session, *Chronicles of Critical Care (a glimpse into life and death)* featuring on 6th September. Check out the NRHSN social media pages for the Zoom link!

In May, the NRHSN hosted Council 2 online, featuring a diverse range of workshops and presentations focussed on rural careers and opportunities in each of the nursing and midwifery, allied health and medical disciplines. Thank you to the NRHSN executive, the NSW Rural Doctors Network, our fantastic guest speakers and stakeholders, and students for facilitating a great event.



Council 3 is fast approaching and will be held in hybrid mode across 6 locations. We can't wait to reconvene with all our Rural Health Club leaders, hear from fantastic speakers and strengthen intra-state connections. This will also be an opportunity for RHC's to hear from the newly elected NRHSN executive, with applications for external elections for the 2024 NRHSN Executive Team launching at Council 3! These great initiatives could not happen without the amazing NRHSN executive team, so thank you again for your fantastic work and all in the NRHSN community for your continued support. Happy reading!

Anna Ryan
NRHSN Chair
chair@nrhsn.org.au

A handwritten signature in black ink that reads 'Anna Ryan'. The signature is written in a cursive, flowing style.

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A person's hand is holding a pair of orange safety goggles. The background shows a zipline tower structure with a blue metal arm and a pulley system against a blue sky with white clouds. A scenic landscape with green hills and a road is visible in the distance.

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



Natasha Polzin

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



Stay tuned for Council 3 recaps in the next edition!

JOIN OUR WORKING GROUP!

- Heidi Annand 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 final newsletter for this year. No experience necessary.

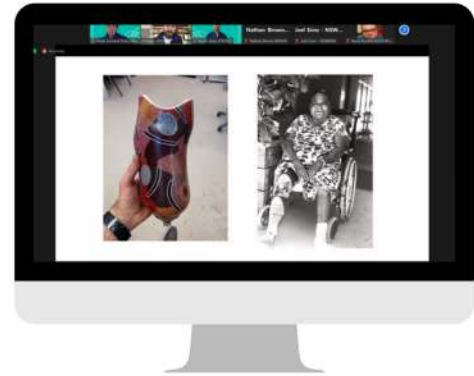
Shoot Heidi an email at publications@nrhsn.org.au with a bit about yourself to express your interest!



NRHSN COUNCIL 2

2023, Online

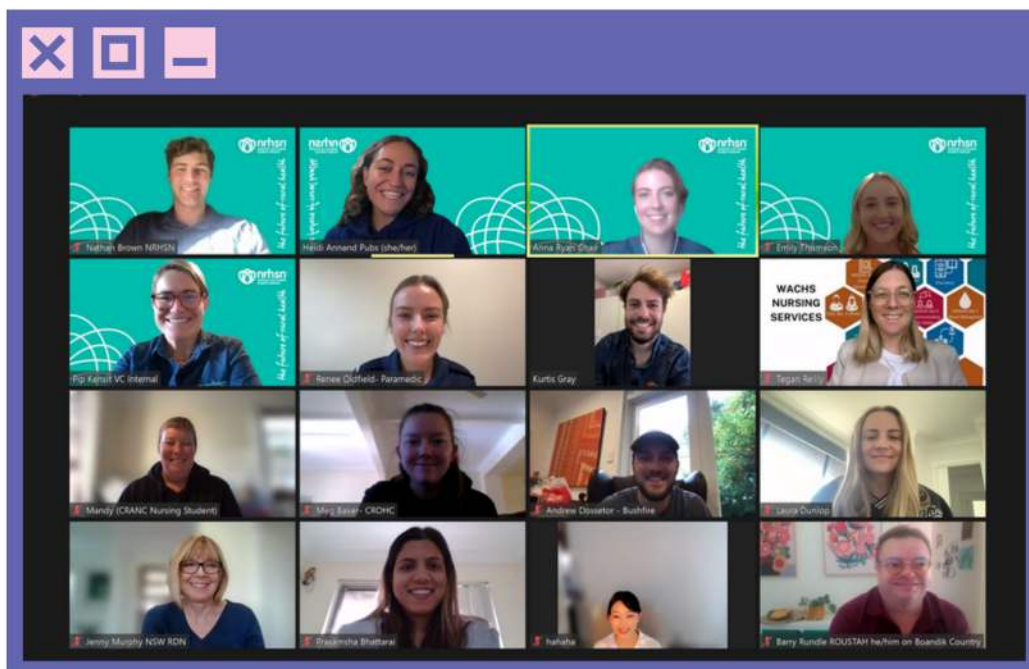
Our second Council for the year was held online in early May. Those who attended were treated not only to a range of guest speakers but also presentations from the NRHSN. The day started with some intros to the team, followed by a great talk from the Rural Health Commissioner Adjunct Professor Ruth Stewart about her journey in rural health and leadership.



We then split into disciplines to attend panels delivered by stakeholders about work and leadership opportunities into the future. Vice Chair External Kurtis then taught us all how to run a fun-tastic Rural High School Visit (he's something of an expert on the topic) and the current NRHSN Exec talked a bit about their leadership journeys and some advice on how to juggle everything (none of us are experts on this).

A huge shoutout to all of our presenters but also attendees. And please don't hesitate to chase us up with questions on any of the above or if you're ever looking for RHSV advice!

NRHSN Exec



FRAME - HERVEY BAY

Kurtis Gray - NRHSN Vice Chair External

In the month of May Anna and I were privileged enough to be invited to Hervey Bay by the Federation of Rural Australian Medical Educators (FRAME). This conference was a discussion concerning all things in rural medical education. Attendees included the heads of the Rural Clinical Schools (RCS), our lovely Rural Health Commissioner Adjunct Professor Ruth Stewart and several members of the Department of Health.

The NRHSN were invited to speak as part of a 90-minute presentation and panel that involved RCS WA and Western Sydney University. The theme of the presentation was *"Helping Rural Students into Medicine and Supporting them along the Journey"*.

Our segment showcased the amazing data collected from our organisation and subsequent OS-HELP rural and remote proposal. Not only was this well received but some of the connections we made may allow us to make this proposal a reality. Students of all health disciplines need more support and this conference was a fantastic step in the right direction to facilitate this.

A massive thank you to FRAME for inviting us and to Associate Professor Riita Partanen and RCS Queensland for delivering an excellent conference.

*Kurtis Gray
Vice Chair External 2023.*



BETTER HEALTH FUTURES ALICE SPRINGS

Kurtis Gray - NRHSN Vice Chair External

In March this year Anna and I were invited by Charles Darwin University (CDU) to attend and present at their national symposium "Better Health Futures". This symposium was located in Alice Springs and focused on Aboriginal and Torres Strait Islander health and the current Australian rural health crisis. It was run in conjunction with Australian Medical Services Alliance Northern Territory, Central Australian Aboriginal Congress and Menzies School of Research.



We were in esteemed company with the Honourable Fiona Nash, Australia's first Regional Education Commissioner and the Honourable Warren Snowden also in attendance.

