

## From the RAMUS team

Welcome to the December 2018 issue of the *RAMUS Newsletter*.

In this issue you will find information about the end-of-year requirements for continuing scholars and those graduating. There is also information about how to nominate your mentor for the 2018 RAMUS Mentor of the Year award, and an outline of the December issue of the **Australian Journal of Rural Health (AJRH)**. All RAMUS Scholars have free online access to the AJRH through the RAMUS website.

I would like to wish all RAMUS Scholars, Mentors and Alumni the very best for the festive season and hope you have a successful and happy 2019.

Best wishes

*Janine*

## RAMUS Mentor Awards: nominations now open

**Nominations are now open for the 2018 RAMUS Mentor of the Year Awards.**

Do you have a mentor who has inspired you, is a positive role model and a valued source of encouragement and advice? If so, you can acknowledge and show your appreciation by nominating them for a 2018 Mentor Award.

To nominate a mentor please send a statement of up to 400 words outlining your reasons for the nomination and the contribution that the nominated mentor has made.

Please include a photo of your mentor along with your nomination and email to [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au) by **31 December 2018**.

The annual RAMUS Mentor Awards recognise and celebrate the important contribution that RAMUS mentors make to supporting and teaching scholars and to developing scholars' links to rural practice.

## RAMUS payment schedule

**The first RAMUS payment for 2019 is scheduled for Thursday, 10 January 2019.**

Please ensure your 2018/19 acquittal documents have been returned to RAMUS by **10am, 8 January 2019** to allow for processing in time for the 10 January 2019 payment.

## End-of-year requirements

**With the end of the year rapidly approaching now is the time for all graduating and continuing scholars to start thinking about the end-of-year requirements for your scholarship.**

We have recently emailed details of the end-of-year acquittal requirements. If you haven't received this please contact the office as we may have an old email or postal address for you on our file.

The acquittal forms are also available at <http://ramus.ruralhealth.org.au/scholars>

Continuing scholars: please note that your scholarship payments for 2019 cannot start until you have submitted all the documents with a due date of 31 December 2018.

## For Completing Scholars

The following acquittal requirements are due by 31 December 2018:

Please complete the **Completing Scholar Details Form** <http://ramus.ruralhealth.org.au/documents-and-forms> and return by 31 December 2018

This ensures we have accurate contact information for you. Complete, sign and return the form via email to [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au) or fax to 02 6285 4670.

### Scholar Report

This report should be 500-1000 words and cover your involvement in rural activities, contact with your RAMUS mentor and what you have gained from your Scholar Mentor Plan. Complete the **Scholar Report** <http://ramus.ruralhealth.org.au/documents-and-forms> and return as an attachment to [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au).

### Academic Results

You also need to email official university documentation of your academic results for 2018. Results can be emailed as a screen shot from your student portal or a photocopy/scan your 2018 results.

## For Continuing Scholars

The following acquittal requirements are due by 31 December 2018:

### Scholar Agreement

This confirms that you commit to meeting the obligations of RAMUS for the calendar year 2019. Please complete and return the **Scholar Agreement Form**: <http://ramus.ruralhealth.org.au/documents-and-forms> to [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au).

### Scholar Details Form

This ensures that we have accurate contact and bank account details for you. Complete the **Scholar Details Form**: <http://ramus.ruralhealth.org.au/documents-and-forms> and return by email.

### Scholar Report

This report should be 500-1000 words and cover your involvement in rural activities, contact with your RAMUS mentor and things you have gained from your Scholar

Mentor Plan. Complete pro forma (available on the website) and email as an attachment.

### Academic Results

You also need to email official university documentation of your academic results for 2018. Results can be emailed as a screen shot from your student portal or a photocopy/scan of your 2018 results.

### Confirmation of Enrolment

Please email official university document of your full time proof of enrolment for medicine for 2019. This can be emailed as a screen shot from your student portal or a photocopy/scan.

### Income details for 2017/18

Email a photocopy/scan your ATO Notice of Assessment for 2017-18. If you did not lodge a tax return, submit a Statutory Declaration that states your income for 2017-2018. Note: Statutory Declarations must be submitted via hardcopy in the post to: RAMUS, PO Box 280, Deakin West ACT 2600.

## For Mentors

A written report on each scholar is required from RAMUS Mentors.

Reports are to be provide on the pro-forma that was recently provided. Please let us know if you did not receive the form and we will resend.

Mentor reports are due by **31 December 2018**. They can be emailed to [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au) or posted to RAMUS, PO Box 280, Deakin West, ACT, 2600.

## Tips for your scholar report

**Your annual scholar report gives an opportunity for you to reflect on your experiences as a RAMUS scholarship holder over the past year.**

Things you might like to include:

- an overview of your activities and experiences relating to rural practice and what these have meant to you. You can refer back to your scholar mentor plan for 2018 and comment on whether you were able to achieve everything you planned;
- coverage of your activities and relationship with your RAMUS mentor;

- notes about academic or personal achievements you would like to share with your RAMUS colleagues and the team (university awards or prizes, articles published, presentations at conferences);
- feedback on your experience of the RAMUS Scheme; and
- photos are especially welcome – either incorporated with your report, or sent separately.

There is no set format for the report; feel free to use any style or approach you wish. Aim for 600 to 1,000 words in length. There is a **Scholar Report** pro-forma on the RAMUS website which you can download and use: <http://ramus.ruralhealth.org.au/documents-and-forms>

You can submit your report as an email attachment (preferred) or by mail. Scholar reports are a demonstration of RAMUS scholars' enthusiasm for and commitment to the health and wellbeing of people living in rural, regional and remote areas of Australia.

