

# School Newsletter

March 2017 report



## Message from Deb and Lizzi

Dear all,

Welcome to the March edition of the Rural Clinical School newsletter.

For those who are unaware, after careful consideration Associate Professor Dr Deb Wilson has made the decision to step down from her role as Co-Director in order to make her workload more manageable. Deb has contributed immensely to the RCS during her 4 years in this role and we are very grateful that she will continue working with us in a clinical teaching capacity. I am sure that you will all join me in thanking Deb for her amazing impact to date. We will now work through a transition plan.

This month we are pleased to welcome Aws Salih to the RCS team. Aws is working as a palliative care registrar and will be participating in teaching at the RCS. This is an important jointly funded post with the THS, that is increasing capacity in the community of GP's with skills in palliative care and teaching. Aws is the fourth registrar to take up this post and we are pleased to see that his predecessors are all working in Tasmania and two working locally.

Congratulations to our conjoint academic Margo Peart who has been chosen for the prestigious Tasmanian Leaders program. Margo's appointment follows a rigorous recruitment process and she is one of 24 leaders from across the state to represent the program in 2017. This is a wonderful opportunity for Margo to build her leadership skills and raise the profile of the Rural Clinical School and rural health services in the North-West, while making a real difference to Tasmanian communities.

It has continued to be another busy month of engagement for our medical students. The Health Career Evenings for Year 11 and 12 students at our Burnie and Mersey campuses once again proved successful, attracting a large attendance across both nights. These provided an opportunity for local students, their parents and individuals looking to return to study, to learn more about the University's higher education health courses while also providing a relaxed setting where our staff and students could be asked questions about what university is really like.

The positive impact which these information evenings have for young people in the North-West was highlighted in a preview article written by The Advocate sharing the experience of Ben Denholm, a first year medical student from Devonport whose attendance last year assisted his decision to enrol in the MBBS program. You can read the article by [clicking here](#).

It was another busy day at Festival in the Park this year, and a big thank you to our students who provided around 130 free health checks. We have started our engagement with local schools this week with some of our fourth years speaking to students at Leighland Christian School about health and wellbeing, facilitated by Miranda Stephens.

In the coming months, our students will be regularly involved in the Huddle project, an empowering initiative led by the North Melbourne Football Club which was recently launched in Tasmania. Rural Clinical School medical students will help facilitate a number of leadership activities and programs with local schools. On Tuesday, Olivia Chung, Aish Sudhakaran, Rachel Stafford and Katherine Davis participated in our first Huddle event which was a mentorship activity with students at Devonport.

Earlier this month, fifth Year Nathan Vos presented to the Aphasia Support Group in Ulverstone while other fifth year students Shivanthi Bartlett and Rachel Stafford connected with local industry delivering a health hearts presentation to the OH&S committee of Simplot.

Next week the final years are off to the West Coast to participate in the Emergency Skills programmes—we look forward to working with the West Coast teams to deliver this important programme.

This week, the Rural Clinical School also featured on the Faculty of Health blog. If you would like to read more about our look at the beginning of 2017, [click here](#).

Best wishes,

Lizzi and Deb.

## RCS Director transition

Thank you to Associate Professor Dr Deb Wilson for her incredible contribution to the Rural Clinical School during her four years as Co-Director. Following careful consideration, Deb has made the decision to step down from this role to make her workload more manageable as she continues as an Anaesthetist and a member of the Governing Council for the THS. Deb will stay on at the Rural Clinical School in a teaching role.



