



ISSUE NO. THREE | DECEMBER 2023

COOEE!

THE FUTURE
OF RURAL HEALTH

NATIONAL RURAL HEALTH STUDENT NETWORK

AN UPDATE FROM THE NRHSN

INCOMING CHAIRS' WELCOME

G'day folks

What a year 2023 has been for the NRHSN! Our RHCs have continued to raise the bar with the quality and quantity of both their events and rural high school visits. Together as an organisation we have reached over 100 rural high schools and ran over 30 events focusing on Indigenous health. While this has been going on the NRHSN exec has continued to go from strength to strength. Our advocacy work, work on social media and projects is amazing to behold and something that you can read about in this beautiful newsletter that Heidi has made.

In 2024 the NRHSN will be moving to a co-chair model. This will allow the organisation to run a bit smoother and reduce burn out for future chairs/co-chairs. The NRHSN means so much to both of us and we cannot wait to continue to build on and improve what previous chairs have done.



Big things are coming in 2024 and we cannot wait to share this journey with all of our amazing members. While we didn't have a campaign slogan, the unofficial motto of the NRHSN for 2024 is simply:

"Make change, not noise".

See you all around.

Kurtis and Pip
Co-Chairs 2024

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WHAT HAS THE NRSHN BEEN UP TO?

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

THANKS TO OUR OUTGOING 2023 TEAM!



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

THANK YOU
😊



AND WELCOME TO OUR INCOMING 2024 TEAM!



Degree: 4th year Medicine
Rural Health Club: ROUNDS (Notre Dame Sydney)
Fav Aussie animal: Galah
Excited for: further inspiring a culture of warmth and sustainability among NRHSN and our projects!

Co-Chair: Pippa Kensit



Degree: 4th year Medicine
RHC: CROHC (Curtin)
Fav Aussie animal: Southern Cassowary
Excited for: finally beginning my clinical rotations!

Co-Chair: Kurtis Gray



Degree: 5th year Medicine
RHC: Bushfire (Bond)
Fav Aussie animal: Koala
Excited for: assisting the RHCs around Australia to continue and maximise the amazing work they do!

**Vice Chair Internal:
Andrew Dossetor**



Degree: 6th year Medicine
RHC: RAHMS (UNSW)
Fav Aussie animal: Tree Goanna
Excited for: working with the 2024 team and improving Indigenous health engagement!

**Vice Chair First Nations
Emily Thomson**



Degree: 3rd year Medicine
RHC: SHARP (UoW)
Fav Aussie animal: Wobbecong
Excited for: Helping RHCs to be the funnest clubs on and off campus!

**Rural Health Club Co-ordinator:
Conor McEvoy**



Degree: 3rd year Nursing
RHC: RHUWS (WSU)
Fav Aussie animal: Emu
Excited for: seeing what RHCs will achieve in 2024!

**National Events Liaison Officer:
Gina Hamade**



AND WELCOME TO OUR INCOMING 2024 TEAM!



Degree: 5th year Medicine
RHC: BREAAATHHE (UoN)
Fav Aussie animal: Koala
Excited for: getting to know people with a similar passion for rural health from all across the country and (hopefully) finish my degree along the way!

Rural Outreach + Engagement:
Jack Howard



Degree: 4th year Nursing and Paramedicine (OUT)
Rural Health Club: TROHPIQ
Fav Aussie animal: Wombat
Excited for: new responsibilities and supporting student bodies in rural and remote settings!

**Nursing, Midwifery,
Paramedicine: Cameron Power**



Degree: 3rd year Occupational Therapy
RHC: WAALHIIBE (WA)
Fav Aussie animal: Barramundi
Excited for: Beginning my honours project!

Allied Health Officer:
Edward Price



Degree: 5th year Medicine
RHC: BREAAATHHE (UoN)
Fav Aussie animal: Kookaburra
Excited for: Finishing med school this year!

Medical Officer:
Laura Dunlop



Degree: 4th year Medicine
RHC: ROUNDS (Notre Dame)
Fav Aussie animal: Quokka
Excited for: meeting new people from different RHC's!

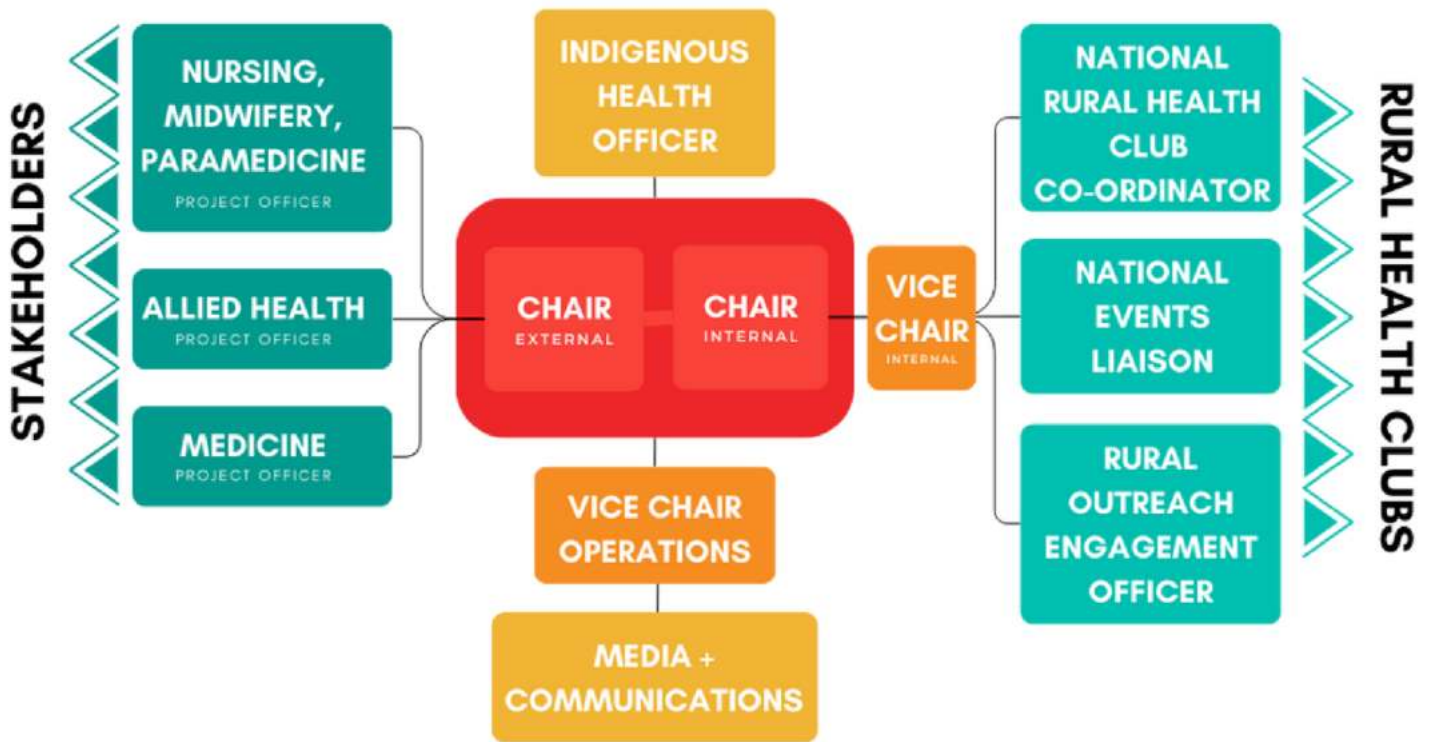
Media and Communications:
Nathan Brown



Degree: 4th year Medicine
RHC: Rh+ (CSU)
Fav Aussie animal: Nankeen Kestrel
Excited for: streamlining NRHSN comms!

Vice Chair Operations:
Heidi Annand

New Organisational Structure!



Follow us on facebook and instagram to stay up to date!

