

From the RAMUS team

Welcome to the December 2016 issue of the *RAMUS Newsletter*.

In this issue you will find information about the end-of-year requirements for scholars, for both those continuing their scholarship and those graduating, plus mentor requirements. Additionally, you will find details on the changes being made to the Graduate and Undergraduate payment schedules from 2017 and information on nominating your Mentor for the 2016 RAMUS Mentor of the Year.

You will also find an outline of the latest issue of the **Australian Journal of Rural Health** (AJRH). Scholars have free online access to the AJRH through the RAMUS website.

Best wishes

The RAMUS team

Lesley and Janine

RAMUS Mentor Awards: nominations now open

Nominations are now open for the 2016 RAMUS Mentor of the Year Awards.

If your mentor has inspired you or they are your role model and a valued source of encouragement and advice, you can acknowledge and show your appreciation by nominating them for a 2016 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/yourself with your mentor along with your nomination and email to ramus@ruralhealth.org.au by **31 December 2016**.

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 from 2017

The RAMUS scheme is now closed to new applicants.

Announced in the 2015/16 federal budget was a reduction in scholarship spending. This has resulted in the RAMUS scheme now being closed to those that do not already hold a scholarship.

RAMUS payment schedule

RAMUS scholars will be on the same payment schedule from 2017.

Traditionally the RAMUS scheme would ask those on the Undergraduate scheme if they would like to change payment schedule, however as the scholarship scheme is now closed to new applicants, the scheme will support one payment schedule from 2017.

Scholars will be emailed the 2017 payment calendar and payment details shortly.

Payments will commence on the next payment date after the documents required by 31 December 2016 have been submitted. Scholars submitting documents late will be back payed on the next scheduled payment date. Payments will commence in January 2017.

End-of-year requirements

The end of the year is coming up rapidly. Whether you are graduating this year or continuing next year, it's time to begin thinking about the end-of-year requirements for your scholarship.

We have recently emailed details of the end-of-year acquittal requirements to all scholars. Please contact

the office if you think we may have an out-of-date 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 2017 cannot start until you have submitted all the documents with a due date of 31 December 2016.

Completing Scholars

The following are due by 31 December 2016:

Completing Scholar Details Form

This ensures we have accurate contact information for you. Complete, sign and return the form via email, mail or fax.

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

Official university documentation of your academic results for the year 2016. Results can be emailed as a screen shot from your student portal or photocopy/scan your 2016 results and attach to an email.

Continuing Scholars

The following are due by 31 December 2016:

Scholar Agreement

This confirms that you re-commit to meeting the obligations of RAMUS. Complete and return the scholar agreement form.

Scholar Details Form

This ensures that we have accurate contact and bank account details for you. Complete and return the scholar details form.

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

Official university documentation of your academic results for 2016. Results can be emailed as a screen shot from your student portal or photocopied and/or scanned and attached to an email.

Confirmation of Enrolment

Official university documentation of your full time enrolment in medicine for 2017. Proof of enrolment can be emailed as a screen shot from your student portal or photocopied and/or scanned and attached to an email.

Income details for 2015/16

Photocopy/scan your ATO Notice of Assessment for 2015-2016. If you did not lodge a tax return, submit a Statutory Declaration that states your income for 2015-2016. Provide a copy of your ATO Notice via email or mail. Statutory Declarations must be submitted via mail.

Mentors

Reports from RAMUS mentors on each of their scholars are due by **31 December 2016**. Mentors are asked to use the pro-forma sent to them. Please let us know if you have not received the documents and we will happily resend them.

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 include:

- an overview of your activities and experiences relating to rural practice and what these have meant to you. Please refer back to your scholar mentor plan for 2016 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 our website which scholars can download and use.

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 2016 can stay in touch with RAMUS through the RAMUS Alumnus program.

More than 1100 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 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 2016 scholar evaluation survey is now open and is for scholars who started their scholarship in 2016 and those who are graduating and completing their scholarship this year.

If you are a new or completing scholar this year, please go to <https://www.surveymonkey.com/r/RAMUS2016> 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.

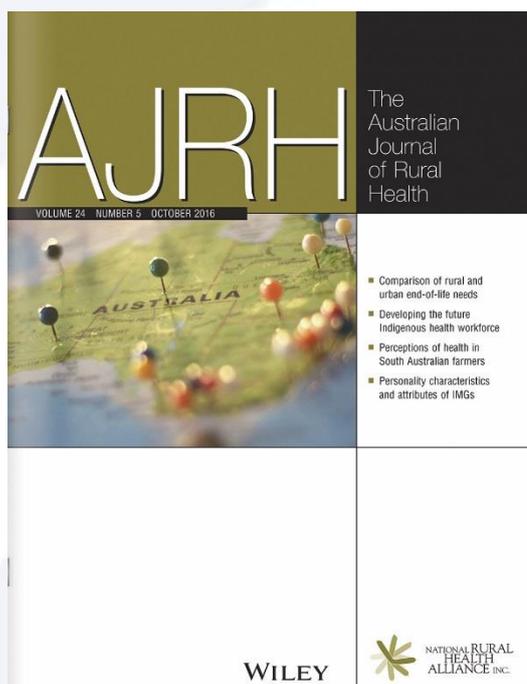
Keep your contact details up-to-date

Have you recently moved house or changed your email address? You can now update your details online through the RAMUS website.

To update go to:

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





- local Birthing Services for Rural Women in NSW
- chronic conditions that become emergencies - a report from regional Queensland.
- sporting injuries, seasonal trend and impact on Rural Australian Hospitals
- cancer diagnosed in the emergency department of a regional health service

Recent articles now available on [Early View](#) include:

- [Can my mechanic fix blue cars? A discussion of health clinician's interactions with Aboriginal Australian clients](#)
- [Ice and the outback: Patterns and prevalence of methamphetamine use in rural Australia](#)
- [Rethinking registrar attributes for Australian rural general practice training](#)

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>

The December 2016 issue of the Australian Journal of Rural Health is available from the [Wiley Online Library](#).

The December 2016 issue of AJRH leads with a systematic review of factors affecting rural volunteering in palliative care.

Chronic illness is also a major focus in this issue. Reflecting the scale of obesity as a major challenge to Australian health services, several articles focus on original research on this topic. Topics include:

- Barriers to insulin treatment among Australian Torres Strait Islanders
- Patterns of type 2 diabetes monitoring in rural towns
- A related short report looks at the implications for service delivery to remote Torres Strait Islander patients with diabetes.

And there's an international perspective from a paper examining beliefs and self-care behaviour among women with gestational diabetes living in a rural area of the south east of China.

Other articles featured in this issue include

EARLY BIRD REGISTRATION NOW AVAILABLE

14th National RURAL Health CONFERENCE

26-29 APRIL 2017
CAIRNS, QUEENSLAND

www.ruralhealth.org.au/conference

Registration, sponsorship & exhibition options available.