

October 2018

Newsletter for RAMUS Scholars, Mentors and Alumni Members

From the RAMUS Team

Welcome to the October 2018 issue of the RAMUS Newsletter.

In this newsletter:

- a selection of extracts from the 2017 Mentor Reports
- 15th National Rural Health Conference information
- highlights of the latest issue of the Australian Journal of Rural Health (AJRH).
- how to nominate your mentor for the RAMUS Mentor of the Year Award.

The next RAMUS newsletter will be published in December. Contributions (including photos) are encouraged. Please email your contribution to me at janine@ruralhealth.org.au by 30 November 2018.

Kind regards

Janine Snowie

Scholar requirements now due

A reminder that Scholar Mentor plans are now well overdue. I have recently emailed all scholars who have outstanding plans. If you haven't done so, please return your plan as soon as possible. If you are having trouble finalising your plan please contact me on 1800 460 440 or 02 62854600 or send an email to janine@ruralhealth.org.au

End of Year RAMUS acquittal –

We will soon be emailing end of year acquittal requirements to all Scholars. If your contact details have changed please contact the RAMUS team and we will happily update it.

Alternatively, you can update it yourself by going to:

http://ramus.ruralhealth.org.au/contact/update_details

Mentor of the Year Award - 2018

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

Do you have a mentor who has inspired you, is a 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, 400 words or less, outlining your reasons for the nomination and the contribution that your mentor has made.

Please include a photo of your mentor or a photo of yourself with your mentor along with your nomination and email to ramus@ruralhealth.org.au by **31 December 2018**.

Comments from 2017 Mentors

For many RAMUS scholars the mentoring component of RAMUS is a highlight of their scholarship. Various scholars have described their mentor as 'an inspirational doctor', 'an example of what I might become in the future' and 'a professional role model'.

At the conclusion of the year, each Mentor is asked to provide a report on their scholar. It is at this point that Mentors can evaluate the communication they have with their scholar and how engaged the scholar has been.

We appreciate Mentors taking the time to comment on the year they have had with their Scholar. Below are a selection of comments from Mentors from 2017.

"He has graduated and is preparing for internship. He will be an outstanding rural doctor. It has been a pleasure to mentor him and I thank RAMUS for your support."

"She continues to improve her understanding of rural, remote and indigenous health issues this year. This year her rural placement in Innisfail has been an excellent experience of the rural-remote health care system in Queensland with opportunity to understand issues associated with Aboriginal health."

"She is a talented young lady who has learnt a lot. I am proud of her."

"He has been in contact with me regularly through the year and often asked to come and observe me at the clinic. Very enthusiastic."

"Had very positive and practical year working in rural practice. Enthusiastic regarding rural practice and identifies rural practice with more procedural work availability and potential job satisfaction."

"She is now finishing her medical degree. It has been wonderful to mentor her since she was in high school. I will continue to mentor her in the years to come."

"He has demonstrated his appreciation for rural medicine and expressed his aspiration to be a regional/rural doctor through his reflections on his experience during this placement in rural settings e.g. placements at local GP practice in Wodonga, and at a multicultural health clinic that focusses on providing for refugee populations and Aboriginal Australians, and Aunty Jeans Aboriginal Health Program. He has gone the extra mile in sharing his experience of rural medicine with some high school students in a rural area with an intention to encourage them to study medicine. Well done".

"Highly satisfactory performance. She will be an asset in whichever rural practice she joins. We would be happy to have her work with us!"

"She has demonstrated a real passion for medicine and rural practice. She has developed as a self led learner with great capacity for exploring her field."

"Showing maturity and commitment. I expect he will be a sound and reliable practitioner of medicine, and an asset to rural practice."

"She is very keen with a passion for hands on work. She has a very good knowledge base and will do very well in rural practice. She has a natural appropriate communication style with colleagues, staff and patients alike. It is a pleasure to be involved in her education growth."

"It was a pleasure seeing her going from a brand new med student to confident and competent Doctor. I wish her all the best, I think RAMUS offered her the chance to develop clinical reasoning skills."

INDEMNITY AND INSURANCE

As a RAMUS scholar, it is your responsibility to ensure that you have the appropriate indemnity insurance cover if you are undertaking supervised clinical activity as part of your RAMUS-related rural activities; such as during visits to or placements with your RAMUS mentor.

You may be asked by medical practices or health services to provide evidence of your indemnity insurance cover.