HANDOVER

Edward Price - NRHSN Allied Health Officer

In early December, the incoming NRSHN student committee met in person for handover. The meeting spanned two days and took place at the NSW Rural Doctor's Network (RDN) headquarters in Sydney. The committee had the pleasure of hearing from RDN Chief Executive Officer, Richard Colbran. He spoke with such enthusiasm, vigour and passion, it left the committee feeling empowered to elicit change in the student rural health space.



Throughout the jam packed two days, our student leaders were given opportunities to network internally through group planning sessions and shared meals. They also had the opportunity to create working professional relationships with supporting organisations. On day one, the committee split into the internal and external branches and then spent a fruitful couple of hours planning the upcoming year. From these conversations the NRHSN committee planned an altered approach to student engagement, with a particular focus on allied health and nursing. Once back together, the committee discussed involvement from external stakeholders and how to navigate these relationships effectively. In the afternoon of day one, the student committee then spent some time brainstorming potential ideas for individual projects. Day two involved more structured planning of the upcoming year, most notably scheduling the two council events for 2024. More details on these will be released closer to the dates! The committee then ironed out some details for each individual project.



With students on the committee coming from all around the country, it was crucially important to meet in person and create a sense of comradery. The 2024 committee left Sydney with an inspired, clear vision for 2024 along with a feeling of teamwork.

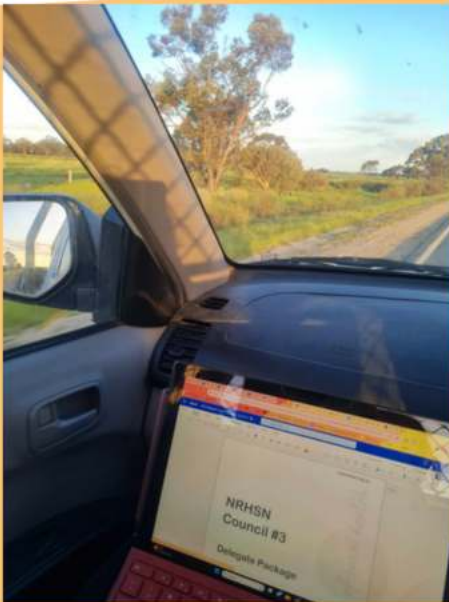
NRHSN COUNCIL 3

2023, State based

Georgia Waddington and Rose Britt

2nd Year Biomedical Science (Medical) - LARHC

On the 9th of September, we had the opportunity to attend NRHSN's Council 3 in Werribee, Victoria representing La Trobe Rural Health Club (LARHC). We had the pleasure of meeting, collaborating and sharing ideas with fellow Victorian and Tasmanian Health Clubs; NOMAD from Deakin University and RUSTICA from the University of Tasmania. It was a fabulous chance to share the achievements of our respective health clubs throughout the year and get inspired for 2024. The NRHSN team, Heidi and Nathan, presented informative and engaging sessions in strategic planning and we had the chance to listen to guest speaker Dr Louis Christie.



During Council, we gained a wealth of knowledge from the other NRHSN Clubs around Australia, regarding the impact they had on the community and learnt the incredible impact of the Rural High School Visits that we run. A highlight of the day for us was hearing from guest speaker, Dr Louis Christie, a Palliative Care Specialist based primarily in Orange NSW who has been practicing rural medicine since 1994. He spoke on his inspiring journey through rural medicine, and his transition from Emergency medicine to Palliative Care. Dr Christie also talked about some of the personal challenges that he faced throughout his career and how he overcame these. We now believe we have a greater understanding of importance of finding a career that you are really passionate about, and that prioritising your mental health and family above everything else, is crucial in success.



NRHSN COUNCIL 3



For those given the opportunity to attend one of next year's Councils, take it! It is a great opportunity to network with likeminded health students, gain insight into work of other NRHSN Clubs around Australia, and collaborate to better your own Club. To get the most out of this wonderful opportunity it is essential to come in with an open mind and be ready to share your Club's strengths, and more importantly weaknesses. Council provided a safe space in which we were able to share some of our struggles as a Club to the group, enabling other Clubs to offer solutions or empathise with a similar situation. This made us feel heard, especially being a smaller Rural Health Club, and provided us with ways in which we can continue to improve LARHC in the future.

In short, NRHSNs Council 3 in Werribee was one that we thoroughly enjoyed. We'd like to thank the NRHSN executive team for organising the event and providing us with the opportunity to gain invaluable knowledge regarding our Health Club. A special thanks to Heidi and Nathan for running the day in Werribee for the VIC/TAS Clubs!

*Georgia Waddington and Rose Britt
2nd Year Biomedical Science (Medical) - LARHC*

RMA23

Heidi Annand - NRHSN

In late October Anna, Kurtis, Pip and I jetted over to Hobart/nipaluna to represent the NRHSN at RMA23.

The theme of this year's conference was "walk on the wild side", and although we spent a fair bit of time manning our stall we also got to catch a bunch of inspiring talks and do plenty of socialising. In particular I loved the talk on "geographical narcissism" by Dr Malin Fors and an incredible panel on Aboriginal and Torres Strait Islander health in a post-referendum Australia. We learnt about governing bodies like ACRRM and RDAA and met many inspiring rural doctors from across Australia. There were also lots of students present; some presenting research, some presenting on forums, and some attending on bursaries or as student volunteers (a great opportunity). Another highlight was learning line dancing at the Future Gens night followed by karaoke with some of Australia's most esteemed rural generalists.

We presented on our current advocacy and hosted a forum with other rural health club students on the great work they're doing. I highly recommend attending RMA if you can make it work with our exam schedule. Next year is in Darwin and I hope to see you there!



AIDA CONFERENCE

Mikayla Budda-Deen - Rh+ Medical student

Between the dates of the 15th and 18th of November I attended the 2023 Australian Indigenous Doctors Association (AIDA) Conference in Hobart, Tasmania (nipaluna, lutruwita). This conference brings together Indigenous Doctors, Medical students, health researchers, health professionals and allies to speak on matters regarding Aboriginal health as well as run a number of workshops on culture and skills to strengthen our community.

I was fortunate enough to be supported by the Royal Australian and New Zealand College of Psychiatrists to attend the conference this year. They invited me to attend their pre conference workshop on the first day discussing a career in psychiatry as well as the unique differences between Aboriginal spirituality and psychosis. This was followed by a student night which allowed me to meet some amazing First Nation students from universities across Australia.

The second day was members day where we had an initial welcome followed by an outstanding speech by Todd Fernando on the experience of Aboriginal people who also identify in the LGBTQI+ community. Next was the Annual General Meeting where we elected our board members for 2024. I then chose to attend a Women's Circle and a Bush Foods Yarn and Demonstration which was a fantastic way to connect with other First Nations people as well as connect with my own culture. I particularly liked the bush foods demonstration as many of the foods had medicinal uses such as antibiotics. We then had a welcome reception featuring delicious foods such as fresh Hobart oysters!



On day 3 Professor Kelvin Kong gave an insightful speech on accidental leadership as Doctors and discussed the important role of First Nation Doctors in providing care to our people. At this time First Nation people make up only 0.001% of surgeons and 0.003% of specialist GPs. AIDA hopes to work to address this inequity. I then had the opportunity to chair the RANZCO eye workshop where we were shown many screening tools, taught how to suture an eye and how to remove foreign bodies. After a few more speeches such as one on the AIDA SRCs trip to Arnhem Land I attended an ED ultrasound workshop where we learned how to do an echocardiogram, vascular ultrasound and a general ultrasound. That night we were free to explore Hobart!

Last day was a day of presentations. My favourites were one by Tyson Mpetyane Carmody on his company Kings Narrative which uses cultural healing practices to assist Aboriginal men in improving their mental health and a talk on Ngangkari Aboriginal traditional healing clinics. The highlight of course was the Gala dinner held at the Glen Albyn Estate which was so beautiful. At the Gala dinner we celebrated the success of our Aboriginal Doctors and medical students.