There were some absolutely amazing presentations, however, we were particularly proud to present our OS-Help Rural and Remote project for the first time to a very positive response. This was followed by us sitting on a panel with the Hon Warren Snowden and answering questions from a student perspective concerning rural placements.

There were several take home messages such as;

- health and health workforce issues cannot be considered separately from broader education issues
- placement costs are prohibitive for health students
- First Nations students need better support throughout their education journey.

We would like to extend a massive thank you to Professor Dominic Upton and Georgia Beven for inviting us and organising a fantastic day.

Kurtis Gray
Vice Chair External 2023

NATIONAL ALLIED HEALTH CONFERENCE

Ah Dam Jeon - NRHSN Allied Health Officer



In August 2023 I had the incredible opportunity to attend the 15th National Allied Health Conference in Perth. The purpose of this well-attended conference, was to bring together professionals and interest groups from a wide range of allied health career pathways to share knowledge, encourage innovation, and promote the future of healthcare.

The conference provided a wealth of knowledge about the state of allied health career pathways within the healthcare industry. I was fascinated by an incredible number of ideas and experiences that widened our understanding of the field via a diverse range of workshops, speakers, and exhibitions. The numerous exhibitions that were held throughout the event were one of its main attractions. They offered an outstanding setting for networking, fostering interactions, and demonstrated a shared passion for improving the quality of healthcare.

One of the highlights of the conference were the workshops, which began on Tuesday. The workshops took place over six separate sessions and covered topics such as scope of practice, workforce development, innovation, mental health, and graduate workforce. All designed to promote innovative thinking and encourage creative approaches to clinical practice, research, and service delivery. I was grateful to have the opportunity to attend sessions that related to my passion for promoting rural health and discovering approaches to improving allied health students' transition into rural and regional areas.

I took advantage of the free time on Tuesday to explore the charming city of Perth in between the informative sessions, enjoying the wonderful scenery. My experience in the city was a perfect combination of both work and pleasure because of the comfortable surroundings.

My presentation on the last day was the highlight of my conference experience. Nerves and excitement were mixed together as I walked onto the stage. I had the privilege of introducing the National Rural Health Students' Network (NRHSN) and speaking on behalf of rural health groups in front of a live audience of 800 and 180 online attendees. My presentation addressed my two years with NRHSN and my role as president of RH+ (Rural Health Positive, Charles Sturt University's Rural Health Club). I discussed strategies for effectively transitioning allied health students into rural and regional areas, drawing on my own knowledge as well as that of passionate individuals I have met along the way.

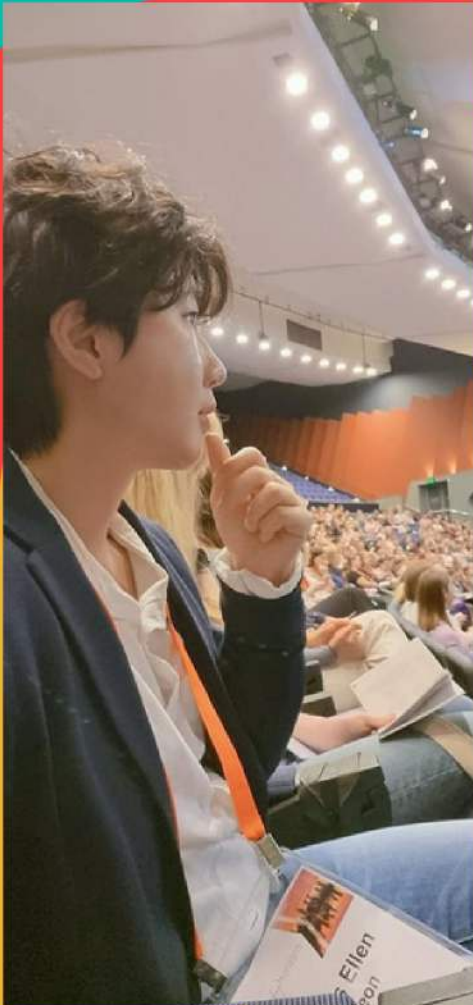
Undoubtedly, the conference's high point was the recognition I received. I received nominations for the Best Oral Presentation Award and the First Time Presenter Award. Although I didn't win either category, the nominations themselves were proof of the value of my message and the connections I had made during the event. The recognition strengthened my resolve to promote rural health and build stronger connections within the allied health community.

The 15th National Allied Health Conference was an unforgettable experience that deepened my knowledge of the industry, broadened my professional network, and prompted a sense of refreshed purpose. In addition to providing a forum for learning and innovation, the event provided a venue for individuals with common interests to connect and develop positive improvements in the healthcare sector. I left Perth with extensive new information, priceless memories, and a strong desire to keep pushing for the advancement of allied health and rural health initiatives.

Ah Dam Jeon (Ellen)
2023 Allied Health Officer, NRHSN
2023 President, RH+

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



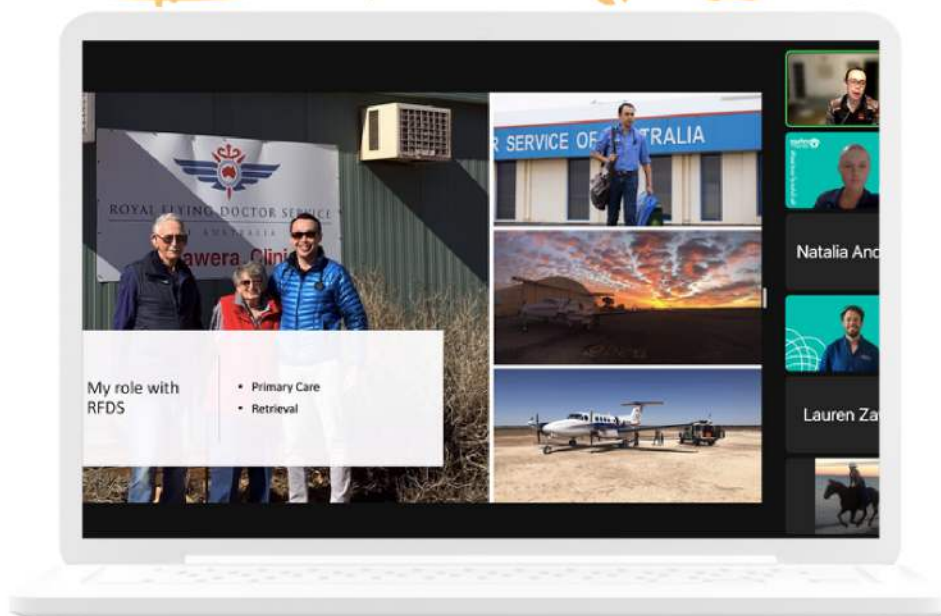


RURAL HEALTH WEBINAR SERIES

Emily Thompson - NRHSN Medical Officer

Our Medical Officer, Emily Thomson, along with the NRHSN executive team has been busy working on an interactive webinar series for medical students across Australia. The NRHSN Rural Health Webinar will run across 2 sessions, with one already held in May and the next occurring in the first week of September. The objective of these interactive sessions was to encourage students to engage with experienced medical professionals in considering career pathways in rural and remote medicine, as well as hearing about the chronicles of critical care, from an anaesthetic, emergency and intensive care perspective in rural health.

