

School Newsletter

June—July 2017 report



Message from Lizzi

Dear All,

We are really pleased to announce that Deb Wilson, has been appointed Clinical Director of the new federally-funded Rural and Regional Postgraduate Training Hub which will be co-located with the RCS here in Burnie. The hub will increase specialist training opportunities for doctors wanting to work in rural and regional areas.

We have already reached mid year in our teaching programme and our final years have all had their intern interviews and have started to prepare for their final exams, so we wish them well in these final stages of their student career.

Many of our staff have taken on extra roles and responsibilities over the last few months so we would like to congratulate them and have included all the details of the changes in this newsletter to share with you.

There will be plenty of opportunities to join our teams over the next few months. We are looking to recruit two new Clinical Co-ordinator posts to help co-ordinate the community and acute teaching programmes for the RCS. We will also be recruiting to the new hub posts. These posts would suit clinicians with a passion for education and training and will be offered part time to allow clinicians to continue with their clinical practice. [Click here](#) to view the first two jobs which have been advertised, and I will update you as the others are available.

It has been another busy few weeks of community engagement programs, our Year 9 Health Careers workshops had over 100 students attend and were led by our medical students at the Burnie and Mersey campuses.

Zoe Page, has raised an amazing \$9078 for the Tasmanian branch of the Royal Flying Doctor Service. The RFDS provides a vital service for our community so please read about her amazing adventure across the desert.

We are always proud to hear about the ongoing achievements of our alumni, with Kaylee Jordan (nee Barnett) who attended the RCS in 2009 and 2010 one of a select few health professionals in Australia and New Zealand to recently receive a merit prize in her final anaesthetics examination.

Finally, congratulations to Alex Tucker, a 2016 graduate and now North-West intern, on the arrival of his baby girl named Lila on 14 June.

I wish you all the best for the month of July.

Yours,

Lizzi

Hub appointment

Local specialist Anaesthetist Associate Professor Deb Wilson who is based at the Rural Clinical School, has been appointed to the new position of 'Clinical Director–Tasmanian Rural and Regional Postgraduate Training Hub.'

The new hub which will be established in Burnie is funded by the Commonwealth through the Rural Health Multidisciplinary Training program, and will allow the University of Tasmania to increase opportunities and pathways for rural doctors to gain specialist qualifications while living and working in the region.



Broad oversight



Rural Clinical School Manager–School & Community Elvie Jean has been appointed to the role of Business Manager–Rural Health Multidisciplinary Training Program.

The position encompasses responsibility for the management of all professional staff employed under the RHMT federal contract which includes the Rural Clinical School, Centre for Rural Health, Placement Expansion Project and the new Rural and Regional Postgraduate Training Hub.

A further 7 positions will be filled under the RHMT contract including: 2 Clinical Education Coordinators who will support Rural Clinical School Director Dr Lizzi Shires, 2 Clinical Teaching positions and 2 Admin Officers as part of the specialist hub, and an Administration Support Officer for the Centre for Rural Health.

Rural Clinical School role changes

Kylie Bennett (left) has been appointed to the role of Academic Administration Supervisor, while Renee Harvey (centre) has now taken on the State-wide Academic Support Coordinator role.

Dr Sarah Prior (right) will commence a new role as Lecturer in Healthcare Quality and Safety, and Research Fellow. Dr Prior will be developing a new postgraduate curriculum before lecturing with Health Services Innovation–Tasmania (School of Medicine). She will also be working as a Research Fellow at the Rural Clinical School where she will continue supervising student and clinician projects while supporting the research team.



Year 10 Health Careers

Around 100 local high school students contemplating a career in health participated in two interactive workshops facilitated by the Rural Clinical School late in May. Held at the Burnie and Mersey campuses, the Year 10 Health Careers Practical Skills Program allowed students to practice skills used by professionals working across the sector. The workshops were led by medical students with the support of staff and provided an opportunity for the young participants to get hands-on in activities where they responded to casualties in an emergency, made a medical diagnosis in a Sherlock Holmes themed exercise challenging them to piece together symptom clues, while also learning about addressing chronic illnesses and dealing with preventative health. The program is facilitated annually to help guide the younger students in mapping out a pathway towards their chosen profession in health. Information about the University of Tasmania's course offerings was also shared at both workshops. Listen to radio coverage by ABC Reporter Rick Eaves by [clicking here](#). The Advocate's article can also be read [here](#).