Overall, this conference was a life changing experience and I suggest all my First Nation Colleagues to sign up to AIDA and try to attend next year which will be in Adelaide but more excitingly is the Pacific Region Indigenous Doctors Congress (PRIDoC).

AIDA also invites Allies to their conferences so if anyone who is non-Aboriginal would also like the opportunity to attend I strongly recommend you do and would love to see you there!

*Mikayla Budda-Deen
3rd year Medical Student, Charles Sturt*



Rural Health Club Highlights



TROHPIQ

Towards Rural and Outback Professionals in Queensland

Who is TROHPIQ?

In 2024 TROHPIQ will be celebrating 30 years of helping medical, nursing and allied health students experience the unique career and lifestyle opportunities found in regional, and rural areas in Queensland. At the end of 2023, TROHPIQ underwent a large committee restructure. To accommodate the growing number of students studying in areas such as Toowoomba, the Wide Bay region and Rockhampton, TROHPIQ created 3 new regional subcommittees. It is our hope that these new subcommittees will allow regional and rural students to engage in social, networking, and educational events in their local region more efficiently and on a larger scale than we have previously been able to do.

In 2024 we hope to bring back our Cherbourg Trip to its former glory prior to COVID-19, revamp our Allied Health and Nursing Careers Night, and are excited to see our new Regional Advocacy Representatives visit schools in Roma and other regions to showcase the different health professions students can pursue. Our events and experiences continue to not disappoint with some of TROHPIQ's 2023 highlights below...

K'gari and Great Keppel Island Trips

In early September 2023, TROHPIQ Bundaberg and Hervey Bay Representatives united to organise an unforgettable trip to K'gari (formerly Fraser Island) for local Wide-bay students. It was peak whale migration season, so we boarded a boat and witnessed awe-inspiring encounters with magnificent Humpback whales and their playful calves, breaching and displays their flukes' mere meters away from us.

Then we immersed ourselves in the untouched beauty of the remote west coast of K'gari for the remainder of the day. Our wonderful guides from Tasman Venture educated us on K'gari's past and went above and beyond to allow us explore hidden corners of the island with kayaking, snorkelling, tubing, as well as hiking to the top of a sand dune where we were presented with a breathtaking view..



TROHPIQ

Towards Rural and Outback Professionals in Queensland

Our Rockhampton Representatives organised a similar trip for our Rockhampton students to Great Keppel Island in October 2023. Students caught a ferry over to Great Keppel Island where they enjoyed a day exploring the island, swimming, relaxing, and had a meal together on the picturesque beaches that they were surrounded by



Bowties and Beauties Charity Gala

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

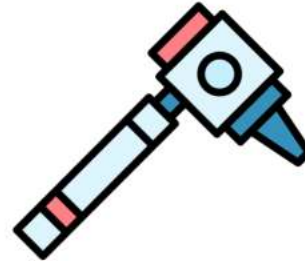


This year on July 28th we held Bowties & Beauties Charity Gala at The Mix Bar in Woolloongabba. It was a highly successful event filled with food, drinks, music and wonderful company. Our raffle was a massive hit thanks to all our amazing sponsors and their donated gifts. It was such an honour to have special guests from BUSHkids and Heart of Australia attend and speak to attendees. We raised a record amount of \$4760.32 for BUSHkids!

We are so proud of our convenors for organising such a successful event and look forward to it again next year!

TROHPIQ

Towards Rural and Outback Professionals in Queensland



Multidisciplinary and Medical Skills Days

TROHPIQ was delighted to hold two Medical Skills days in May and October, and our second ever Multidisciplinary Skills day in September. Each skills day saw tutors arranged to run four stations. Students were tutored in practical skills such as suturing, wound care, plastering, examinations, airway management, fundoscopy, otoscopy, and venepuncture. Our multidisciplinary skills day stations had simulated patients and our Medical skills day had an emergency scenario where students could put into action the skills they had learnt. We had fantastic turnouts from students studying medicine, nursing, and allied health specialties. Students reported that the additional of simulations in 2023 as great since they could work as a team and appreciate what other health professionals did in that scenario.

We can't wait to run these events again next year and continue making it bigger and better!

Rebecca Rathie
TROHPIQ President (4th year MD, UQ)

RH+

Rural Health Positive - Charles Sturt University

Firstly - what is RH+?

No not Rhesus Factor, it is Charles Sturt University's Rural Health Club. Made up of students from every CSU health discipline, this club aims to promote rural health to both CSU students and the wider community.

What did the Rural Health School Outreach Program in 2023 look like?

There were eight volunteers from medicine, dentistry, pharmacy, and physiotherapy. We had a jam packed itinerary of promoting rural health careers to four schools in four days, starting in Albury, Wiradjuri Country.

On Monday we headed to St Paul's College in Walla Walla and ate at the local Walla Food Mill before heading to Morgan's Lookout, named after bushranger Morgan.

We continued on for some refreshments (tastings!!) at Corowa Whiskey and Chocolate Factory, before spending the afternoon relaxing and swimming in the Murray River.

Tuesday we grabbed a 10/10 coffee at the café Docs (how fitting) and headed to both Yarrawonga College and Oaklands Central School. Oaklands Central is K-12 and the entire high school from year 7-12 attended which ended up being a total of... 7 students!

At each of the schools we did a spiel on the different health careers available and broke off into individual stations including CPR and snake bite, and we also gave away tonnes of free socks, I don't know who had more fun us or the kids.

Tuesday afternoon we checked out Finley (one of the towns Wagga students are lucky enough to go to for placement), and enjoyed the Finley Pioneer Railway Museum before Taco Tuesday night at Berrigan Pub. Wednesday, last stop was Deniliquin High School before we headed our separate ways!

A fantastic way to start the holidays, promote rural health careers and explore NSW and Vic, would highly recommend!

Caitlin del Solar

*Rh+ 2024 Vice President, 4th year
Medicine CSU*



WILDFIRE

Monash University

Hi! We're WILDFIRE, Monash University's rural and Indigenous health club, and in 2023 we continued to work hard to advocate across placement sites in Loddon-Mallee & Gippsland regions in Victoria. In addition to our Indigenous engagement events as well as local high school visits, we aim to advocate for rural clinical students, provide social events to bring cohorts together and promote career opportunities in rural health. We are pleased to say that 2023 saw us smash our goals, and we continued to increase our ability to engage with students through some of our staple events, as well as new and adaptable initiatives to reach a wider audience. Please enjoy some of the things that we got up to below, and please reach out to us at wildfire.presidents@gmail.com if you have any questions or collaboration ideas, we're always looking for new opportunities to promote rural and Indigenous health amongst healthcare students!

Ethan McGucken & Dara King, WILDFIRE 2024 Co-Presidents.

Matthew Campbell Memorial Evening

This annual event is run in memory of the late Matthew Campbell, a Monash Medicine student. In 1994, as a second-year medical student, Matthew recognised a lack of Indigenous health teaching within the Medicine curriculum. With inspiration from Professor Roger Short, Matthew, Annette Sanders and their friends organised an educational symposium titled 'Aboriginal Health: Where do answers lie?' Matthew tragically passed away 2 days after the forum was held.

In memory of Matthew and his commitment to educating students on important issues affecting Aboriginal and Torres Strait Islander health, the Matthew Campbell Memorial Evening has been run annually in the years since

Unfortunately, since COVID we have struggled to build this incredible night back into the widely attended symposium that it used to be, but through the very hard work of our Aboriginal and Torres Strait Islander Representatives we were very proud to see the highest attendance at this year's event since the pandemic! This year's topic, 'Mental Health and Access to Mental Health Services for Aboriginal and Torres Strait Islander Peoples and their Communities'. We were fortunate to hear from 4 incredibly knowledgeable and passionate speakers, and it was amazing to see students come together in Mildura, Bendigo and Traralgon to continue the important discussions started by the amazing speakers over zoom!