Session 1 engaged students from nearly all states of Australia and successfully covered the topic of “*Career Pathways in Rural and Remote Medicine*”. Students were fortunate to hear from an impressive line up of speakers sharing their experiences and tips to young aspiring doctors. Speakers in our first session included Dr Shannon Nott (Rural Generalist in Anaesthetics, Rural health Director of Medical Services WNSWLHD, and Retrievalist with RFDS), Dr Corin Miller (Rural Generalist with special interest in Paediatrics), Dr Natalia Anderson (Rural Generalist Trainee - AST in Palliative Care), Dr Marian Dover (Rural Generalist Trainee - AST in Obstetrics), and Dr Lauren Zawal (JMO and former RDN Cadet at Tamworth Hospital). The NRHSN team would like to express their gratitude to our speakers who volunteered time from their busy schedules to present to medical students around the nation. All presentations were extremely valuable and insightful for our audience, as we received an overwhelming amount of positive feedback following session 1.



RURAL HEALTH WEBINAR SERIES

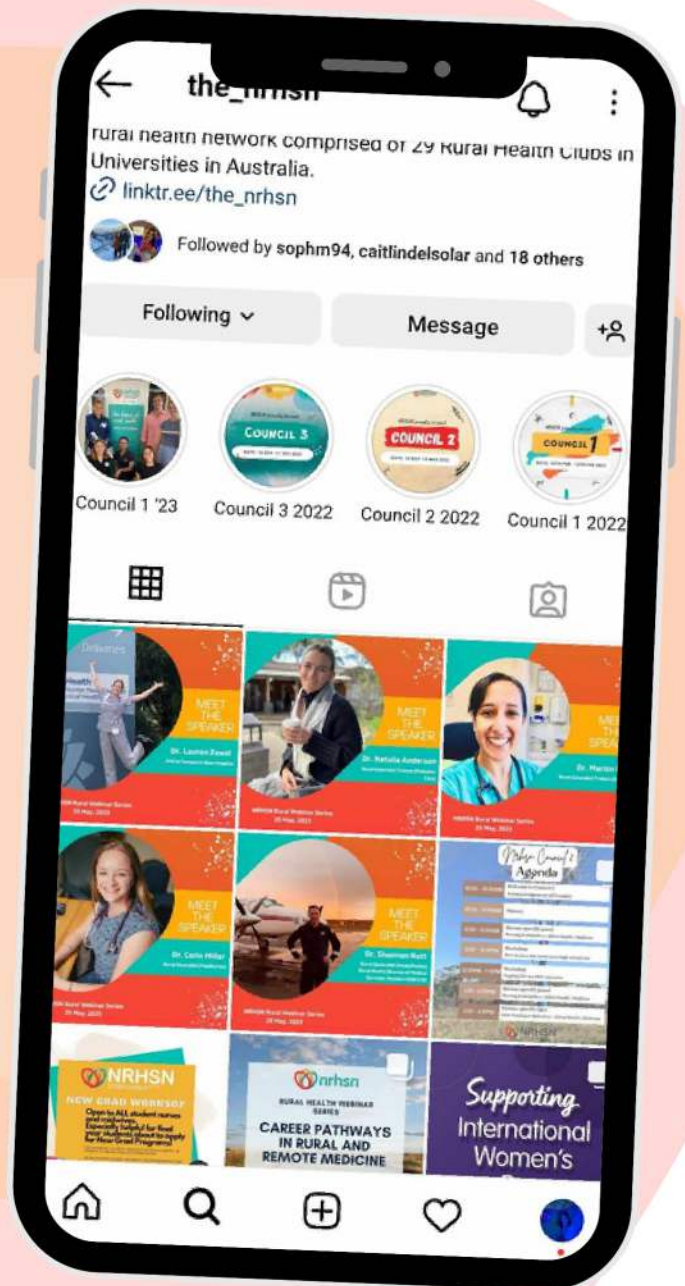
Emily Thompson - NRHSN Medical Officer

The aim of running this series as a webinar was to cater for the broad geographical distribution of NRHSN's attendees, both speakers and students, by providing the opportunity to join from anywhere in Australia.

Session 2 covered the Chronicles of Critical Care in Rural Australia was on Wednesday 6th September!

Check our socials for the full speaker profiles.

*Emily Thompson
2023 Medical Officer, NRHSN*



PURPLE HOUSE

Luke and Lilly - BREATTHE

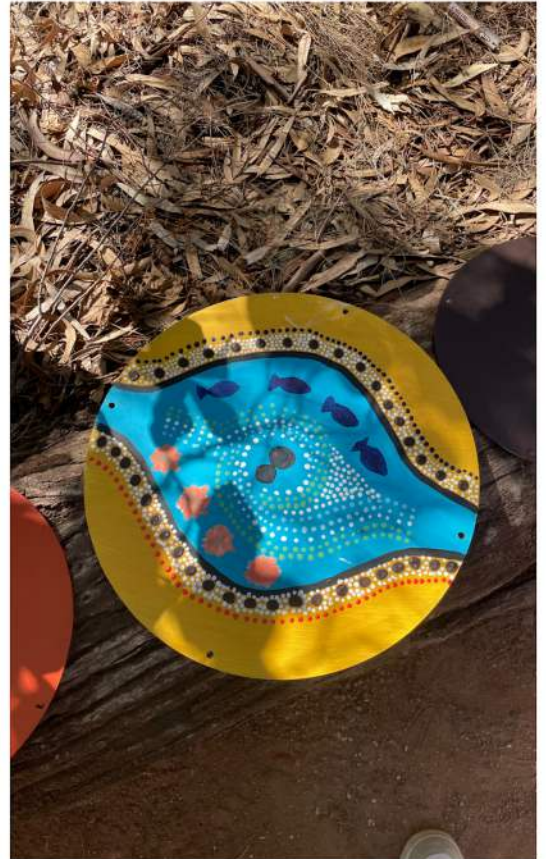
Hi, we are Luke and Lilly! We are final year medical students from the University of Newcastle and have had the absolute privilege of spending 5 weeks with [Purple House](#) as our elective.

What is Purple House

For those who aren't aware, Purple House is an entirely Indigenous-run and owned remote dialysis service for Central Australia. Before Purple House, Pintupi peoples from the Western Desert of Central Australia were forced to leave their country and families to seek treatment for end-stage renal failure, resulting in loneliness and hardship. Therefore, in 2000 Papunya Tula artists from Walungurru and Kiwikurra developed amazing paintings that were auctioned off and raised over \$1 million. This allowed them to develop a new model of care based around family, country, and compassion. In the 23 years since, they have been able to offer remote dialysis across 19 communities, a 2-chaired unit on the Purple Truck, social support, aged-care, NDIS services, and run a bush balm enterprise. For First Nations people in Central Australia, they have gone from having the worst outcomes for end stage renal disease to the best since Purple House.

