

## *School Newsletter*

*May 2017 report*



### *Message from Lizzi*

Dear All,

We have had exciting news that the Rural Clinical School has been named as one of 26 new regional training hubs. The federal government is helping us build rural training capacity with two year funding to develop more postgraduate opportunities for doctors to continue to train on the North-West coast.

Thank you to everyone who has made this possible and we look forward to working with our local and national colleagues to provide these important training opportunities.

A number of students and staff, recently returned from Cairns after attending the Rural Health National Conference and the International WONCA Rural Health conference. The conference was amazing and a great opportunity to engage with others from across Australia and the world.

Staff presented papers and facilitated workshops on a number of important rural topics including mental health teaching, rural pathways, workforce issues such as consultant turnover. Abstracts and posters are available online and Katherine Davis has written an excellent summary of the WONCA conference which you will find detailed on the next two pages of this newsletter.

Congratulations to fifth year student Ben Dodds on his achievement of being appointed Vice Chair of the National Rural Health Student Network (NRHSN) Executive Committee for 2017. Ben has already held a number of leadership roles through his involvement in Rustica. We are very proud to see one of our students representing Tasmania in a nationally-focused role and we wish him all the best in this new position.

Yours,  
Lizzi

## FEATURE: WONCA Rural Health conference, by fifth year Katherine Davis

Students and staff from the University of Tasmania School of Medicine recently attended the World Rural WONCA Conference from 29 April until 2 May. Rural WONCA is an international event, this year held in Cairns, far North Queensland, with over 900 delegates from 38 countries. Rural doctors, researchers and academics, teachers, junior doctors, medical students, policy-makers and administrators from both the public and private sectors joined together to exchange information on the latest developments and challenges in rural family medicine and rural and remote health generally.



The Tasmanian student contingent was made up of final year medical students from the Rural Clinical School - Emily Doole, Gabrielle Reardon, Samantha Rose, Sarah Lock, Katherine Davis, Sam Hamilton, Chris Etherington, Nathan Vos and Ben Dodds - and second year medical student - Jacob Rundle - originally from the North-West Coast of Tasmania.

The students were accompanied by Lizzi Shires, Miranda Stephens (both from the Rural Clinical School) and Kristen Fitzgerald (Senior Lecturer in Rural Health based in Hobart), who all presented on different topics over the course of the conference.



Lizzi presented on models of teaching in rural areas and community engagement and the palliative care registrar post on the North-West Coast of Tasmania. Miranda Stephens talked about the challenges of teaching mental health in rural areas with discussion facilitated by some of the medical students, and Kristen presented on facilitating informal peer support amongst medical students with rural backgrounds with help from Ben and Jacob.

Ben Dodds presented on Rural Youth leadership with local and national students.

The students had helped develop a poster on Community Engagement and

there was a second poster on developing rural pathways into medicine.

The students attended networking events, lectures, plenaries, presentations and workshops. The aim of the conference was to bring together global ideas on rural health with the purpose of developing strategies to close the gap in health outcomes between metropolitan and rural areas around the world. Topics that were deliberated with a rural health tilt included climate change, rural workforce issues, medical education, telehealth, Aboriginal health, leadership, "Glocalisation" (the application of global knowledge to the local setting), challenges in rural health, building resilience in rural communities, procedural skills, rural clinical practices, social accountability and social capital. There were also practical workshops such as; how to get published in the journal "Rural and Remote Health", how to read a scientific paper and the process of applying to Rural Generalist pathways. (PTO) ->



# Rural Clinical School

An Expo Hall with many different stalls was a great way for the students to find out about different rural health training pathways and meet some of our peers in the realm of rural health.

Some of the highlights included the attendance of a baby crocodile to the expo hall, inspiring speeches from leaders in rural health including Prof Ian Couper, Prof Amanda Howe and Ben Dodds.

We attended skills sessions on envenomation, learning how to read a scientific paper, a workshop on procedural sedation in rural emergency departments and learning about the rural generalist pathways. We also got to go on local tours with a choice of visiting Kuranda National Park, visiting a mango winery or visiting an Aboriginal community, and snorkelling with turtles (last one unfortunately not part of the conference).