WILDFIRE

Rural Health Positive - Charles Sturt University

Bendigo Ball

150 lucky rural clinical students got the opportunity to dust off their suits and dresses and enjoy some local food, wine and live music at WILDFIRE's glitziest event of the year, Bendigo Ball. This year's theme, Garden Gala, inspired one of the most beautiful flower arrangements in Ball history, not to mention the colourful array of gowns, shirts and ties that were a major improvement on the scrubs that we usually wear!

Not only was this night a fun way to bring students (& partners) from many placement sites together, but it also set out to encourage students to look to their local regions for fun events and activities that you just can't get in the city. With a beautiful venue just 15 minutes outside of Bendigo, serving local produce with incredible live music, attendees developed a deeper love and appreciation for regional living outside of the hospital. A massive congratulations go to Sophie and Neve for organising the successful night dubbed 'Event of 2023' by the attendees. It will be exciting to see what next year's Bendigo Ball convenors will bring to this favourite event.



CROHC CURTIN RURAL OUTREACH HEALTH CLUB

WHAT IS CROHC?

CROHC is a club for people wanting to be more engaged with rural health. We are a group of passionate individuals keen to make a difference in the communities we will be serving and eager to spread our love of rural health and life!



THE PAST YEAR

The CROHC-Cast!

Events

- Rural Careers Night
- GP on Call Clinical Skills
- Bush Tucker Lunch and Panel session with CAMS
- RFDS Rural Health Dinner
- OBs Gyn Night
- Quiz night with CAMS

Sponsorships

- AMSA Rural Health Conference Tickets
- Rural Health West Conference Tickets

RURAL HIGH SCHOOL VISITS

- Nagle Catholic College - Geraldton
- Albany Careers Expo
- Northam Senior Highschool
- St Josephs Senior High – Northam

GOALS FOR THE NEW YEAR

- Increase engagement with members
- Increase membership numbers
- Engage external stakeholders to provide a better membership experience
- Strengthen collaboration between clubs





Rustica is the University of Tasmania Rural Health Club! We have a large membership base of medical students, nursing students, paramedicine students, pharmacy students and more attending UTAS, Tasmania's only Uni. We aim to promote the rural health careers to all health science students by offering scholarships, running events & professional development opportunities, all whilst we advocate for our members both locally and on a national level.

2023 has been a fantastic year for Rustica, we have held many successful events and finally managed to break through into other health degrees, with our health club having long-been medicine dominant. We finally managed to get representatives from every major health degree offered at UTAS, which allowed us to tailor events to these cohorts for the first time in years. In 2024 we actually have a pharmacy student on our executive who is keen to move up through the ranks.

Our rural high school visits were successful as ever in their current format, with us building some strong relationships with NW Tasmanian high schools who are keen to see us back in coming years.

Skills nights had record attendance, extra nights required due to unforeseen demand. For the first time we also ran skills nights exclusively for nursing students with some senior nursing tutors. This has cemented our entry into the nursing and allied health space. These events were the highlights among a myriad of our usual events held each year. Close the gap events, mental health morning teas, rural cocktail nights, our presence at university orientation events and societies days all play a valuable role and will continue into the future.

Our Hobart-based rural networking dinner made its return this year with a bang. High profile guests such as the heads of clinical schools, acting chief medical officer of Tasmania and President of the Rural Doctors Association of Tasmania were in attendance. These guests alongside other experienced rural generalists, rural nurses, pharmacists and intensive-care flight paramedics gave talks which left their mark on the many students who came along.

In 2024, we aim as a club to shake things up in some areas, whilst keeping what works. We want to continue to grow into a society that represents all health degrees and has a committee reflective of this. We will invest in clinical equipment which is not available elsewhere, making us a valuable asset to health students in Tasmania. New events and collaborations are on the horizon and with the help of an incredibly motivated and diverse committee I'm excited to see what 2024 brings for Rustica!

Luke Muir
Incoming Rustica President 2024

ARMS

ANU Rural Medical Society

We are the Rural Health Club (RHC) of the Australian National University (ANU) in Canberra ACT. As the Doctor of Medicine (MChD) is the predominate health degree that intersects with RHC goals at ANU, we are made up of students from across the four years of the MChD program.



Rural High School Visits

Throughout the year we met our obligations for Rural High School Visits by sending groups of volunteer students to Cooma High School, Sapphire Coast Anglican College, Trinity Christian College and Mulwaree High School. At our visits, students were engaged in presentations and quizzes about joining the healthcare profession from a rural area before setting off to participate in a rotation of activities. Each school had it's own schedule but we found it effective to include 3-4 stations of: glitterbug hand washing (visualising the effects of hand hygiene), learning to take blood pressures (gives students opportunity to hear the Korotkoff sounds themselves), plaster of paris casting (students can cast each other's arms, provides fun photos!), learning some anatomy with our pull apart torso model.

A huge thank you to our Rural High School Coordinator for 2023 Cooper Pearce, his efforts reflected in the rave reviews by students and staff after the visits, all asking for more!

ARMS

ANU Rural Medical Society



Indigenous Health Conference 2023

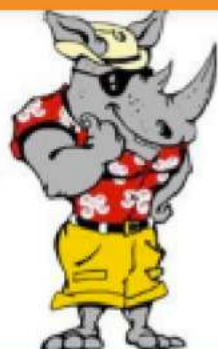
From little things, big things grow. Our annual conference was a runaway success this year, selling out our venue on the ANU Acton campus. Building on previous years, the conference included workshops and seminars from Indigenous elders and academics. The topics this year included: living and working in the capital as an Indigenous health provider, Closing the Gap from a demographic/population health perspective and being a researcher in the field of Indigenous health - how smaller actions everyday contribute to overall large actionable change. Thank you to our Senior and Junior Indigenous Health Representatives of 2023 Tiana Smerdon and Shriyutha Vaka for this great success, the crown jewel of our year. Cooma, Bombala & Goulburn show: We also sent representative volunteers to local regional country shows where they set up a stall to chat to locals and provide blood pressure checks. This provided good experience for the more junior students on the trips as they had limited experience in the early phase of the year, this provided a good stream of willing participants for them to practice taking blood pressures in preparation for the upcoming tutorials on clinical skills. Being out in the regional areas that our university draws from was also beneficial, as we had multiple locals make enquiries about their family members attending university and the logistics of studying away from regional NSW. Thank you to all our student volunteers for their time traveling and participating in the rural show outings.

Wrap

We've also seen a 100% increased Facebook engagement this year over previous, and increased awareness of the club through merchandise campaign. Through our efforts, the interest for the exclusive rural stream in medicine achieved an all-time high in 2023.

Our goals for 2024 are to continue building on the work of previous years, hosting an even bigger Indigenous Health Conference, more Rural High School Visits and expanding our reach and membership base up to and hopefully surpassing pre-covid levels!

*Bryce Humphries (President 2023, 3rd year ANU MChD)
& Abby Connor (President 2024, 2nd year ANU MChD)*



CLUB RHINO

2023 YEARLY SUMMARY

WRITTEN BY NIKITA CAMPMAN AND SIMONE MARCHESAN

G'DAY from our club, Rural Health in the Northern Outback (Club RHINO)!

We are a student run rural health club partnered with the James Cook University. It is our aim to promote rural issues and opportunities within the disciplines of medicine, dentistry, nursing, physiotherapy, speech pathology, occupational therapy, pharmacy, biomedicine, vet, and paramedic science in North Queensland. Each year we offer a range of social, academic, and cultural events that showcase the opportunities that exist in the health field beyond the realms of the city. These events serve as a opportunity to meet like-minded colleagues, network within future workplaces, and give students a sense of what pursuing a rural pathway is all about. We've had a jam-packed year and take your Akubra's off to the amazing 2023 team that were able to organise a number of academic and cultural events.

RDAQ

This year RHINO was able to send 8 of its members to the much-awaited annual RDAQ (rural doctors association of Queensland) Conference in Cairns. This year's program focussed on "medicine in the extreme" and students heard from inspiring keynote speakers, engaged in policy forums, got involved in clinical workshops and social events. To make this event as accessible as possible for members, Club RHINO organised and funded accommodation for the students in Cairns with the help of our amazing sponsors Health Workforce Queensland. We felt so welcomed all weekend, and this was also made evident to us in the fact that the medical student registration fee was subsidized heavily by many of the doctors who attended the conference.