Why we chose to go

Both of us have a passion for rural/remote communities and have known about Purple House from our studies. Neither of us had ever been to Central Australia before and we wanted to see what all the hype was about. For us, as this was our elective, we wanted to embed ourselves into the community to learn more about why Purple House has been able to improve the mortality rates of their dialysis patients. Oh, and we thought we should do a bit of medicine on the side.



Luke and Lilly



What we got up to/highlights of our time

In Alice Springs we spent time with the GP, podiatrist, and nurses at Purple House. It was amazing to see what happens when you develop a primary healthcare service tailored to the needs of the community. We sang songs, made toasties, and had cups of tea with the clients while they waited to see their healthcare provider.

Due to the environment Purple House has created, clients were much more eager to engage with healthcare services. In our experience, it is truly the only service we have seen where clients want to come and hang out, whether they have an appointment or not.

When we weren't in the clinic...

we spent time with the social support team, mastered our cooking skills with Donna (a local legend) and had more cups of tea.

In the communities of Yuendumu and Mount Liebig, most of our time was spent in their 'old people's program'. This is a program that provides food, personal care assistance and is a social hub for the clients to utilise. Outside of placement hours, we got to explore the beautiful landscape, get to know the locals, and discover the BEST hot chips in all of Aus. (Tilmouth Well Roadhouse, 16700 Tanami Rd, Anmatjere NT 0872 - you're welcome).

We truly came at the best time of year as we got to experience Territory Day/Fire cracker night, NAIDOC week and the once-a-year AFL game played in Alice Springs. We learnt language (of which there are four in Alice Springs alone), painted with the locals (see photo above), developed an AKI from all the cups of tea we consumed (we cannot emphasise how much tea was consumed!!), and learnt how to cook Kangaroo tail. However, the bravery award goes to Lilly for teaching Luke how to drive a manual car (please note no community dogs were hurt during this activity).



Luke and Lilly

Take aways from our time

Purple House has really highlighted to us that there is no 'one size fits all' model of healthcare. By listening to community and working together, you truly can improve the health of our First Nations peoples. Through our time here, we aim to be able to implement aspects of this into our practice when interacting with First Nations patients in the future.

We could not recommend this placement more highly if we tried (believe us, we have tried). The places we got to explore, the people we met, the things we experienced will always hold a special place in our heart.

P.S Many have said that you come to Alice for a little while and you never want to leave, it is TRUE!! Will definitely be coming back <3





Rural Health Club Highlights



RH+

Rural Health Positive - Charles Sturt University

RH+ Wiradjuri Cultural Tour and Bush Tucker Tasting 2023

On Sunday 30th of July 2023, a group of RH+ members embarked on an incredible journey into Wiradjuri Country. The day began at the cultural garden based in Orange which is open to the public. Gerald, our tour guide and Deputy Mayor of Orange, introduced us to a wide variety of native plants which, surprisingly, can also be found at your local Bunnings as a hedge, or planted in the community. We were able to taste many of these plants including curry myrtle, warrigal greens and river mint. The flavours were unique and potent, making them perfect for seasoning. Gerald encouraged us to utilise these plants in our cooking before inviting us to morning tea. He served us a delicious array of traditional foods and bush tucka, including handmade damper with bush tomato relish, lemon myrtle marmalade and lemon myrtle tea accompanied with lemon myrtle, roasted wattle seed and macadamia biscuits.



RH+

Rural Health Positive - Charles Sturt University



Next, we hit the road to the Yuranigh Aboriginal Grave Historic Site near Molong (meaning “many rocks”) and listened to Gerald speak about the incredible relationship between Yuranigh and Sir Thomas Mitchell. We also gained insight into the significant role Yuranigh played on and off country and how after his passing, he was honoured with multiple carved trees and a headstone. Then we took the rough and rocky road to the Arch Cave at Borenore for lunch where Gerald cooked us crocodile and kangaroo sausages and spoke to us about politics, told us stories, and informed us that Eddie Mabo, a Meriam man known for his role in campaigning for First Nations land rights in Australia, was actually his uncle. Then we travelled into the caves and learnt that this is a significant area for women's business. Finally, we travelled up to Gaanha-bula (Mount Conabolas) which is a site for male initiation in First Nations culture. We were then told the story of three brothers, written on a plaque at Gaanha-bula accompanied by artwork.

Overall, the Wiradjuri Cultural Tour and Bush Tucka Tasting was an unforgettable experience and we learnt a lot about Wiradjuri culture. We would highly recommend this tour to everyone! We would like to thank Ellen Jeon for organising this amazing event and Gerald from Indigenous Cultural Adventures for sharing his knowledge and representing the Wiradjuri people.

Brianna Mead & Mikayla Budda-Deen
Rural Health Positive

BREATHHE

Bringing Rural Experience and Awareness to Hunter Health Education

Hello everyone!

We are BREATHHE (Bringing Rural Experience and Awareness to Hunter Health Education), a multidisciplinary rural healthcare club running out of the University of Newcastle.

Diving into 2023 we ran a bunch of events including first aid courses, a first-year medicine skills nights, a scholarship night and we welcomed a bunch of new faces to BREATHHE.

Rural High School Visit 1

In March, we headed off on our first rural high school visit to the areas of Port Macquarie and Gloucester, 2 hours north of Newcastle. We engaged with well over 100 year 10, 11 and 12 students in interactive workshops run by medicine, nursing, physiotherapy, occupational therapy and speech pathology students.

These stations included thickened fluids, basic life support and ankle strapping. We had some great chats about careers in healthcare, the entry to medicine process and life at university. We also travelled to a small primary school in Ellenborough to run a teddy bear hospital and teach some bush first aid. We taught them what to do in the event of a snake bite, a burn and DRSABCD. We had the privilege of visiting the Gloucester Soldiers Memorial Hospital and were given a tour by the staff. They talked with us about the health challenges faced by rural areas with limited resources.



BREATTHE

Bringing Rural Experience and Awareness to Hunter Health Education

Rural Health Soiree

We then held our annual rural health soiree. We heard inspiring talks from professionals in rural healthcare including registered nurse and midwife Georgia Norton, the rural director of medical services for Western NSW LHD Dr Shannon Nott and Speech Pathologist Elanor Knight. These speakers shared their rich insight in rural healthcare to a room packed with healthcare students.

Upcoming events

We are currently in the process of organising a bunch of exciting events. We are bringing together a multidisciplinary skills night where students from all health degrees will learn skills in suturing, IV cannulation, wound cleaning, in-dwelling catheter insertion and intubation to name a few.

We are also planning our 2nd rural high school visit this year. We are looking to travel up to the Scone, Quirindi and Merriwa area in September which is around 3 hours north-west of Newcastle. We are going to run some interactive workshops with senior students and teddy bear hospitals and bush first aid with primary school kids from these rural areas.

Additionally, we are in the early stages of organising our Indigenous Health Event. We have been discussing a bunch of fresh ideas and are super excited to pull this event together.

Thanks for reading!