High school health

Last week, staff and students from the Rural Clinical School visited Geneva Christian College in Latrobe for the first time to deliver a educational program to more than 20 year 9 students. The program incorporated areas of health which included sleep, understanding human behaviour, party first aid, and healthy hearts/foods and fats. The sessions were led by Rural Clinical School students who are currently on their mental health rotation, with the support of staff Miranda Stephens, Heather Bryer and Kayla Millhouse.



Creating my Career

During May and June, medical students from the Rural Clinical School partnered with their Launceston Clinical School counterparts to present two health stations in Burnie and Launceston as part of the Creating my Career initiative, a partnership between the University of Tasmania, Department of Education, TasTAFE and Rotary Tasmania which allowed young students to experience a number of occupations through real-world learning opportunities. The medical students facilitated activities inviting participants to practice CPR/defibrillation and conduct medical plastering, while discussing rural health careers. The Burnie event, hosted at TasTAFE, was attended by more than 800 year 8 and 9 North-West students while the Launceston leg saw more than 1100 converge at the University's campus in Newnham.



Students As Lifestyle Activists



Burnie High School students were given a dose of healthy knowledge by RCS students late in May, as part of a 'Students as Lifestyle Activists' (SALSA) training day. The peer-to-peer educational program allowed the Year 10 participants to learn how to lead healthier lifestyles through measures like increasing physical activity, improving their nutri-

tional intake and decreasing sedentary behaviour. The Year 10 students are now qualified to train their younger high school counterparts. The training day was coordinated with the help of Rural Clinical School staff.

West Ulverstone schools program

RCS medical students visited West Ulverstone Primary School during May to deliver a healthy education program, inviting grade 3 students to participate in activities shedding light on healthy hearts, foods and fats, the prevalence and spread of germs, operations and anatomy, and how the brain functions. The visit formed part of the Rural Clinical School's Primary Schools education program which runs throughout the academic year, providing an opportunity for the medical students to interact with younger residents of the North-West region as part of their curriculum.



Year 5 class photos

In late June, the Rural Clinical School's year 5 students assembled for their 2017 class photo. Amid the threat of miserable weather earlier in the week, the Wednesday, 21 June photo shoot got underway in cold, but clear conditions! Thank you to staff who attended the group photo with the students.



Sustainability workshop

Dr Nick Towle presented an informal lunchtime workshop for staff during May, sharing energy efficiency and home comfort measures.



Guided self-care sessions

A reminder to staff and students that guided self-care sessions are continuing at the Rural Clinical School Burnie campus. The initiative is aimed at helping participants regulate stress through a number of free exercises that can be accessed online. Computer screens located inside the rooms outlined below will be set up with a document listing a number of links, leading to free guided sessions covering topics including muscle relaxation, breathing, mindfulness, yoga and tai chi.

July 5th	8am Multi A or Multi B, 12pm, 1pm and 4pm Multi A
July 12th	8am, 12pm, 1pm and 4pm Multi B
July 19th	8am and 4pm Multi C/D
July 26th	8am Multi A and / or Multi B

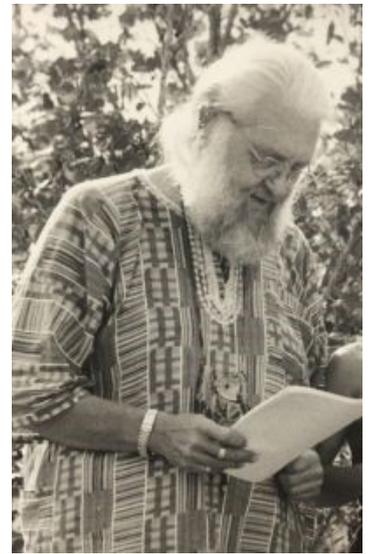
Ally network

A number of Rural Clinical School staff attended an Ally Network training event during May at the Cradle Coast campus which is an initiative being led by Human Resources involving a group of trained staff and students who are supportive and respectful towards people of diverse genders, sexes and sexualities across the University of Tasmania community. The workshops took place during May at each of the University's Tasmanian campuses. A morning tea event was also held at the Cradle Coast campus in May to mark IDAHO Day (International Day against Homophobia, Biphobia and Transphobia) which was attended by Rural Clinical School Aboriginal Health Careers Promotion Officer Vicki Eather. Rural Clinical School staff who have completed Ally Network training are: Penny Allen, Ruth Gray, Vicki Eather, Luanne Steven, Helen Eyles and Heather Bryer.