We all had the time of our lives, networking with and learning from rural legends.



BLUES IN THE BUSH

In August we hosted our first 'Blues in the Bush' rural mental health workshop. This event aimed to expose students to the burdens of mental health experienced by our rural communities and explored how our rural doctors approach these cases differently to our city counterparts. We invited some stellar guest speakers including Dr Derek Chong, QLDs first Indigenous psychiatrist, and JCU Alumni and rural psychiatrist Dr Andrew Livingstone. The night consisted of two simulated psychiatric cases in a rural setting with psych registrars taking on the role of simulated patients. We were also fortunate enough to have local AMHWs and CNCs join in on the commentary. Case 1 explored a suicide risk assessment in farming communities and case 2 involved an Indigenous Dreaming vs Psychosis focussed MSE. Overall, the night was a huge success and highly informative for all the students involved.



INDIGENOUS DANCE FESTIVAL

This year a small group of our club RHINO members got their boogie on as they travelled up North to the Laura Quinkan Indigenous Dance Festival. The festival invites renowned dance troupes from across the Cape York and the Torres Strait to gather in the small community of Laura to showcase stories through dance routines, singing, cultural performances and sharing of history. The 3-day camping festival celebrates culture and recognises a rich history across Australia, uniting the unique groups as one. The RHINO members joined students from both Bond and Griffith universities for the unforgettable gathering of indigenous talent and cultural expression.



MARATHON IN MAY

May is always one of our favourite months of the year because it means we get to kick start our marathon in May project! This event spans across Cairns, Townsville, and Mackay, and encourages our members to trade in their RM boots for a pair of joggers, all for an amazing cause - to raise money for the Clontarf Foundation. We had some amazing prizes up for grabs to encourage our rhinos to lace up their joggers including an Akubra, RM belt, osmosis subscription, club RHINO merch and a ticket to our annual ball. If this wasn't enticing enough, towards the end of the month, we also had a morning run with a free breakfast. Not many university students can say no to free food, so we ended up with lots of eager runners and we all had a lot of fun!



RURAL HIGH SCHOOL VISITS

This year Club RHINO reached more than 200 students across far North Queensland's outback to promote health careers and inspire the next generation of rural health enthusiasts! With the help of Rayna Oeyshi, this year we had 10 reps from medicine, pharmacy, biomedicine, speech pathology and physiotherapy travel to schools in Tully, Innisfail, Mareeba, Atherton and Dimbulah. Our Rhinos showcased the huge possibility of healthcare careers with fun interactive displays and educational talks, hoping to inspire the school students to one day return to the bush and help us build our future rural health workforce. Our RHINOs explored the numerous waterfalls including Milla Milla Falls, Mena Creek falls and Malanda Falls. The team visited the local cotton fields and promoted local tourism by visiting the Crystal Caves and Paronella park. The team received a warm welcome from Dr Aaron Hollis in Atherton Clinical School of Rural Medicine, and Dr Nathan Williams in Mareeba Medical Centre (a JCU Alumni from the first ever MBBS cohort at JCU!) All in all, it was a fantastic week filled with amazing memories! We look

forward to running this program again in 2024 and hope to continue to inspire young people to step up into the health care ring.



GALA BALL

Our annual Gala has its place in the history books as one of the best shindigs JCU has to offer. Its legacy lives on with over 320 tickets selling out in a record 2 minutes for the past 2 years (we have no doubt this year will be ever quicker!). In previous years we've looked forward to travelling to a local farm property in Alligator Creek which highlights the beauty of living in a rural area to our members on the evening. With lots of fun activities planned alongside some country singing and dancing that could give even Morgan Wallen a run for his money, it's no wonder this event's reputation precedes itself. This year we are introducing a fundraising event in our Gala Ball to raise money for a rural charity (however we haven't yet been able to decide which as they're all so worthy!).



SPINRPHEX



*Our mantra for 2024 is
You Belong Here.*

This is our commitment to inclusivity. We endeavour to broaden our focus and deliver events that educate and inspire all future rural healthcare workers; from medicine to psychology, paramedics to pharmacy.

Our 2024 SPINRPHEX Committee are eager to continue the journey, growing our connections, and creating meaningful change in rural healthcare.



Jessica Adams
2024 President,
Medical Student,
at Notre Dame

 **Get in touch!**

president.spinrphehex@gmail.com



SPINRPHEX



SPINRPHEX is **Australia's oldest student rural health club** based in Perth, on Whadjuk Noongar Boodjar.

SPINRPHEX

Students and Practitioners Interested in Rural Practice Health Education

In 2023, President David Sciarrone and Vice President Katie Hume, alongside 20 incredible committee members, **delivered 19 unique events for rural health students in Western Australia.**

We proudly established our ABN, a step towards becoming a registered charity and supporting future growth.

It was a year filled with impactful events and meaningful connections. These events included engaging visits to the RFDS Base, specialist networking nights for nursing and dentistry, and empowering workshops like SmartCARE Suturing and Obstetric and Midwifery sessions.

We embraced a commitment to authentically embedding First Nations cultural acknowledgments and touchpoints, alongside dedicated events to foster connections and understanding.

We collaborated with ASPIRE x UWA in two workshops and extended our rural high school visit outreach to ensure we are inspiring and fostering pathways for rural healthcare workers of the future.

We convened for our SPINRPHEX AGM to chart our future path, delivering a comprehensive two month handover process for the new committee.

SPINRPHEX



FROM OUR STAKEHOLDERS

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



RDN

2023 has been a great year for RDN's Future Workforce programs with a record number of applications received across all our programs. Our rural immersion programs provide a variety of fun ways for students to immerse in rural life. Below is a summary of some of the great opportunities on offer:

Go Rural Road Trips

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

Four Go Rural road trips were held in 2023 and showcased the Murrumbidgee, Hunter New England, Western and South Coast regions. Some of this year's participants have shared their experiences:

Hunter New England trip:

For second year Nursing student Lawrence Wong of UTS, the tour was similarly eye-opening: "Before coming on the trip, I had some misconceptions, like the lack of clinical support or the local community being insular," Wong said. "The willingness to upskill nurses and the autonomy given was really surprising, plus the commitment from the community to welcome health professionals creates a very attractive package. I am definitely going to email some places we visited to see if I can do some EN shifts during uni breaks!"

South west trip:

Final year Occupational Therapy student Ashley Lawrence said: "The Go Rural trip is an opportunity of a lifetime for a student. Every town we visited was incredible and unique, showcasing the beauty of country life, and providing information about the innovative, sometimes challenging, but most importantly, rewarding experience of healthcare delivery in rural settings.

Everywhere we went we encountered a wonderful sense of community, generosity and kindness, every person involved on the journey had an incredible story to tell and wealth of knowledge they were so willing to extend to us. It's an experience I'll never forget," Ashley said.



RDN

South coast trip:

University of Notre Dame Medical student Sydney Jantos said of the trip, "I thoroughly enjoyed getting to know the communities we visited and how they support each other both within the health centres and outside. I felt immediately welcomed and that I could be a part of something bigger than myself if I chose to work there."

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

Outreach Student Placement Program

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

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

Two of this year's participants have shared their experiences:

Ben Smith and Maddie Tilyou, Bourke NSW, March 2023

On March 22, medical students Ben Smith and Maddie Tilyou headed for Bankstown airport where they were greeted by husband-and-wife Optometry duo Kyriacoz and Katarina Mavroleftos. Loading onto a Royal Flying Doctor Service flight, they flew over Bourke, and began their two-day Outreach Student Placement.

Over two days, Ben and Maddie had first-hand experience working in a rural area and the lifestyle that comes with living in the communities they visited. Ben was particularly impressed with the connection he was able to make with patients on his placement, stating, "The variety of patients and the opportunity to really connect with them through our time was really special, you felt really valued and appreciated by the communities".