Cooper Rigby

Executive Nursing and Midwifery Councillor



Photo credit: Hayley Johns

MIRAGE

University of Sydney Rural Health Club

Rural High School Visit

While many USyd students were on their mid-year break, 14 dedicated medical, dentistry, nursing, pharmacy, and public health enthusiasts set off on a jam-packed trip to Orange NSW for our annual Rural High School Visit! With many of team coming from Sydney, we decided to go all out on a hire bus road trip driven by our Senior Rep. Along the way, we stopped off for an essential pie rest stop in the middle of the Blue Mountains and followed this up with the picturesque sights of the countryside between Sydney and Orange (snacks included). After reaching our destination, we met up with other team members who had made their way from Dubbo and all headed over to one of the local wineries that Orange is famous for to become full-fledged grape juice connoisseur's! Afterwards, we took on the sunset at the beautiful Mt Canobolas, enjoyed a wonderful team dinner and went head-to-head in a competitive round of tenpin bowling at the local lanes.

Well rested after our first day, we joined the school route (in matching RHSV 2023 T-shirts!!) and made our way to Orange High School where we were greeted with coffee made by the student-run barista set up and the friendly careers advisor. During our visit, we engaged 40 Year 11 and 12 students in a game of 'health career bingo', presented discipline-specific talks and hosted 6 interactive stations of vital signs assessment, wound care, basic life support, Webster packing, oral care and gowning up demonstrations. It was so wonderful to see how engaged the students were and many stayed behind to ask additional questions! After a delicious lunch from a local bakery, we headed to Kinross Wolaroi School to run it all back. Again, it was fantastic to see the engagement from another 40 students across Years 10, 11 and 12. Many students expressed a high level of enthusiasm to pursue careers in health and made sure they got around to all our interactive stations.



MIRAGE

University of Sydney Rural Health Club

After such a jam-packed couple of days filled with many wonderful memories and new friendships formed, it was tough to say goodbye to each other but eventually we all parted ways back to Dubbo and Sydney respectfully. The journey back to Sydney treated us with a beautiful sunset through the Blue Mountains. It was great to have so many enthusiastic individuals across the disciplines willing to pull together to create such a successful trip. Likewise, many participants were not from a rural background and so it was lovely to see them engage with all the high school students on why rural health is so important. I think we managed to convince a few of them to give it a shot in the future! As always, thank you to those who make these trips possible!

Laura Mattiske
Co-Chair, Mirage



WHAT'S BEEN HAPPENING AT WAALHIIBE



Dementia Deep Dive

To kick start the year, WAALHIIBE hosted a Dementia Deep Dive workshop. A poorly understood but extremely prevalent condition, as allied health students we're extremely likely to deal with patients suffering from Dementia. We would like to thank Memory Nurture for better preparing our members to help care for Dementia patients.



Goldfields Rural High School Visit

From the 19th to 23rd of June, 4 of our executive committee members visited Leonora and Laverton in the Goldfield's region with the goal of establishing connections between the club and local groups for many years to come. Activities included:

- Speaking to both locals shires
- Exploring medical facilities
- Speaking to students of both Leonora and Laverton about their futures and goals
- Identifying social challenges faced by the police
- Working with local healthcare professionals to identify allied health job opportunities



What's on next?

WAALHIIBE is proud to bring a free, credited dysphagia awareness course for our members. On the 6th of July, 20 students will have the opportunity to better learn how to manage dysphagia and those suffering from the condition.

WAALHIIBE + AMANA LIVING

Lead by a Registered Nurse

DYSPHAGIA AWARENESS

AMANA LIVING TRAINING INSTITUTE

Free COST 4 HOURS 6th JULY CPD CERTIFIED COURSE

' For WA Allied Health Students interested in the bush experience '



RURAL REWIND

JUNE 2023 / Vol 3



Outlook

University of Melbourne Rural Health Club

HOWDY FRIENDS !

Well it's certainly starting to look like winter nowadays across rural Victoria. In this instalment of the Rural Rewind we take a look back on the past couple of months and catch up on all the fun events the Moovin' Health and Outlook RHC teams have been cooking up! As we all go through the exams period and take a well deserved mid year break, we hope you all keep safe, rested and have a little fun before we return for another busy semester after MDSC!

WHAT'S NEXT ?

- Mid year break!
- Outlook X MDSC
- Christmas in July events
- Coming soon... Rural Ball!

WE NEED YOU !

Do you have something newsworthy to share with the rural clinical school cohort or think you know a student who's worthy of a spotlight? Let us know via outlook.publications@gmail.com

Can't Get Enough of Us?!



@outlook.rhc



Outlook Rural Health Club
(University of Melbourne)



<https://www.outlookrhc.org/>

BIGGEST MORNING TEA BAKE SALE



On 25th May the Moovin Health reps in Ballarat, Eliza and Cooper, organised a Biggest Morning Tea bake sale event to be held in the foyer of Grampians Health to raise money for the Cancer Council Australia. Students in all year levels contributed baked goods including lemon cookies, salted caramel cookies, both brownies AND blondies, all kinds of different slices including lemon, hedgehog, caramel and even a raw option for those who were a little more health conscious! There was also a variety of cupcakes as well as some larger showstoppers including a carrot cake, hummingbird cake and even a black forest gateau! The bake sale was extremely successful and the students managed to raise over \$600 in donations for the worthy cause. Thank you to all of the volunteers for their time and effort baking, setting up and running the stall.

RECONCILIATION WEEK CULTURAL TOUR

To celebrate National Reconciliation Week 2023, Eliza Grbac, the First Nations Ally for Outlook RHC, organised a cultural tour at Rumbalara Aboriginal Co-operative on Yorta Yorta Country. As a part of the learning opportunity, students participated in tours of the Rumbalara medical centre and a journey to the flats. Aunty Cheryl also taught students how to make gumnut necklaces in the Healing Centre, followed by a smoking ceremony.



TRAINING PATHWAYS NIGHT

Reflection by Karim Sadik

The training pathways and framework session was an enlightening experience that provided valuable insights into the field of medical training, hosted by the Manager of the Goulburn Valley Regional Training Hub, Shane Boyer. Boyer's engaging presence and efficient organisation ensured a smooth flow of the session, allowing the attendees to make the most of their time. One of the highlights was the presentation by Professor Brendan Crotty, who provided a comprehensive overview of the National Framework for Prevocational Medical Training. His expertise and clear communication style made complex concepts accessible to everyone in the audience. Professor Crotty's talk shed light on the various training pathways available and emphasized the importance of a standardized framework for medical training. Moreover, there was free pizza for all the attendees, adding a delicious touch to the overall experience. This thoughtful gesture not only satisfied our hunger but also fostered a sense of camaraderie among the participants during the networking breaks. Attending this session gave me a deeper understanding of the training pathways and framework within the medical field. It reinforced the significance of a well-structured training system that ensures the development of competent and skilled healthcare professionals. I left the event feeling inspired and motivated to explore further opportunities within the field, armed with the knowledge gained from the informative presentations and the invaluable networking opportunities.



FROM OUR STAKEHOLDERS

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

NATIONAL
TEA FOR SALE

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.

