

From the RAMUS team

Welcome to the December 2021 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 2021 RAMUS Mentor of the Year award.

Once again, 2021 has been a disruptive and unsettling year, and I hope you have all weathered the storm.

I would like to wish RAMUS scholars, mentors and alumni the very best for the festive season and hope you have a successful and happy 2022.

Best wishes

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RAMUS Mentor Awards: nominations now open

Nominations are now open for the 2021 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 2021 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 by **31 January 2022**.

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 2022 is scheduled for **Thursday, 6 January 2022**.

Please ensure your 2022 acquittal documents have been returned to RAMUS by **10am, 4 January 2022** to allow for processing in time for the 6 January 2022 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.

I 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.

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

Continuing scholars: please note that your scholarship payments for 2022 cannot start until you have submitted all the documents with a due date of 31 December 2021.

For Completing Scholars

The following acquittal requirements are due by 31 December 2021:

Please complete the **Completing Scholar Details Form** <http://ramus.ruralhealth.org.au/documents-and-forms> and return by 31 December 2021.

This ensures we have accurate contact information for you. Complete, sign and return the form via email to ramus@ruralhealth.org.au.

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.

Academic Results

You also need to email official university documentation of your academic results for 2021. Results can be emailed as a screen shot from your student portal or a photocopy/scan of your 2021 results.

For Continuing Scholars

The following acquittal requirements are due by 31 December 2021:

Scholar Agreement

This confirms that you commit to meeting the obligations of RAMUS for the calendar year 2022. Please complete and return the **Scholar Agreement Form**:

<http://ramus.ruralhealth.org.au/documents-and-forms> to 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 the 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 2021. Results can be emailed as a screen shot from your student portal or a photocopy/scan of your 2021 results.

Confirmation of Enrolment

Please email your official university document confirming your full-time enrolment for medicine for 2022. This can be emailed as a screen shot from your student portal or a photocopy/scan.

Income details for 2020-21

Email a photocopy/scan your ATO Notice of Assessment for 2020-21. If you did not lodge a tax return, submit a Statutory Declaration that states your income for 2020-21.

For Mentors

Mentors are required to provide a written report on each scholar.

Reports are to be provided on the pro-forma that was recently provided. You can also access the pro-forma here:

<http://ramus.ruralhealth.org.au/documents-and-forms>

Mentor reports are due by **31 December 2021**. They can be emailed to 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 2021 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 permission.

Completing scholars invited to join the RAMUS Alumnus program

Scholars graduating in 2021 can stay in touch with RAMUS through the RAMUS Alumnus program.

More than 1,177 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>

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/

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 2021 scholar evaluation survey has opened for scholars who are graduating and have completed their scholarship in 2021.

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 being de-identified.

Friends of the Alliance

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



The theme of the 16th National Rural Health Conference is: ***Bridging social distance; Rural health innovating and collaborating.***

The 16th Conference, in Perth, 30 May – 1 June 2022 will focus on bridging the divides created by our challenging public health environment and provide opportunities to build collaboration and to share innovations that could strengthen our rural health system.

Rural Australia is comprised of a wide range of wonderful places in which to live and work. It is home to one third of Australia's population but gives back so much more by contributing around two-thirds of Australia's national export earnings through agriculture, resources, tourism, retail, services and manufacturing.

It 'goes with the territory' that rural centres have more limited services than cities and this includes limited infrastructure and workforce to provide primary health care, hospitals and specialist services. The rural health sector has a proud record of practical, multidisciplinary responses to the challenges of distance, absence of scale and scarce resources. Rural health clinicians and health professionals prove their versatility and resilience time and time again. But, as a society, we cannot just accept that the 7 million people who reside in rural Australia continue to experience higher levels of injury and chronic disease and have shorter lives, compared to their city counterparts.

We cannot look only to technology, or science, or governments, or to just one group of clinicians or experts to improve the rural health system. It is a

challenge for all of us – working together. We are proud of rural Australia. The voices of rural communities are powerful. Join those voices at the 16th National Rural Health Conference.

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

Please contact ramus@ruralhealth.org.au for access.

In case you may have missed recent articles in AJRH:



- Collaborative care: Primary health workforce and service delivery in Western New South Wales – a case study.
- Approach to Sustainable Primary Health Care Service Delivery for Rural and Remote South Australia.
- Co-morbid drug and alcohol and mental health issues in a rural New South Wales Area Health Service.
- Mental health service delivery to older people in New South Wales: perceptions of aged care, adult mental health and mental health services for older people.
- Mental health and well-being impacts of COVID-19 on rural paramedics, police, community nurses and child protection workers.

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.

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

www.ruralhealth.org.au