Maddie also spoke to the country hospitality and the impact that long-term Outreach providers have in rural and remote towns,

"From the second we landed, the welcome from the community was incredible. It was obvious that Kyri and Katerina have developed long-term and meaningful relationships with a large portion of the community."

"This RDN Outreach program has been an absolute blast, but more importantly it has affirmed my desire to practice rurally one day" said Ben, which was reiterated by Maddie, stating she "left Bourke feeling not only inspired about outback health care, but about what it means to be a doctor".

Applications for the next round of placements will open in early 2024.



RURAL DOCTORS NETWORK

RDN



RURAL DOCTORS NETWORK

Bush Bursaries

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

Placements for the 2023-24 program have recently commenced and students are having great experiences:

"We also felt like we left feeling more capable of understanding and truly appreciating how significant barriers such as access and availability of healthcare impact rural communities and were motivated and inspired by the committed healthcare members of the community in regard to how to make change as students. More importantly, we appreciated how rural practice offers many opportunities for broad medical practice and greater responsibilities such as becoming a rural generalist or undertaking additional studies such as anaesthesiology or OBGYN. We definitely left feeling keen to consider future internships and work experiences in rural and remote Australian areas."

RDN

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

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

In 2023, Cadets have had the opportunity to attend RDN's Refresher Conference in Port Macquarie, the Cadet Weekend in Tamworth and the Rural GP's Conference or the Medical Student Rural Inspiration Conference in Coogee.

Alexis Campbell is five years into her six-year medical degree at the University of NSW and has described joining RDN's Rural Resident Medical Officer Cadetship as "one of the best choices I have made during med school." Earlier this year, Alexis took part in the cadetship weekend in Tamworth which she described as hugely motivating and reaffirmed that going rural is where she sees herself practising.

"It was fantastic, a huge motivator, making connections and meeting people who share a similar passion for rural medicine - it helped to see the light at the end of the tunnel too," Alexis said.

"I received a lot of advice about 'finding your tribe' at university, but it's not an alien concept for people to be quite dismissive of rural," she said. "The Cadetship weekend I attended, meeting so many people in rural practices [who were] so enthusiastic and shared that passion for rural was nice."



We'd like to wish everyone a great holiday season and look forward to working with you in 2024. Keep an eye on [our webpage](#) or our [Facebook](#) and [Instagram](#) pages for updates on when applications for programs in 2024 open.

From the Future Workforce team: Chris, Ang, Eleanor, Millie & Stevie.

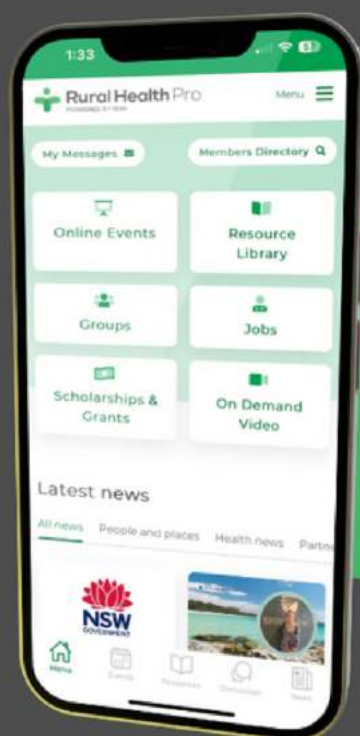


RURAL HEALTH



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.

RWAV

Unlocking Opportunities - Rural and Regional Clinical Placements in Victoria.

When the Rural Workforce Agency Victoria (RWAV) put a call out, asking Victorian health students to comment on the statement, the three best things about my rural placements have been, the common response was '*Just 3? But there are so many!*'

For health students seeking a dynamic and enriching clinical experience, undertaking placements in rural and regional areas of Victoria offers a unique and exciting opportunity. These placements provide hands-on clinical experience and contribute to addressing healthcare disparities in underserved communities.

This article explores the allure and the benefits of participating in rural and regional clinical placements in Victoria and how RWAV can support students on this transformative journey.

RWAV is a Victorian non-profit organisation dedicated to improving access to quality primary care health services and other health services for rural, regional and First Nations communities across Victoria. RWAV achieves this by providing health workforce recruitment, locum services, outreach and grant programs. Influencing key decision-makers through health workforce data, research and analysis expertise and collaborating with others to support a well-distributed, high-quality health workforce throughout Victoria.

Victoria's rural and regional areas provide a contrasting healthcare environment compared to metropolitan settings. The challenges and diversity encountered in these locations equip students with a broad skill set, nurturing adaptability and resilience. Rural placements often expose students to a wide range of cases, enabling them to develop valuable clinical skills. The close-knit communities in rural and regional Victoria foster a sense of belonging and community engagement. Students have the opportunity to build meaningful connections with patients and fellow healthcare professionals, contributing to a more comprehensive understanding of healthcare beyond clinical skills.



RWAV

Studying rurally means you really feel a part of the team and can get a lot of autonomy in what you can do and learn. Being able to see and manage your own patients under supervision really makes you feel like you're contributing to the care of patients. Having this autonomy means you have exposure and are able to do things you might not be able to do as much in a city setting. Being able to do these things with guidance from experienced clinicians makes a great learning environment.

Medical student, Wangaratta

Undertaking a clinical placement is a pivotal moment in the journey of every aspiring healthcare professional. While major cities often steal the spotlight, the hidden gems of rural and regional Victoria offer a unique and enriching experience for those looking to expand their horizons. Rural and regional placements provide a unique opportunity for students to become an integral part of the community. In smaller towns, healthcare professionals often develop close relationships with their patients, and students can experience this firsthand. The sense of community engagement fosters a patient-centred approach to healthcare and allows students to understand the social determinants of health that may be unique to rural populations.

Following patients over time and getting to know them more personally is a highlight. Opportunities such as following a patient's pregnancy from the third trimester, assisting in the delivery and following the baby's development over their first few months, or being invited to observe a patient's lifestyle so that you can have a better understanding of the health issues that they face.

Medical student, Shepparton

Rural and regional areas often face distinct health challenges compared to urban centres. Students on placement in these areas gain insight into issues such as limited access to healthcare, the impact of geographical isolation, and the prevalence of specific health concerns within these communities. This exposure promotes a deeper understanding of healthcare disparities and equips students with a broader perspective on public health. While major cities are hubs for medical professionals, rural and regional placements provide an opportunity for students to build strong professional networks. The close-knit nature of these communities facilitates meaningful connections with healthcare practitioners, administrators, and other professionals. These connections can prove valuable for mentorship, career advice, and potential job opportunities in the future.

Rural placements allow you to learn from some of the most amazing and skilled clinicians. Practicing rurally often means working with limited resources and caring for a wide variety of patients. These medical professionals have years of experience working under difficult circumstances, and are a wealth of knowledge. It truly is a privilege to work with people who are passionate about rural health and have spent their life working in this field.

Medical student, Warrnambool

RWAV

RWAV recognises the importance of encouraging health students to explore rural and regional placements. Through the [Student Clinical Placement Grant](#), and the [Student Postgraduate Psychology Clinical Placement Grant](#) RWAV provides financial support to students undertaking placements in rural and regional Victoria. These grants help alleviate some of the financial barriers associated with rural placements, making it a more accessible option for students passionate about making a difference in underserved communities. These grants not only support students financially but also serve as a testament to the commitment of RWAV in nurturing the next generation of healthcare professionals. By investing in students' education and experiences, RWAV contributes to building a skilled and dedicated workforce that can address the unique healthcare needs of rural and regional Victoria.

There are fewer students undertaking placements in rural and regional settings which means less competition for learning opportunities and more opportunities for you to engage in hands-on learning. I was lucky enough to perform some procedures, that my metropolitan peers had only practiced on models/dummies. It also means one-on-one teaching, as there aren't large groups of students on the same rotation, it's just you.