Rural Medical Students Conference

You are invited to attend the **Medical Student Rural Inspiration Conference** which will be held on Saturday 25 November at the Crowne Plaza Coogee Beach. This one-of-a-kind event has been designed specifically for medical students and will feature presentations and activities that will inspire and inform you as you expand your network.

The event will feature:

- Royal Flying Doctor hands on simulation session - followed by career trajectory Q and A with Dr Shannon Nott
- A session focussed on Indigenous Health, led by Dr Peter O'Mara
- Panel sessions featuring Junior Doctors from regional Hospitals, Rural Generalists discussing their training pathways and careers and non-GP Specialists from various rural and regional Hospitals discussing their careers and training pathways
- Opportunities to network and to discuss job, training and career opportunities
- A chance to connect with students from across NSW

The conference is part of Rural Health Month and will be co-located with the Rural GPs Conference at the Crowne Plaza Coogee Beach.

The Medical Student Rural Inspiration Conference is brought to you by NSW Regional Training Hub Networks, National Rural Health Student Network, AMSA Rural, NSW Rural Doctors Network and the Rural Doctors' Association of NSW.

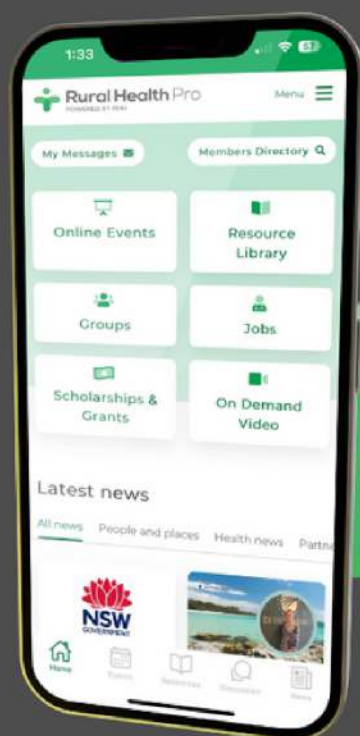
[Register here](#) or keep an eye on [our webpage](#) or our [Facebook](#) and [Instagram](#) pages for updates.





Connect with the Rural Health Pro App

Download now



If you share our passion for healthy rural communities, now's also the time to sign up to Rural Health Pro! Rural Health Pro is a community that connects health professionals from across Australia with colleagues, scholarships, training, national rural health news and career opportunities to help them thrive. Now available as an app it is easier than ever to connect and stay-up-to-date.

Become a Rural Health Pro member [here](#) - it's free and easy to join.

Nominations for the @RuralHealthPro National Rural and Remote Health Awards are now open. Recognise and celebrate the individuals, teams and organisations that have made a significant contribution to improving rural and remote health. Learn more about the ten awards and submit a nomination at <https://www.ruralhealthpro.org/s/awards>

The Presentation Gala will be held on Ngunnawal Country at Parliament House Canberra on **13 November** and promises to be a highlight of the year, celebrating excellence and honouring outstanding individuals and organisations in our industry.



National Rural & Remote HEALTH AWARDS NOMINATIONS OPEN

RURAL HEALTH WEST

All smiles for remote dental placements in WA

After years of planning and collaboration, dental students in Western Australia now have more opportunity to complete clinical placements in rural and remote locations as part of their studies. Rural Health West Senior Workforce Consultant Brooke Wilson said she struggled to recruit dentists into rural locations, despite strong demand from employing practices as students lacked exposure to rural practice.

“The only ‘rural’ placement option for Western Australian students was Bunbury, which is really a large regional city and not particularly reflective of practising in locations such as Esperance, Kununurra or Katanning.”

18 months ago, Brooke met University of Western Australia senior lecturer in clinical dentistry, Dr Jilen Patel and the two worked to get rural and remote clinical placements off the ground.

“Jilen was really passionate about addressing that service gap and recognised that providing dental students with immersion opportunities could be a potential solution.”



RURAL HEALTH WEST

All smiles for remote dental placements in WA

Their efforts have paid off with the first remote placement taking place in April with two dental students, Hayden and Wendy, and clinical supervisor, Dr Tracey Gold, spending two weeks working out of the dental practice at the Derby Aboriginal Health Service in WA's Kimberley region. Derby is 2,200kms from Perth. Dental student Wendy said the experience has given her a greater appreciation of the inequity of health services in the country.

"Every patient we saw had so much work that needed to be done; and it wasn't work that should be delayed, such as patients with acute pain for weeks and months. It felt great to provide such a vital service; it was very rewarding. However, there needs to be better access to care, both emergency and preventive."

Dental student Hayden said the placement had inspired him to return.

"In the city, we wouldn't be doing the type of work we were undertaking while in Derby. We've done lots of oral surgery, extractions, fillings and witnessed the impact of people being unable to access the care they need."



RURAL HEALTH WEST

All smiles for remote dental placements in WA

Wendy said while the clinical experience was fantastic, the experience was beneficial in other ways.

“In Perth, we would have nurses who would take care of sterilisation; however we had to do that ourselves, so we had a quick crash course in that. We also learnt to problem solve when we encountered issues with equipment, as you can’t duck out to the nearest supplier.

It was also valuable to work alongside allied health professionals. Dentistry in Perth can be quite isolating, but working in an allied health setting like DAHS, we were able to witness how intra-professional clinical communication and integration can lead to better overall health outcomes.”

At the completion of their time in Derby, the trio travelled to Broome to visit the dental facilities at Broome Regional Aboriginal Medical Service and two private clinics. Brooke said the students appreciated the chance to see the variety of practice they could expect in the country.

“Both Hayden and Wendy seemed quite keen to explore options to work in both the Aboriginal health setting, as well as private practice. There are plenty of opportunities available to them and certainly many potential job offers on the horizon for them in the future.”

Additional placements for dental students have also taken place in Roebourne and Newman in WA’s Pilbara region and Katanning in the Great Southern region.



HEALTH WORKFORCE QUEENSLAND

From the [Health Workforce Queensland Blog](#)

GROW Rural Student Returns to Woorabinda for Placement

Third-year UQ medical student, **Johanna Joyce**, completed her 6-week placement earlier this year in the small rural town of Woorabinda, in Central Queensland. She first visited Woorabinda in 2021, as part of Health Workforce Queensland's GROW Rural Central Queensland program, where students visit the rural communities of Woorabinda, Theodore and Moura each year, for three consecutive years. Johanna connected with the team at the Multipurpose Health Service again during last year's visit and was thrilled to be back there recently to complete her placement.

We chatted to Johanna to get the low-down on her placement and see how she's feeling about a rural health career.

Johanna, you've recently completed a 6-week placement in Woorabinda. What inspired you to choose Woori for your placement? Did your participation in GROW Rural Central Queensland play a part?