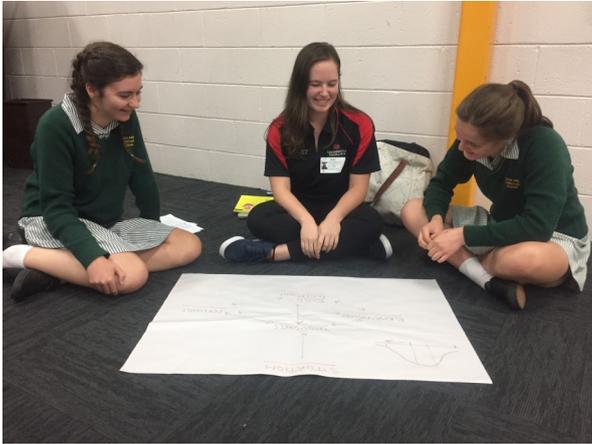
## Health Careers through higher education

Year 11 and 12 students from across the North-West visited the Rural Clinical School's Burnie and Mersey campuses this week for two Health Career Evenings. The events are hosted annually by the Rural Clinical School, and provide information, support and advice for students and individuals considering a career in health through higher education. Those who attended engaged with staff and students to learn more about the University's health courses, support services, scholarships and what university life is really like. A number of presentations were delivered at both evenings as well as expo-style information stations. The Rural Clinical School Health Career evenings were previewed in an article by The Advocate featuring a Devonport student who attended last year, Ben Denholm. Ben has since gone on to commence his first year of Medicine. Read the article by [clicking here](#).



## School engagement

Fourth year medical students, Harriet Morris- Baguley, Michael Assenheimer, Daniel Herbert, Carlos Santini and Edith Lightfoot visited Leighland Christian School earlier this week, where they spoke to Year 10, 11 and 12 students about health careers, what studying at university is like, and pathways towards Medicine and Psychology. The Rural Clinical School representatives also spent time in smaller groups with the younger students, discussing sleep practices, human behaviour and the links between thoughts, feelings, physiology and actions, knowing when and how to seek help, as well as sharing stress management techniques.



## Huddle partnership

Students from the Rural Clinical School will participate in an inspiring initiative launched by the North Melbourne Football Club in Devonport on Wednesday, 1 March. *The Huddle* project is aimed at engaging and empowering young people aged 12–25 years to “embrace life-long learning” through participation in the community. In the coming months, Rural Clinical School students will become involved in activities which include exercise, leadership and mentoring for local school students. On Tuesday, 7 March, students Olivia Chung, Aish Sudhakaran, Rachel Stafford and Katherine Davis participated in the first RCS-involved Huddle project event, mentoring Devonport High School students. Read *The Advocate’s* coverage of the Huddle project [here](#). *Image courtesy of The Advocate.*



## Festival in the park

In February, RCS medical students set up a stall at Festival in the Park in Ulverstone where they delivered around 130 health checks to community members. Feedback provided about the service was very positive and complimentary. Thank you to all students who provided their time to become involved in this positive initiative.



## Medical students on the move

Fifth year Rural Clinical School students Nathan Vos and Rachel Stafford were recently featured on ABC Radio, sharing their summer elective experiences with local reporter Rick Eaves. Nathan highlighted his time in Israel while Rachel detailed insights of remote Australian communities during her three week placement with the Royal Flying Doctor Service, based at Port Augusta. Listen to Nathan's interview by [clicking here](#). Rachel's interview can be [streamed here](#).



## Rural Orientation

First year medical students from rural areas in Tasmania were welcomed to the University's Medical School during an orientation event in Hobart during February, where they participated in a number of first aid and lab-based sessions. Amongst the group were students who attended the Rural Clinical School's Year 1 BBQ during February. The RCS wishes the rural students all the best for the academic year, and looks forward to hosting them in the North-West during September for Year 1 Rural Week.



## West Park welcome

To mark the official beginning of Semester One across the University's other higher education programs, Rural Clinical School students living at the University's NRAS apartments at West Park in Burnie participated in a game of bubble soccer and enjoyed a BBQ. The evening activities formed part of the West Park Accommodation Services student welcome.