The students are keen to pass on the new knowledge that they have from the conference to their peers and the community on the North-West Coast. The magnitude of the tasks ahead - closing the gap in health outcomes in rural areas, warding off the noxious effects of climate change and saving the world - was not lost on the students. The main message was that you can make action to improve health in rural areas at an individual level, but the major changes will come about through banding together and rallying to change policies that will have effects at national and global levels.



## Training opportunities increase

The Rural Clinical School has been announced as one of 26 new Regional Health Training Hubs in Australia as the Commonwealth continues its work to boost the country's regional and rural health workforce. Work is currently in the pipeline for the Rural Clinical School to expand its offerings to integrate post-graduate opportunities for doctors to further their education and training in the North-West.



## Better health in Burnie talk



Earlier this month, Dr Lizzi Shires participated in an evening event hosted by the Menzies Institute for Medical Research in Burnie where she spoke about public health in the North-West while highlighting the significance of medical students choosing to study in this region. Dr Shires joined Professor Alison Venn and Dr Fay Johnston from the Menzies Institute who spoke about Menzies research and the international issues of air quality.

## Health & Wellbeing Expo

Fourth year students Grace McGuinness, Emma Buckner and Harriet Morris-Baguley travelled to Circular Head at the beginning of the month to participate in a Health & Wellbeing Expo in Smithton. During the session, the medical students worked with younger students from primary and high school on how to develop a healthy lifestyle and health careers.



## Huddle Project



Over the last three months, seven of our students have participated in the Huddle Project, an empowering initiative led by the North Melbourne Football Club. RCS students have helped facilitate a number of leadership activities and programs with local schools in Devonport since March. Core messages such as health and wellbeing, higher education, entrepreneurship, volunteering and leadership have been explored through activity based sessions including team building, digital games, fun and fitness, physical challenges, sports design, balance and strength, mini Olympics and coaching. The final

session for this program was held earlier this week at the Mersey Bluff which focused on leadership and coaching with Rural Clinical School students advising the young participants found this very beneficial. A big thank you to our students for taking time to contribute to this local program and for being great ambassadors for the RCS. Image courtesy of [Healthy Tasmania](#).

## Student networking event at the RCS

During April, a networking night for students was held at the Rural Clinical School. Facilitated through the Professional Experience Placement program (PEP), the evening provided an opportunity for students from all health disciplines including those on placement from interstate universities to attend a social gathering which shared useful information about available support to students as they progress through their chosen health career. 33 students from medicine, nursing and allied health disciplines attended the event. Ben from RUSTICA (National Rural Health Student Network) and Alex from HR+ (Health Recruitment Plus) provided an overview of their roles, support available to students whilst on placement and employment opportunities following the completion of their degree.



## AGFEST 2017

The Rural Clinical School's Community Engagement counterpart Zoe Page who is based at the Launceston Clinical School attended this year's Agfest event at Carrick, accompanying medical and nursing students in the Health Stop tent. Students delivered free blood pressure testing and lifestyle counselling, while members from the University's rural health club Rustica coordinated fun activities which included finger plastering and the creation of apple spiral snacks.



## Publications, Conference Presentations and Achievements

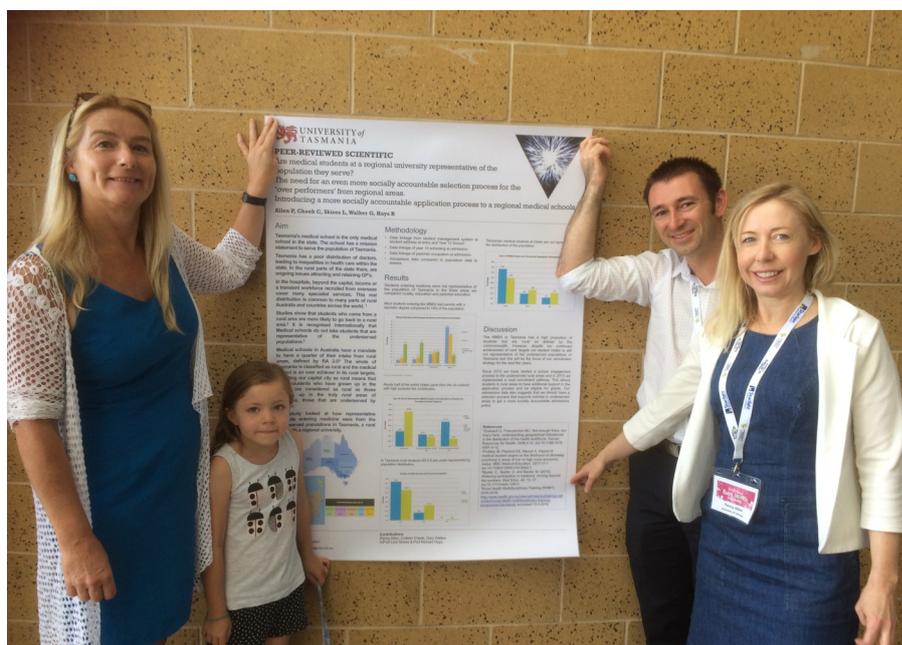
### 14th National Rural Health Conference