I first learned of and visited Woorabinda (found on the traditional lands of the Wadja and Gungaloo Aboriginal peoples) in 2021 as a part of the GROW Rural Central Queensland program. The brief visits in 2021 and 2022 piqued my interest in the community, and I discussed the possibility of undertaking a placement at Woori in my third year with the health service staff - they were extremely supportive! When putting in preferences for my rural placement this year, I applied for special consideration to go to Woori and was supported by the University of Queensland. Without the GROW program, it's unlikely I would have preferenced Woori as high, and I definitely would not have applied for, and received, special consideration.



Please tell us all about it! What did your days look like?

My days at Woori were long and varied - no two days looked the same! Most of my time was spent in the General Practice that operates out of the Multi-Purpose Health Service and the Emergency Department. Alongside these services, there are many outpatient clinics which visit Woorabinda - I was lucky enough to spend some time with the Indigenous Respiratory Outreach Care (IROC) team, Gumma Gundoo Antenatal Maternity Service, and Deadly Ears. Outside of business hours, I often found myself studying late at the hospital (particularly given I had extremely limited internet access at home, Eduroam Wifi was a welcome support!). As is often the case, after-hours and weekends saw some of the most interesting and varied presentations. When I wasn't at the hospital, I was enjoying the fantastic scenery and wildlife, and spectacular sunrises and sunsets, or a meal at the Baralaba Hotel with other health and teaching staff from Woori!

What was the highlight from your placement?

The standout clinical highlight from my placement came about 4 weeks in. In my second week at Woori, I was involved in the resuscitation and management of a critically ill patient, who ended up being airlifted first to Rockhampton, then Brisbane. Following drastic, life-saving emergency surgery in Brisbane, a couple of weeks later I saw this patient walking (!) through the doors of the Woori Hospital. Myself and the other health staff were gobsmacked, and thrilled to see how well this patient was. The patient and their family were extremely grateful to the health professionals involved, and it was fantastic to see the community come together in support. Aside from this, the overall highlight of my placement would have to be the community welcoming me with open arms. By my third week in Woori, I couldn't go for a run without stopping for a chat with a patient, their family, or a colleague. Feeling a part of the community was a real privilege, and it's something I'm already missing!





And the most important learning you took away from this experience?

A lot of my learnings in Woori came from the fantastic nursing staff. There were times where I was at the hospital with no medical officer present or on call; in times like these the nursing staff work hard to triage, manage patients, and escalate via video conferencing and retrieval services where necessary. I learnt valuable skills in assessing patients, particularly recognising signs of deterioration, how to handover to medical staff via phone and video, and communicating with patients and their supports throughout the process. However, the most important learning I took away from my time in Woori is understanding what it is like working in a rural area with limited resources. It is often necessary for patients from Woori to be transferred to tertiary centres - frequently with ailments that in other contexts, would not require admission. In my 6 weeks, there were countless occasions where calls to transfer and admit Woori patients were met with a lack of understanding of the community, and no insight into the constraints of the Woorabinda Health Service. These experiences taught me to be a fierce advocate for patients, and I am incredibly grateful to have worked with such wonderful staff leading the way.



**Health Workforce
Queensland**

What did you find to be the most challenging aspect?

At the start of my placement in Woori, the most challenging aspect was the steep learning curve. I was well and truly thrown in the deep end of seeing patients solo, learning the procedures and processes of the hospital, and getting to know the community. After a few weeks, I found my feet and my perception of what was challenging shifted to match that of the health staff and community - the gaps in the health workforce. A part of UQ rural placements is a research project into an area of need or quality improvement in the community; I wrote my project on one of the greatest challenges facing Woorabinda: obtaining and retaining medical workforce. In Central Queensland particularly, there is a paucity of medical officers, and a widening gap in health services, with First Nations communities such as Woorabinda disproportionately affected. This burdens the current staff, dissuades prospective staff, and of course, impacts accessibility to healthcare for the Woori community. Writing my project only made me more passionate about the topic, and I hope to continue supporting the community in this area throughout my studies, and beyond.

How does working in rural locations differ from metro locations in your experiences so far?

Living and working in rural locations is different to metro in almost every way possible. There are often very limited resources, extremely varied presentations, and different priorities of care out rural. In Woori particularly, the sense of community is extremely strong - it is not uncommon to have an emergency patient present with 10-20 family members following close behind as support. In terms of lifestyle, the commute to placement was 600m, the sunrises and sunsets were extraordinary, and the star-gazing was second-to-none.

How are you feeling about going rural now that you've had this opportunity?

So many of the experiences I had in Woori taught me things I will remember and utilise for the entirety of my professional life. It has altered the way I interact with and understand patients, my knowledge of rural and Indigenous health, and will undoubtedly make me a better doctor. I feel incredibly privileged to have had the experience I did in Woori, and it will forever hold a special place in my heart. I am already looking for excuses to go back! My rural placement has definitely made me more inclined to work rurally, and I would encourage every medical and health student to take any opportunity possible to experience life outside of the city (even (especially) if you've never considered it before!).



Back to GROW Rural Central Queensland. What has been your highlight of this program to date?

I love the opportunity the GROW Rural program offers to visit the same places each year. The connections to communities we make are able to be deepened, and it is wonderful to see changes and growth with every visit. I value sharing the experience with diverse student representatives from medical and allied health backgrounds, and I think we all thoroughly enjoy each year. One of the best highlights was attending the Theodore Rodeo in 2022, and staying with a homestay family. Myself and the other students staying there enjoyed visiting the animals on the property and talking with our hosts, plus the excitement of the rodeo!

Do you think this program has been beneficial and would you recommend it to other medical and health students?

Without the GROW program it's unlikely I would have had a connection to Woorabinda and thus experienced this placement. GROW Rural is a wonderful way to get an insight into rural life, talk with rural health professionals, make connections to communities - all of which have the ability to drastically impact career direction and priorities. I would recommend the GROW program to any students eligible to apply.

Read the full article and find more information at <https://www.healthworkforce.com.au/blog/2023/07/grow-rural-student-returns-to-woorabinda-for-placement>



**Health Workforce
Queensland**



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RURAL WORKFORCE AGENCIES





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



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
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- 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>

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For a Rural Generalist, no two
days are the same."

Dr Rob Dickson
FACRRM



With ACRRM, you'll lead the way. We'll have your back.

Whether you're early on in your medical education or preparing to step into the world of medical practice, the Australian College of Rural and Remote Medicine (ACRRM) is ready to support you through free student membership.

What is ACRRM?

ACRRM is a leading professional medical college dedicated to improving healthcare for rural and remote communities. As a peak organisation for rural and remote medicine, the College plays a vital role in supporting doctors and healthcare professionals who serve these unique communities through Fellowship training, advocacy and policy development, continuing professional development, rural workforce support, and more.

Our "Why"

Our vision is the right doctors in the right places with the right skills, providing rural and remote people with excellent healthcare. We advocate for a healthcare system that serves the unique needs of rural and remote communities, ensuring that every individual has access to high quality and comprehensive care, regardless of their geographical location.

What is a Rural Generalist?