## Third year visits

This week, the University's Primary Care program for third year medical students commenced in the North-West. Throughout 2017, students will travel to the region from Hobart at regular intervals for two week General Practice placements, "buddying up" with final year Rural Clinical School representatives as part of the hospital component of the program. This is a supportive initiative for the third year students while also providing them with an opportunity to learn more about the Rural Clinical School and whether they would like to transfer to the North-West for the final years of their degree. *Pictured: RCS Year 5 Students Ash Sudhakaran and Rachel Stafford 'buddy up' with Year 3 students Hannah Forde and Rachele Teoh at the Mersey campus.*



There are also still a number of weekend stays available for Year 3 University of Tasmania medical students who would like to visit the Rural Clinical School and North-West, to learn more about the number of professional and personal opportunities studying in this region can provide. The third year visits are coordinated annually by Rustica in partnership with the Rural Clinical School.

## Fond farewell

A surprise baby shower morning tea was held for Nicole Reeves, Rural Clinical School Administration Officer—Research Support on Tuesday, 7 March where she was presented with gifts from staff and wished all the best for the arrival of her first child. Linda Jaffray will take on Nicole's role during her absence from April.



## Healthy habits



Dr Nick Towle facilitated a composting workshop at the Rural Clinical School on Wednesday, 8 March which educated staff on a variety of composting methods while sharing tips to improve the nutritional properties of food grown at home. Nick is hoping to contribute this initiative to a larger University-wide strategy to minimise food waste across all campuses.

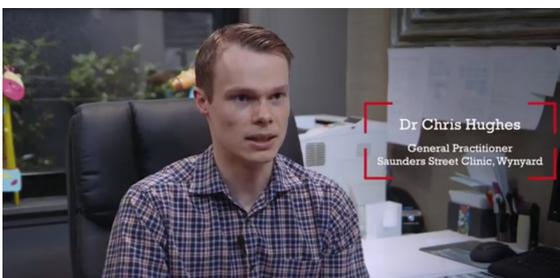
## *Publications, Conference Presentations and Achievements*

### Local leadership

Margo Peart has been accepted into the prestigious Tasmanian Leaders program for 2017. Margo is a Conjoint academic, a Clinical Senior Lecturer for the Rural Clinical School. The state-wide Tasmanian Leaders initiative works to build the leadership skills of participants, enhance professional networks, and equip those involved with skills to improve their organisation's effectiveness and influence. The program explores current issues, challenges and opportunities facing Tasmania and contributes to the future vision for the state. Margo was selected for the program following a rigorous selection process with her application jointly supported by the Rural Clinical School and Tasmanian Health Service. Over the course of the year, Margo will work with fellow Tasmanian Leaders on a community project helping Tasmanians. Margo feels immensely privileged to be part of the program. She hopes the leadership skills she will gain will contribute to both the RCS and THS going forward.



### Medical insight



Rural Clinical School graduate and the Royal Australian College of General Practitioners Registrar of the Year (2016) Dr Chris Hughes, has shared his unique experience as a GP practising in a rural area in a video created by the Faculty of Health. Dr Hughes is currently based at the Saunders Street Clinic in Wynyard. [Click here](#) to watch the video.

### Outback trek

Zoe Page, Community Engagement Officer—North, was recently interviewed by The Examiner about her upcoming outback trek which will raise funds for the Royal Flying Doctor Service (Tasmania). To watch Zoe's interview, [click here](#).



### 5 minutes with Sarvin

The Rural Clinical School's first Academic Registrar Sarvin Randhawa has been featured by the Faculty of Health—[click here](#) to read the post.

### *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 [racs.ce@utas.edu.au](mailto:racs.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*

- 13 March: Eight Hours Day Public Holiday
- 14–17 March: Year 4 GLP1 / Year 5 GLW1
- 15–17 March: Emergency Skills Program
- 23 March: RCS Dream Big visit @ Cradle Coast Campus
- 3 –7 April: Rural Week (Year 2 Program)
- 9 April: Burnie Challenge
- 12 April: Romaine Park Primary School visit
- 14–21 April: Student Easter break
- 24–28 April: Year 4 GLP2
- 25 April: Anzac Day public holiday
- 29–30 April: Year 3 weekend visit to Burnie