#### Poster presentation:

"They live in the place up!" Tasmanian rural general practice medical student placements. A/Prof Dr Lizzi Shires, Director, Rural Clinical School.

#### Concurrent Speaker:

Should I stay or should I go? Medical specialists in regional Australia. Dr Penny Allen, Senior Research Fellow, Rural Clinical School.



**Inclusion criteria**

- Specialist medical practitioner during employment at THS-NW

**Exclusion criteria**

- Locum specialists (defined as appointment <3 months duration)
- Specialists in training

**Definition of medical specialist**

- Hold an approved qualification for the speciality; or
- Hold another qualification the National Board established for the health profession considers to be substantially equivalent, or based similar competencies, to an approved qualification for the speciality

(Source: Medical Board of Australia Registration Standard for Specialist Registration. <http://www.medicalboard.gov.au/Registration-Standards/>)

RURAL CLINICAL SCHOOL, UNIVERSITY OF TASMANIA

## *Publications, Conference Presentations and Achievements*

### 14th WONCA World Rural Health Conference

#### **Practice Tips Workshop:**

Evaluation of the rural general practitioner-palliative care registrar post in North-West Tasmania. A pilot for the linkage of rural clinical schools with general practice registrar training: A/Prof Lizzi Shires, Director, Rural Clinical School (Co-authored by Rosemary Ramsay and Emma Beddows).

Teaching mental health in a rural setting: a teaching and service model for medical students in a rural area: Miranda Stephens, Lecturer in Clinical Psychology, Rural Clinical School.

Facilitating informal peer support amongst medical students with rural backgrounds. Dr Kristen FitzGerald, Senior Lecturer in Rural Health, Rural Clinical School, Jacob Rundle, Year 2 MBBS student, Hobart Clinical School and Ben Dodds, Year 5 MBBS student, Rural Clinical School.



#### **Student Workshop:**

Role of leadership in rural health. Ben Dodds, Year 5 MBBS student, Rural Clinical School, Carolyn Reimann and William Moorhead.

#### **Federation of Rural Medical Educators, FRAME, Workshop:**

Lizzi presented our different models of education and our innovative teaching in a rural setting.

#### **Tasmania represent**

Congratulations to fifth year student Ben Dodds who has been appointed Vice Chair of the National Rural Health Student Network (NRHSN) Executive Committee for 2017 and is the only representative to sit on the committee from the University of Tasmania. To read his profile piece [click here](#).



#### **Publications**

*Integrating exposure to palliative care in an undergraduate medical curriculum: student perspectives and strategies*

*Published in the International Journal of Medical Education. To view online [click here](#).  
Authors: Adrian Y.S. Lee, Brodie Carlon, Rosemary Ramsay, Thiru Thirukkumaran*

*Decision making with a complex ethical dilemma: Palliative Care—Case based Discussion*  
*Published in the Brunei Darussalam Journal of Health. To view online [click here](#).  
Author: Dr Thiru Thirukkumaran*

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

- 18 May: Visit to West Ulverstone Primary School
- 23–24 May: Year 10 Health Careers Burnie/ Mersey
- 26 May: Creating My Career
- 31 May: Students as Lifestyle Activists (SALSA) training for high school students
- 3–4 June: Year 3 weekend visit to Burnie
- 5-9 June: Year 4 GLP 3
- 12 June: Queen's Birthday Public Holiday
- 12-16 June: Year 5 Mid Semester Break
- 19-23 June: Year 5 GLW 3
- 21 June: Year 5 Class photos
- 24-25 June: Year 3 weekend visit to Burnie
- 29 June: Visit to Geneva Christian College