ACRRM Fellowship is designed to train you to become a well-rounded Rural Generalist. A Rural Generalist is a specialist General Practitioner who has expertise in providing medical care for rural and remote or isolated communities. These highly skilled medical professionals have extended skills training in specialties ranging from emergency medicine to obstetrics and gynaecology to Aboriginal and Torres Strait Islander health and more. Rural Generalists understand and respond to the diverse needs of rural communities.

"Exciting. Dynamic. Stimulating.
For a Rural Generalist, no two
days are the same."

Dr Rob Dickson
FACRRM



How students can get involved with ACRRM

Free student membership provides you with the opportunity to access a range of resources, professional development opportunities and networking with peers and mentors.

[Join here](#)

Professional development

Access free and discounted online courses to broaden your knowledge and keep you up to date with the latest advancements in rural health. You'll also receive discounted rates to the RMA conference and the opportunity to apply for student bursaries or as a student volunteer for the conference, as well as the chance to attend the tailored and exclusive Future Rural Doctors' social event during the conference.

Resources

ACRRM provides an array of resources to benefit your academic and professional journey including free access to the RG Clinical App, RG Foundation Skills module and the ACRRM logbook to start tracking your experience and enriching your learning experience. You also get free access to the RG Foundation Skills modules and can start to track and document clinical procedures in your personal online logbook to further enrich your learning experience and prepare for your RG career.

College Advocacy

As an ACRRM student member, you'll have the opportunity to contribute to College advocacy efforts. This involvement can take several forms, including joining a College committee, providing feedback to College submissions, and participating in policy and reform discussions. Some ACRRM student members have even delivered addresses that promote local health agendas and represent community interests and concerns. This engagement empowers you to shape the future of rural health and be a driving force behind positive change.

Networking and Mentorship

Connect@ACRRM, the college's online member platform, allows you to collaborate and connect with Rural Generalists from across Australia and beyond. This platform acts as a gateway to valuable insights, shared experiences, and opportunities for growth in the field. Through Connect@ACRRM you'll also gain access to Mentor Match where you'll have the chance to find and engage with other professionals at a range of career stages who have similar interests and passions as you. Local and national networking events and courses are opportunities to engage in person with fellow members who have your interests at heart.

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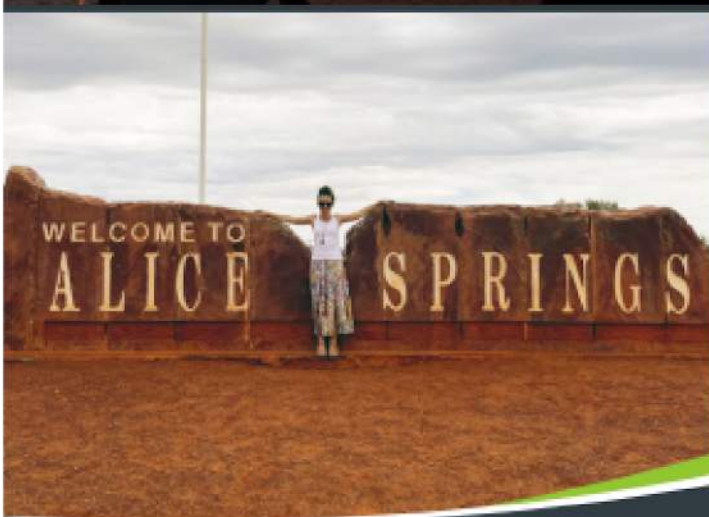
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More info at <https://www.naccho.org.au/events/youth-conference/>



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



CRANAplus 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 CRANAplus support me?

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

crana.org.au/scholarships

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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

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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

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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

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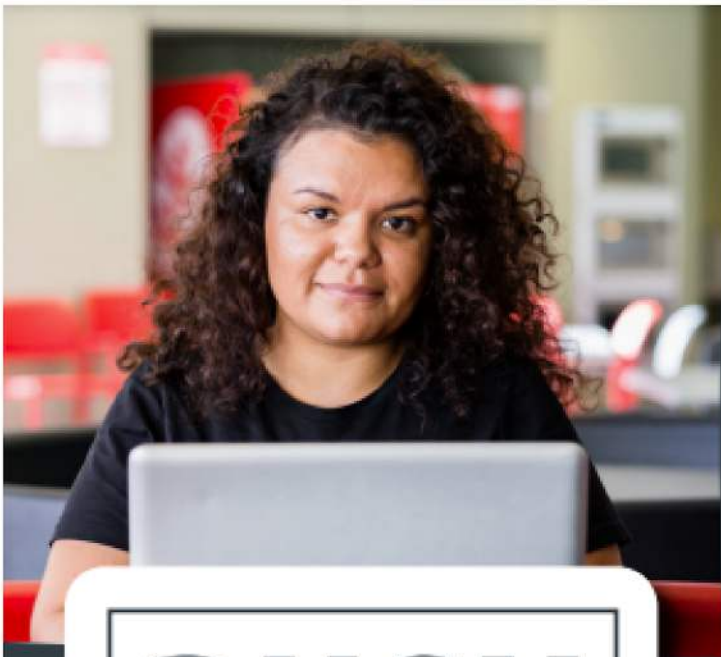
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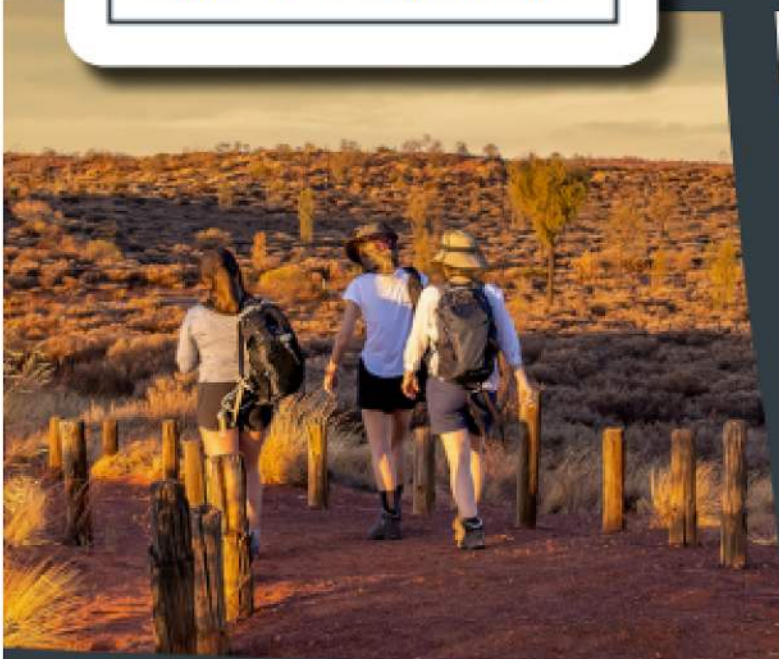
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- career guidance in psychiatry and its subspecialties, through seminars and networking with RANZCP Fellows
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- access to RANZCP e-learning resources through Learnit, the RANZCP's online learning library
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To join, visit: www.ranzcp.org/pif

/psychiatryinterestforum

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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 2 FOR 2023

Thank you for reading

WE HOPE YOU ENJOYED THIS
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