Medical student, Warrnambool

Participating in rural and regional clinical placements in Victoria is an exciting and transformative experience for health students. The challenges and rewards of working in under-resourced communities contribute to the development of well-rounded and resilient healthcare professionals. RWAV aims to support students so that they can embrace these opportunities and contribute to addressing healthcare disparities in rural and regional Victoria. As the next generation of healthcare leaders, students have the chance to make a meaningful impact on the health and well-being of diverse communities across the state.

Lauren Day

RWAV Future Workforce Program Coordinator



RWAV

For graduating students who hold an undergraduate degree in a healthcare profession and are undertaking a post-graduate degree RWAV's Health Workforce Scholarship Program (HWSP) may be for you if you are:

- currently working in MMM 3-6 location in Victoria (<https://www.health.gov.au/resources/apps-and-tools/health-workforce-locator/app>) or in an Aboriginal Medical Service or Aboriginal Community Controlled Organisation in any MMM 1-6 location in Victoria
- providing primary care for a minimum of 8 clinical hours per week in a privately funded role
- have not deferred the debt to HECS or HELP

Eligible applicants may receive up to \$10,000 per financial year for up to 2 years to cover course costs only (note that funding is not available for travel, accommodation, resources, etc)

Funding is via reimbursement and will cover one semester at a time.

All grant applications must be made via the RWAV website.

Refer to the RWAV grants page for further information, including Guidelines, and click the "Apply Now" button

<https://www.rwav.com.au/grants-page/>

If you have any questions about any of the above grants, please contact the grants team at RWAV (Rural Workforce Agency Victoria) via email grants@rwav.com.au



The banner features the RWAV logo on the left, followed by the text 'RWAV CONFERENCE 2024' and 'Pathways to Progress: Healthcare Access in Rural Victoria'. On the right, it lists the location 'Mercure Hotel, Ballarat' and dates '15 - 16 Feb 2024'. A blue and white bird icon is positioned between the location and dates. At the bottom, a dark green bar contains the text 'RWAV CONFERENCE EARLY BIRD TICKETS EXTENDED' and a red button with 'REGISTER NOW' and a right-pointing arrow.

HEALTH WORKFORCE QUEENSLAND

From the [Health Workforce Queensland Blog](#)

First-year Health Students Experience the Rural Lifestyle

A new cohort of first-year university health students met for the first time on board the flight from Brisbane to Roma on Friday, 13 October, to begin their GROW Rural South West Queensland (SWQ) journey, with Health Workforce Queensland (HWQ). Aside from 3 other passengers it was like our own private jet!

On arrival into Roma, we travelled straight to St George where Balonne Shire Council and Goondir Health Service welcomed us with special dances by local Indigenous children, guided by their 16-year-old brother Claude Brown. Claude then showed the students how to document their own stories through painting onto canvas and boomerangs. We enjoyed a tour of the practice and then Health Workforce Queensland's Regional Coordinator for Western Queensland, Louise Bambury, led a wonderful discussion with the team at Goondir, including Dr Hnin Wynn who was recruited with the assistance of Health Workforce Queensland. Louise also discussed job pathways into rural job placements as new graduates with the students.

We went on to tour the St George Community and Wellbeing Centre, which is in its final stages of construction, and St George Medical Centre where we met with Dr Karen Benn, Councillor Alex Benn and RN Holly Champion. It is here that the students took part in a plastering skills session which provided practical hands-on experience and quite a few laughs. Alex and Karen are not only the owners of the practice, but they also run a citrus farm at their home just a few minutes from town where we were invited to dinner. We spent the evening happily wandering among their citrus trees, sipping wine with dried blood oranges from their farm, eating blueberries straight from the bushes and devouring paella. Another highlight were the Benn's four children, including Jack who surprised Karen with a visit home from boarding school. We weren't crying, there was just something itching our eyes.





Saturday morning, we piled back on our specially hired bus and drove the two hours back to Roma, where the day was spent with the team at Vital Health. Our students met local high school students and together, they participated in clinical skills sessions, including general practice, occupational therapy, speech pathology and nutrition/dietetics. The students on the GROW Rural program are from a variety of disciplines, including medicine, dentistry, midwifery, nursing, nutrition/dietetics, occupational therapy, paramedicine, pharmacy, podiatry and speech pathology. This was a valuable opportunity to be exposed to the various disciplines involved in patient treatment and care. Local high school students, all of whom have shown an interest in a health career, benefited from being part of the skills sessions and connecting with the GROW students to talk about university life and study. The skills session's theme was 'It takes a team to support a child' and incorporated clients, 13-year-old Mitch who has cerebral palsy, and Callen, a 9-year-old boy who has autism spectrum disorder. The scenario focused on understanding the experience of children with various clinical needs, including intellectual disabilities and mobility challenges, their families and the healthcare professionals who provide comprehensive care. The ways in which the health professionals from Vital Health and Maranoa Medical Centre so capably demonstrated inter-professional collaboration and teamwork left a lasting impression on the GROW Rural students.

The afternoon was spent with local families who kindly offered to billet the students for the night, welcome them to their homes and show them around town. We all met for a special community dinner that evening, hosted by the Maranoa Regional Council. Mayor Tyson Golder invited the students to make those all-important connections along with the guests which included local families, an RFDS pilot, the head of Headspace and many others, all eager to share their stories and lives with the students. Set under the Big Rig among fairy lights and history, our future shone bright.





Health Workforce Queensland

Sunday was spent at Roma Hospital where we had the rare opportunity to tour the emergency department, rehabilitation area, maternity suites and the student accommodation facilities. National Rural Health Commissioner, Professor Ruth Stewart, and CEO of South West Hospital and Health Service (SWHHS), Dr Anthony Brown joined us for some wonderful conversations, alongside Rohan Ballon, Senior Community Nutritionist at SWHHS, Leanne Raatz, Director of Nursing at Roma Hospital and Sally Graham, Clinical Nurse facilitator at Roma Hospital. All the speakers emphasised the importance of doing the things that interest you professionally and within your community, to achieve the balance required to grow a fulfilling life.

From here it was time to relax and unwind a little with a beautiful lunch, tasting plate and tour of Western Queensland Spirit, a new local craft distillery. Ruth and Tony joined us to continue the conversations and we were lucky to have a recent graduate of GROW Rural Central Queensland, Dineli Kalansuriya who was on placement in Roma join us also. It was the perfect way to end a magnificent weekend.

Chris Mitchell, HWQ CEO, said "GROW Rural is a community led program which allows rural communities to actively participate in growing their future workforce. This year we've collaborated with the communities of Roma and St George to deliver a program that includes both clinical skill sessions and opportunities for GROW Rural students to experience being part of a rural community. Ultimately, we envision GROW Rural's contribution to increasing the number and retention of health professionals working in SWQ."

HWQ is grateful for the funding support provided by Western Queensland PHN for the GROW Rural SWQ program. We also appreciate and thank the health professionals, organisations and community members who volunteered their time to share their expertise and enthusiasm to support such a valuable and memorable program for our new GROW Rural cohort.

For more information on GROW Rural head to [our website](#).

HEALTH WORKFORCE QUEENSLAND

From the *Health Workforce Queensland Blog*

Meet our Rural Health Professionals - Meghan Maguire

Occupational Therapist, Meghan Maguire, has worked throughout Queensland, and has recently relocated to the Western Downs region after a short stint in the Northern Territory. We caught up with Meghan to hear all about her journey so far and it is clear she has a passion for rural Queensland and is making a real difference in her community. Meghan shares her story with us below and some advice for new grads.

"Originally from Townsville, (which does make me a loud and proud NQ Cowboys supporter) I moved down to Brisbane to complete my Occupational Therapy (OT) degree at UQ. I have always had a strong interest towards rural, remote and Indigenous healthcare and once I graduated, I was very excited to put this passion into practice. I took a new grad role and moved out to Emerald, right in the heart of the Central Highlands. After getting this taste of the rural lifestyle, I was eager to take on a new opportunity which led me North West to Mount Isa. Following this, I headed up to the Territory to continue to learn and expand my clinical skills as well as to experience new opportunities within the world of OT. In July 2023, with the support of HWQ, I have recently relocated back down to the sunshine state, working within the Western Downs region.