We may wish to publish your report, edited extracts from your report, and/or your photos in the RAMUS Newsletter, on the RAMUS website or Facebook page or in other National Rural Health Alliance publications, such as Partyline. If so, we will contact you beforehand as a courtesy to seek your clearance.

## Completing scholars invited to join the RAMUS Alumnus program

Scholars graduating in 2018 can stay in touch with RAMUS through the RAMUS Alumnus program.

More than 1,118 former scholars and current and former mentors are members of the Alumnus program. Joining the Alumnus program connects you with fellow doctors with a commitment to rural practice.

Alumni receive the RAMUS Newsletter, invitations to RAMUS networking events and can be members of the RAMUS Facebook group. Membership is free.

Download the Alumnus program brochure and membership form at: <http://ramus.ruralhealth.org.au/alumnus>

## Feedback from completing scholars sought through the annual survey

Every year we seek feedback from selected RAMUS scholars about their experiences throughout RAMUS and their future career aspirations.

The 2018 scholar evaluation survey is now open and is for scholars who are graduating and completing their scholarship this year.

If you are a completing scholar this year, please go to <https://www.surveymonkey.com/r/67MYL52> to take part in the survey.

The annual survey helps build a picture of the effectiveness of RAMUS in supporting rural students in their medical studies and the career goals of RAMUS scholars. Survey results are reported to the Department of Health (the funding body for RAMUS) and treated in confidence, with information from the survey being used in consolidated or anonymous form only.

## From the NRHA: Conference, Friends and Photo/Poetry Competition



The program has been published and registration is now open for the [15<sup>th</sup> National Rural Health Conference](#) in nipalua/Hobart, 24-27 March 2019. We would like to encourage as many students as possible to attend. There is a discounted rate for students – [www.ruralhealth.org.au/15nrhc/register](http://www.ruralhealth.org.au/15nrhc/register)

Students are also encouraged to join Friends of the Alliance – the student rate is just \$22.00. For more information or to join go to: [www.ruralhealth.org.au/joinfriends](http://www.ruralhealth.org.au/joinfriends)

Friends are running a photo and poetry competition in conjunction with the 15<sup>th</sup> Conference and there are **cash prizes**. Entries close 15 February 2019. For information and entry form go to: [www.ruralhealth.org.au/friends/activities](http://www.ruralhealth.org.au/friends/activities)

## Australian Journal of Rural Health

RAMUS scholars have free online access to the *Australian Journal of Rural Health (AJRH)*.

Access is through the RAMUS website:  
<http://ramus.ruralhealth.org.au/ajrh>

In the latest edition, Editor-in-Chief, Russell Roberts', addresses the false dichotomy that is often raised in the clinician's role between treating individuals and advocating for system improvements. He says:

*The challenge is not to address personal pain or system issues, it is to address personal pain while understanding and challenging the system within which we work. A clinician does not have to carry this torch alone. In fact, advocacy is often far more powerful coming from individuals and families who have a lived experience of the system's shortcomings.*

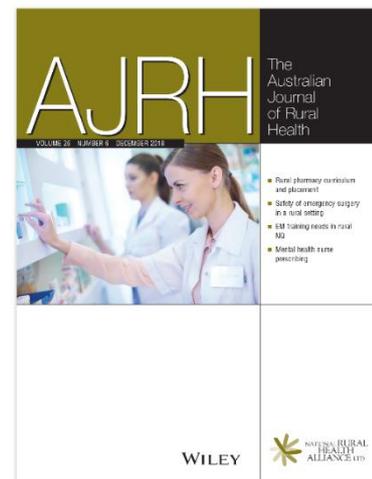
Russell also points to the considerable strengths that accrue from collective advocacy through support groups, communities of practice or alliances between these groups.

Research articles in the December 2018 issue include:

- Scoping the impact of curriculum and placement on the rural pharmacy workforce
- Impact of an integrated diabetes service involving specialist outreach and primary health care on risk factors for micro- and macro-vascular diabetes complications in remote Indigenous communities in Australia
- How does studying rurally affect peer networks and resilience? A social network analysis of rural- and urban-based students
- Mortality after emergency abdominal surgery in a non-metropolitan Australian centre
- Coming to town: Reaching agreement on a thorny issue
- Medical emergencies in rural North Queensland: Doctors perceptions of the training needs
- What do mental health workers in the bush think about mental health nurse prescribing? A cross-sectional study
- Different perspectives on the key challenges facing rural health: The challenges of power and knowledge
- Caring for adults with congenital heart disease in a regional setting

- Oxycodone prescribing habits of Western Victorian Primary Health Network General Practitioners
- Investigation on the use and acceptability of the Edmonton Frail Scale in a rural primary care setting
- Vitamin D supplementation in pregnant women with diabetes in Far North Queensland
- Flash glucose monitoring—using technology to improve outcomes for patients with diabetes

There will be a 'Meet the Editor' workshop at the [15<sup>th</sup> National Rural Health Conference](#) in Hobart, 24-27 March 2019. If you can make it to Hobart don't miss this opportunity to meet Russell Roberts and other rural health researchers.



## Keep your contact details up-to-date

You can now update your details online through the RAMUS website –

<http://ramus.ruralhealth.org.au/update-ramus-scholar-details>

