

FROM THE RAMUS TEAM

Welcome to the October 2020 *RAMUS* Newsletter.

In this newsletter you will find :

- a selection of extracts from the 2019 Mentor Reports
- highlights of the August 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 2020.

We would love to hear from Scholars, Mentors and Alumni about the impact COVID-19 has had on your studies, placements or clinical work. Send your experiences to ramus@ruralhealth.org.au and advise if you give permission for it to be published in the Alliance's online magazine, Partyline - www.ruralhealth.org.au/partyline.

I also encourage you to take a closer look at the National Rural Health Alliance's website: ruralhealth.org.au. It is a major resource for up-to-date and detailed policy information on the health issues that impact people in rural and remote Australia. Management of RAMUS on behalf of the Australian Government is just one of the things the NRHA does. You can find some of those other activities by browsing the website.

I hope 2020 has not been too disruptive for you and your studies are going well.

Kind regards

Janine

ACQUITTAL REQUIREMENTS

I 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 them.

Alternatively, you can update them yourself by going to:

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

RAMUS ON FACEBOOK

Have you joined the RAMUS Facebook group?

The group shares current RAMUS news and gives you the opportunity to communicate with the RAMUS team as well as other RAMUS scholars, mentors and alumni.

To join the RAMUS Facebook group, go to:

www.facebook.com/groups/348490061904468



2020 RAMUS MENTOR AWARDS

Nominations are now open for the 2020 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 them and show your appreciation by nominating them for a 2020 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 2020**.

COMMENTS FROM 2019 MENTORS

"He has shown dedication through his medical training for rural practice. He has chosen to continue in Alice Springs for internship".

"She is progressing well in her studies. She is making full use of JCU programme which focuses in remote, rural and indigenous health. Her remote/rural 6 week placement in Weipa (Far North Queensland) was the highlight of this year".

"He has enjoyed his year in Armidale. He has learnt a lot from his rural placements".

"He is a dedicated student and should make an excellent country-based doctor".

"She completed rural terms through her final clinical year – on discussion with her, she has developed a clear understanding of the requirements of rural clinical practice. Her clinical development will stand

her in good stead for vocational involvement, especially any rural rotation which may be scheduled".

"She will become a fantastic rural doctor".

"He was easily able to integrate into this practice, consult patients, associate with allied health as well as hospital and practice staff. His medical knowledge and development since previous visits was very clear. We look forward to seeing more of him in 2020".

"He showed genuine interest in rural practice and at this stage intends to undertake rural work either as a GP or as a visiting specialist if specialty training undertaken".

"He is an extremely capable medical student. He will have a great career and hopefully this will be spent in a rural practice long term".

"She had a very busy year doing electives in London and on the Solomon Islands. Hospital attachments went very well. Looking forward to intern year and planning to do 10 weeks at Kadina".

"She has developed a great understanding at regional and rural medical practice and has embedded herself in the local area".

"I have met with her almost every week through the year. In addition, we have had prolonged phone calls relating to clinical practice revision. She has had some moments of self-doubt which I believe I have given her enough support to overcome".

"He has finished his degree and has a position in regional Queensland as an intern arranged. It is my expectation that he will continue towards his goal of long-term rural practice".

TIPS FOR YOUR END OF YEAR 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 2020 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.

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.

FRIENDS OF THE ALLIANCE

Friends of the Alliance have been busy keeping Friends connected over the last few months.

The weekly 'Join us for cuppa!' sessions that provide a short social break for anyone feeling isolated have now become monthly sessions. If you would like to join one of these sessions send your details to friends@ruralhealth.org.au and we will send you the link.

Students are encouraged to join Friends – the student rate for 2020-21 is just \$22.00. For more information or to join go to:

www.ruralhealth.org.au/joinfriends

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.

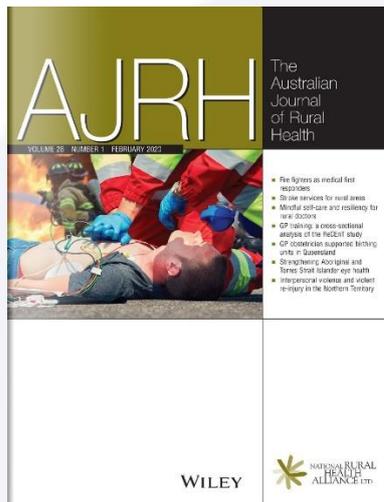
Don't assume that your RAMUS rural activities are automatically covered by your university's indemnity and insurance arrangements for medical students. You should check whether the planned activities are included in your university indemnity insurance cover. Those that do not form part of your formal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

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>



You don't have to wait to get the latest research from the Australian Journal of Rural Health. [Early View](#) on the Wiley Online Library website allows access to the online version of record before inclusion in an issue.

You can access the full content of all articles through your university library or contact us for details of how to use the RAMUS scholar [portal](#).

AJRH is now on [Twitter](#) so you can follow the Journal to see the latest news about articles and stay in touch with discussions around research developments.

In case you may have missed recent articles in AJRH, here are some interesting titles :

- Using firefighters as medical first responders to shorten response time in rural areas in Sweden
- Challenges of delivering evidence-based stroke services for rural areas in Australia
- Pilot study of the effectiveness of a Mindful Self-Care and Resiliency program for rural doctors in Australia

- General practice training in regional and rural Australia: A cross-sectional analysis of the Registrar Clinical Encounters in Training study
- Access and outcomes of general practitioner obstetrician (rural generalist)-supported birthing units in Queensland
- Heart disease, hospitalisation and referral: Coaching to Achieving Cardiovascular Health through cardiac rehabilitation in Queensland
- Using quality improvement strategies to strengthen regional systems for Aboriginal and Torres Strait Islander eye health in the Northern Territory
- Interpersonal violence and violent re-injury in the Northern Territory
- Acute post-streptococcal glomerulonephritis in Central Australia
- The Direct Access Colonoscopy Clinic: Improving time to colonoscopy for eligible positive faecal occult blood test patients in Broken Hill NSW
- Hospital staff awareness of operating theatre supply cost in a regional centre
- Wollondilly diabetes programme: Consumer evaluation of a pilot patient passport template
- Promoting and improving the well-being of junior doctors in Australia: Did you know? Practical Practice Pointers
- Poverty and inequality in Australia
- The Orange Declaration: Relevance for Canada
- Creating place-based health and wellbeing networks in rural and remote communities

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

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