Don't assume that your RAMUS rural activities are automatically covered by the university's indemnity and insurance arrangements for medical students. You should check whether the planned activities are included in your university indemnity insurance cover. Those that do not form part of your formal university course and curriculum requirements may not be covered.

You can consider joining a medical defence organisation (MDO) that provides medical indemnity insurance. Several MDOs offer special packages for medical students for free or at low cost

RAMUS on Facebook

Have you joined the RAMUS Facebook group yet?

The group contains current RAMUS news and gives you the opportunity to communicate with the RAMUS team and with likeminded RAMUS scholars, mentors and alumni.

To join the RAMUS Facebook group, go to:
www.facebook.com/groups/348490061904468/



The National Rural Health Alliance is pleased to announce the opening of registrations for the 15th National Rural Health Conference, 24-27 March 2019.

Website: www.ruralhealth.org.au/15nrhc

Students are encouraged to attend and there is a concession rate available for students.

'Better Together!' is the theme of the 15th Conference and the program will highlight how we can work better together to improve the health and wellbeing of the 7 million people that live and work in rural, regional and remote Australia.

The Conference will be held at the Hotel Grand Chancellor in Hobart.

It will be a four-day event providing learning and networking opportunities to public and private healthcare professionals, health consumer advocates and carers; students and researchers; and interested people from health-related sectors such as education, transport and housing in rural, regional and remote areas.

The program will include six plenary sessions, 50 concurrent sessions, 70 exhibitors, 30 poster displays, 3 workshops, 4 pre-Conference events and a gala dinner not to be missed!

#ruralhealthconf
#bettogether

Australia Journal of Rural Health

August 2018 AJRH now online

In his farewell editorial as a long term Associate Editor of the AJRH, Emeritus Professor Jeff Fuller offers his parting insight: “. . . rural health is always about rural communities.”

Jeff reminds us *“The contribution of health services towards a viable community is, of course, important. Health services employ people who spend money in a town, and if the health staff live in that town, then they contribute to the culture and the ‘buzz’ of a place. Rural health services are an integral part of rural community infrastructure and so how these services operate and how they contribute to community viability is important.”*

Original research articles in the August issue cover:

- Chronic condition self-management support for Aboriginal people: Adapting tools and training
Bronchiectasis in the Kimberley region of Western Australia
- High prevalence of early onset anaemia amongst Aboriginal and Torres Strait Islander infants in remote northern Australia
- Survey of Aboriginal smokers’ and ex-smokers’ knowledge, attitudes and behaviours in Central Australia 2016–2017
- Work settings of the first seven cohorts of James Cook University Bachelor of Medicine, Bachelor of Surgery graduates: Meeting a social accountability mandate through contribution to the public sector and Indigenous health services
- Academic performance of third-year medical students learning in rural settings

- Rural health club program focused on strengthening medical students’ intention towards a rural medicine career
- Capacity building and social marketing promotes healthy lifestyle behaviour in an Australian Aboriginal community
- Shortage of dentists in Outer Regional and Remote areas and long public dental waiting lists: Changes over the past decade

Quality improvement report:

- Integrated approach to oral health in aged care facilities using oral health practitioners and tele-dentistry in rural Queensland.

Short Reports:

- Looking after #1: A short report of the interim analysis of a self-care course for remote health professionals
- Ten-year physical activity trends by location in Queensland
- Building research capacity in rural health settings: Barriers, priorities and recommendations for practitioners

Trans-Tasman AJRH now online:

The special Trans-Tasman October edition of the AJRH is also now available:

<https://onlinelibrary.wiley.com/toc/14401584/2018/26/5>

Australia and New Zealand’s leading rural health organisations have joined forces to provide a broader focus for the Australian Journal of Rural Health (AJRH).

The October 2018 issue of the AJRH marks the start of an ongoing collaboration between the National Rural Health Alliance (NRHA) in Australia and two New Zealand organisations: the NZ Rural General Practice Network (NZRGPN), and the Rural Health Alliance Aotearoa NZ (RHĀNZ).

University Survival Guide

The Country Education Foundation of Australia has created a University Survival Guide for rural and regional students to help make the transition of moving away from home to pursue study or jobs just that little bit easier. Head to their website to find more:

<https://cef.org.au/students/uniguide/>



RAMUS is managed by the National Rural Health Alliance Ltd on behalf of the Australian Government

www.ruralhealth.org.au