Japanangka errol West Lecture

As part of NAIDOC Week (2–7 July), Rural Clinical School staff are invited to attend a free seminar which will be streamed live to the Cradle Coast campus. Taking place on Tuesday, 4 July in D203, the event will honour the life and work of the late Japanangka errol West, an internationally recognised poet and scholar. It will also feature a panel discussion hosted by three distinguished Maori scholars about Indigenous research. To read more about the event or to register, [click here](#).



Tasmanian Community Achievement awards

Nominations for the Tasmanian Community Achievement Awards are now open, which include the [Betta Milk 'Make it Betta' Achievement Award](#) that recognises individuals, volunteers, carers, health professionals, groups and businesses in Tasmania, dedicated to improving health and wellbeing in local communities. The award covers all areas of health including improving healthcare through research, providing assistance for the aged, the initiation of health projects or health programs, supporting LGBTI health, serving the disability sector or addressing mental health issues. Nominations close 23 August and can be submitted [here](#). For more information, visit the Tasmanian Community Achievement website by clicking [here](#).



COMMUNITY ACHIEVEMENT AWARDS

Burnie Ten

The Rural Clinical School will be sponsoring staff and students to participate in this year's Burnie 10 which will take place on Sunday, 22 October. In exchange for the RCS covering entry costs, staff and students are asked to wear their Rural Clinical School polo tops. In the lead up to the Burnie Ten, a free fun run is being held on Saturday, 15 July (9.30am for a 10am start) to launch the event which will involve a 3.3km circuit along the seaside foreshore. [Click here](#) for more information about both events.



Publications, Conference Presentations and Achievements

Outback adventure



Launceston Clinical School Community Engagement Officer Zoe Page has completed her trek in Australia's outback to raise money for the Tasmanian branch of the Royal Flying Doctor Service. Zoe raised more than \$9078.68 as part of her five-day walk in the Northern Territory which departed Alice Springs late in June. The Rural Clinical School congratulates Zoe on her incredible spirit and achievement.

Anaesthetics achievement

Congratulations to Kaylee Jordan (nee Barnett) who has received a prestigious merit prize for her final examination in anaesthetics. Kaylee is a former medical student of the Rural Clinical School who attended in 2009 and 2010. Currently, she is working in the Anaesthesia Department of the Royal Hobart Hospital and is continuing her Provisional Fellowship year before becoming fully registered as an anaesthetist. Merit prizes are usually only awarded to between 2–3 professionals across Australia and New Zealand each year. Kaylee was also placed first in the nation for her primary examination in anaesthetics. The Rural Clinical School wishes Kaylee all the best for her future career working in Tasmania. *Photo courtesy of the Tasmanian Health Service.*



North-West stroke project

University of Tasmania researchers have helped deliver a number of important outcomes in a 12 month community funded stroke project which worked to improve stroke services in the North-West, while helping establish a better understanding of the needs of healthcare providers and the community. Conducted in partnership with the Tasmanian Health Service, to date, implemented changes include improved clinical services, implementation of the Australian Stroke Clinical Registry, a Stroke Coordinator position, equipment acquisition in acute stroke care and rehabilitation, training and education for staff and patients, and an acute stroke service centre at the North-West Regional Hospital. The research team included RCS Postdoctoral Research Fellow Dr Sarah Prior and the research support team of Nicole Reeves and Linda Jaffray. While the project officially ended on the 30 June, the THS is continuing work in this area of health to further develop the stroke services available to patients in the North-West.

RCS Facebook Page



Have you liked the RCS on Facebook? If not, you can like our page by clicking the blue Facebook logo above to receive regular updates on what we are doing! We also post various photos and media from our student and community engagement activities.

If any students have an interesting story or update on what they have been doing on the NW coast (including a photo) and would like to share it on our Facebook page - please email Kayla at rsc.ce@utas.edu.au. NB: It doesn't need to be related to the clinical setting.

The Launceston Clinical School now has a Facebook page—if you would like to keep up to date with what the students and school are doing [click here](#).

Upcoming Events and Activities

5 July: Sprent Primary / Sacred Heart Primary School visits

24–28 July: Year 4 GLP 4

24–28 July: Rural Year 3 Program

26 July: Year 4 class photos

31 July–4 August: Year 5 SWOT Vac

31 July–4 August: Rural Year 3 Program

6 August: Cradle Coast campus Open Day

7-11 August: Year 5 exam period and break

8 August: Year 5 Summative OSCE

14 August: Smithton Science program

25 August: Year 9 Health Careers (Mersey)

30 August: Year 9 Health Careers (Burnie)

11–15 September: Year 1 Rural Week