

From the RAMUS Team

Welcome to the August 2016 issue of the RAMUS Newsletter.

This issue contains information on Indemnity insurance cover for scholars undertaking supervised clinical activities and excerpts from scholar reports discussing the time they spent with their mentors throughout the year.

Also, in this issue you will find an update on the Future Mentors Register – a register for former scholars who have expressed interest in becoming a RAMUS mentor at a suitable stage in their career and 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.

Finally, we 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 on people in rural and remote Australia. Management of RAMUS on behalf of the Australian Government is just one of the things the NRHA does. Check out some of those other activities by browsing the website.

Best wishes

*The RAMUS Team
Lesley and Janine*

End of Year RAMUS acquittal

RAMUS will be emailing scholars end of year acquittal requirements in October. If you think your email address could be out of date, please contact the RAMUS team and we will happily update it.

Scholar experiences with their mentor

It is a RAMUS requirement for all scholars to have a Mentor. We hope that a fruitful relationship can be built between the scholar and their chosen Mentor as it can be very beneficial for the scholar to have someone to talk to throughout their studies about what it is they are trying to achieve. Here are just some of the experiences RAMUS scholars had in 2015, drawn from their annual scholar reports.

Olivia wrote "Throughout the year I had contact with my RAMUS mentor. My mentor asked on a number of occasions how my study was going and gave me encouragement for my exams. In October this year I visited my mentor in Maitland South Australia. She took me to the Maitland Clinic/Hospital and gave me an insight into her role as a rural GP. For 2 days I sat in on her appointments and saw the variety of patients she had. It was obvious that she had built great rapport and trust with her patients."

Jay says "One of the highlights of my year was a peaceful 2-hour drive south of Perth to Bunbury to meet my RAMUS mentor, Adam. Adam is a remarkable doctor who very much enjoys his position as a consultant in the ED department. His breadth of experience and personable vibe was a pleasure to be around. We discussed life, medicine, rural health, Aboriginal health, etc. for more than 2 hours. We have already proposed some placement opportunities in the country next. I am very happy to be linked with Adam and I have no doubt that he will provide me with many other opportunities to build the necessary skillset and attitude that is required for a lengthy career in rural medicine."

Freya reported "My mentor is based in the small rural town in which my family lives, so it was easy and convenient to meet with him often. I completed several placements at the Mt Buller Medical Clinic, a private clinic that provides acute care to those injured or unwell

on the mountain. The remoteness of the clinic means that fast and rational decisions need to be made about the best methods of transfer to another hospital, such as whether an emergency helicopter is required or whether the patient can cope with a trip down the mountain via ambulance. The placements gave me the opportunity to practice looking at x-ray images and at performing procedural skills, such as suturing and plastering. Working with my mentor helped me to gain further appreciation for the challenges involved in separating professional and personal life.”

Geordie says “During the year I had three to four meetings with my mentor, who is an intensive care specialist with experience in the NT. Our meetings were held in the hospital and I would attend a ward round with my mentor and discuss patients who were currently in both ICU and HDU, it was interesting that many of the patients in these units were flown in from rural and remote areas of the NT. It was interesting to discuss the patients and the reasons that had brought them into the ICU, often there were many complex socioeconomic, cultural and medical issues surrounding the patient. The challenges of getting these patients to the hospital was also highlighted for me as many of them were from remote communities and required airlift to get to the hospital, this would mean that many patients would arrive with only basic medical stabilisation resulting in a poorer prognosis as a result of the challenges of living in a rural area.”

RAMUS is on Facebook

Stay up to date with RAMUS news, ask RAMUS a question or communicate with other RAMUS scholars, mentors and alumni.



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

Note: this is a closed Facebook group, exclusively for RAMUS scholars, mentors and alumni

Indemnity and Insurance

We sometimes receive questions from scholars and mentors about indemnity and insurance arrangements for scholars planning or undertaking clinical activities associated with the RAMUS mentoring program.

It is your responsibility as a RAMUS scholar 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; for example, during visits to or placements with your RAMUS mentor.

Because such RAMUS activities may not form part of your formal university course and curriculum requirements, you should not assume that these 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.