It has been really special to continue my connection with HWQ, in particular working with Louise, who was able to retain my work experience and history and support me in sourcing a new position moving back to Queensland. Having the access to relocation support has been a massive help to say the least! It has allowed me to take on these new opportunities whilst reducing the financial pressures that come alongside moving, as we know Queensland has a fair bit of ground to cover. Every bit of support helps making the transition to a new work role and community that little bit smoother!

One of the most advantageous aspects of the HWQ includes the access to the Scholarship program which provides financial support for ongoing Professional Development (PD). I really admire this funding scheme as it allows clinicians who are working outside of metro regions equal opportunity to attend PD's regardless of their working location. HWQ recognises the additional location barriers that rural and remote clinicians face and the associated cost that comes alongside this with accessing external face-to-face learning and networking events. This funding scheme is inclusive of transportation and accommodation support, for me this has made attending these functions possible.

There are so many aspects I love about rural Queensland! I love connecting with what the community has to offer and each town has their own hidden gems you get to discover. There is so much on offer whether it be socially, sports teams or new sites and places to check out along the way. The stunning scenery and sunsets never get old either. I also love the connection in small towns and getting to work across different services, there are always events or community activities and it's such a great way to network and make service linkages where possible, the more you get involved the better!

One aspect I find really rewarding is being able to provide services that people would otherwise have to travel long distances for. Offering a face-to-face appointment can be such a fulfilling experience for someone who has been on a waitlist or not had the opportunity to work with an OT within their community before.

What advice would I give to other health care professionals or students considering working rural?

To go for it! The first step might always feel the most daunting but once you take it, it leads you down a pathway to meet some fantastic like-minded people and provides countless opportunities to develop your clinical skill set!"



Health Workforce
Queensland

WORKING IN REMOTE OR RURAL QUEENSLAND

Health professionals experience many personal and professional advantages working and living in remote or rural Queensland. From community support, a relaxed lifestyle and less traffic to greater autonomy and responsibility, a multidisciplinary team, and a diverse patient mix.

Why Queensland? Find out on our website.
healthworkforce.com.au

FUNDING SUPPORT FOR YOUR ONGOING PROFESSIONAL DEVELOPMENT

Find out how the Health Workforce Scholarship Program bursaries and scholarships may help you!
Contact your local Rural Workforce Agency

www.hwsp.com.au

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

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

To read more about SARRAH membership visit

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

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

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

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

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

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

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

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Commencing August 2023

melodie@sarrah.org.au

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Learning for purpose in 2023

"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

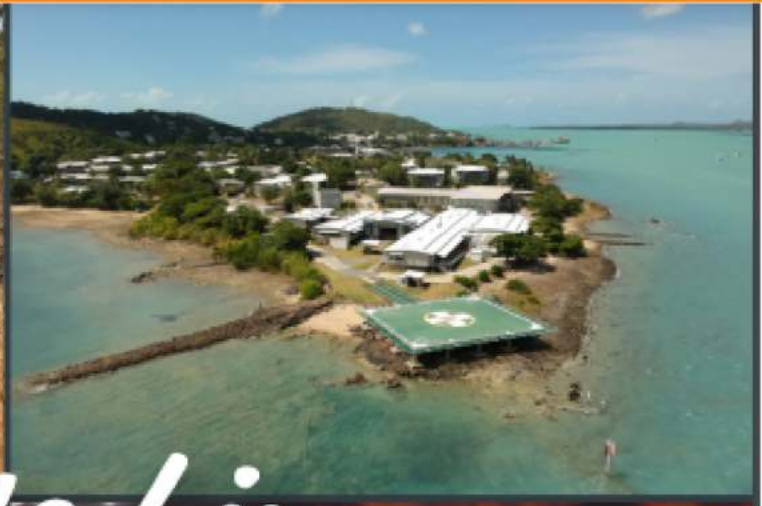
ACRRM provides an array of resources to benefit your academic and professional journey including free access to the RG Clinical App, RG Foundation Skills module and the ACRRM logbook to start tracking your experience and enriching your learning experience. You also get free access to the RG Foundation 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.



Interested in becoming a remote area nurse?



Access CRANaplus' free online module to find out how.

Becoming a Remote Area Nurse: Essential Knowledge

A free reflective module for nurses and midwives who want to work in remote and isolated Australia. Suitable for students, those transitioning to remote, or undertaking short-term contracts. This module challenges common assumptions about remote area nursing, introduces helpful programs and pathways, and provides the essential knowledge required to thrive in remote health practice. crana.org.au/becoming-a-RAN





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?

LAUNCHING YOUR CAREER

Scholarships

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

crana.org.au/scholarships

Pathways and incentives

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

crana.org.au/pathway-incentives

Helpful resources for students

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

crana.org.au/resources

SUPPORTING YOUR WELLBEING

Bush Support Line

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

Self-Care Course

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

crana.org.au/selfcare

LINKS Mentoring Program

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

BUILDING YOUR KNOWLEDGE

Webinars

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

Podcasts

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

crana.org.au/cranacast

EARLY CAREER SUPPORT

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

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

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

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CRANAPLUS

LinkedIn- remote nurses are
stronger connected



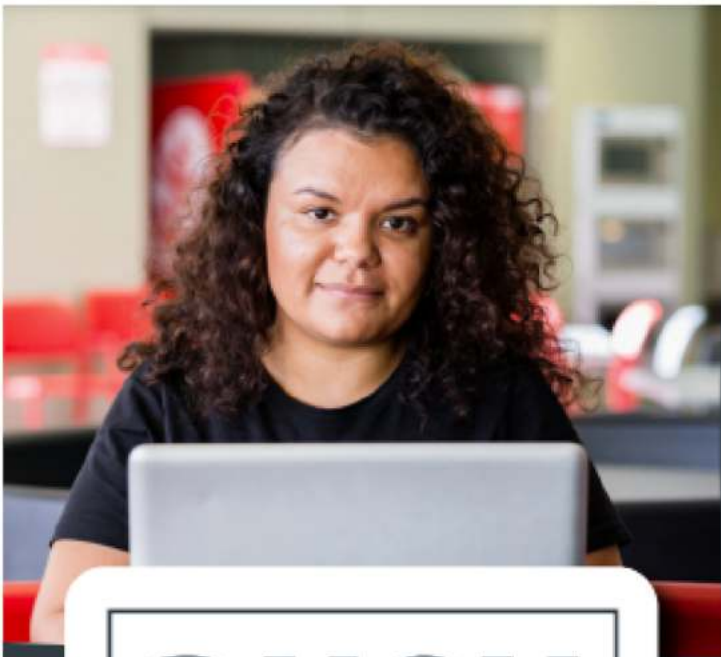
Are you on **LinkedIn**?

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

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



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



BUSH SUPPORT LINE

Since 1997

1800 805 391

Free 24/7 confidential
telephone support for
the rural & remote health
workforce & their families.

- A free, confidential 24/7 telephone support line
- For all health workers in rural, remote and isolated communities, including nurses and midwives, Aboriginal and Torres Strait Islander health workers, health students, allied health professionals, and other staff involved in health service delivery
- Staffed by psychologists with remote and cross-cultural experience
- Available from anywhere in Australia
- Available every day of the year
- Also available to family members of the rural, remote and isolated health workforce





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

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

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



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

/psychiatryinterestforum

Specialise in the mind

Become a psychiatrist.

Dr Daniel Mirmilstein,
RANZCP Trainee



Meet Daniel ▾

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

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

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

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

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

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

Be a doctor in mental health

Become a psychiatrist.

Dr Lieu-Chi Nguyen,
RANZCP Trainee



Meet Lieu-Chi ▾

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

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

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

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

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

COOEE! ISSUE 3 FOR 2023

Thank you for reading

WE HOPE YOU ENJOYED THIS
ISSUE OF COOEE!



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