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

MDA <http://www.mdanational.com.au/>

MIGA <http://www.miga.com.au/>

MIPS <http://www.mips.com.au/>

AVANT <http://www.avant.org.au/Become-aMember/How-to-Join/Medical-Students/>

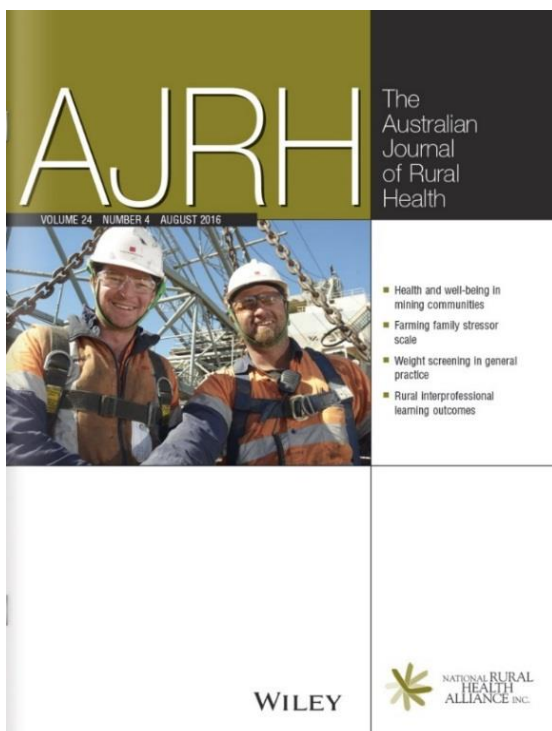
This is not necessarily a complete list. The RAMUS Scheme does not recommend or endorse any MDO or insurance policy. The Australian Medical Students' Association or your university's medical students club may be able to give you more information about medical student insurance packages.

For more details, please see the statement on indemnity and insurance at ramus.ruralhealth.org.au/scholars.

The RAMUS Future Mentors Register

The Future Mentors Register is the register of former scholars who are interested in becoming a RAMUS mentor at a suitable stage in their career. The Register operates through the RAMUS Alumnus Program. The RAMUS team will soon be updating the Register. We will be contacting former scholars who are listed on the Register and are in PGY3 or beyond to ask whether they are currently based in a rural location and are available to be approached as a potential mentor in 2017. At the end of the year, current scholars who are graduating and completing their RAMUS this year will be invited to join the RAMUS Alumnus program and to add their name to the Future Mentors Register. The number of former scholars who are now mentoring current scholars is growing every year and about 30 former scholars have now taken on a mentoring role.

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>

The August 2016 issue of AJRH is now available online. Contents include:

- Role of telehealth in diabetic foot ulcer management
- Examining health and well-being outcomes associated with mining activity in rural communities of high-income countries
- Development and validation of a work stressor scale for Australian farming families
- Depressed, anxious and breathless missing out: Weight screening in general practice in a regional catchment of New South Wales
- Mortality and morbidity of neck of femur fractures: A comparison between Orange and peripheral centres
- Glass half full: Survival analysis of new rural doctor retention in Western Australia
- Does online learning click with rural nurses? A qualitative study
- Building social capital with interprofessional student teams in rural settings
- Consumer perspectives of a community paramedicine program in rural Ontario

Don't forget you don't have to wait for the most recent articles. AJRH now offers [Early View](#) – online access to the latest papers accepted for publication. Recent topics include:

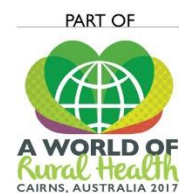
- [High glycaemia and low uptake of insulin treatment among remote Torres Strait Islanders with diabetes: Implications for service delivery](#)
- [Rural people who inject drugs: A cross-sectional survey addressing the dimensions of access to secondary needle and syringe program outlets](#)
- [Building a sustainable workforce in a rural and remote health service: A comprehensive and innovative Rural Generalist training approach](#)
- [Factors affecting rural volunteering in palliative care – an integrated review](#)
- [Local birthing services for rural women: Adaptation of a rural New South Wales maternity service](#)



Abstract submission closes 30 September 2016

- Early bird registration: 1 October 2016 - 30 January 2017
- Exhibition and Sponsorship opportunities now available.

Visit ruralhealth.org.au/conference for more information.



- Students encouraged to consider submitting an abstract.
- First time presenters acknowledged on the program.
- Discounted registration for students.