

## From the RAMUS team

Welcome to the April 2022 *RAMUS Newsletter*.

This newsletter contains excerpts from 2021 completing scholar reports, acquittal requirements for 2022, information on the National Rural Health Conference and the AJRH.

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](mailto: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](http://www.ruralhealth.org.au/partyline).

The next RAMUS newsletter will be issued in September. Contributions (including photos) and suggestions are very welcome. Please send them to [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au) by 29 August 2022.

Best wishes

Janine

## Acquittal requirements

Current acquittal requirements include your Scholar Mentor Plan which is due now. It is essential you have contact with your mentor throughout the year.

Proof of membership of your Rural Health Club is due now also.

## Keep Your RAMUS Details Up To Date

Have your contact details changed recently? You can update your details online through the RAMUS website at: <http://ramus.ruralhealth.org.au/update-ramus-scholar-details> or email [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au).

## RAMUS on Facebook

Have you joined the RAMUS Facebook group?

The group contains 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](http://www.facebook.com/groups/348490061904468)

## Friends of the Alliance

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

[www.ruralhealth.org.au/joinfriends](http://www.ruralhealth.org.au/joinfriends)



## Mentor Experience - Comment from a Scholar who completed in 2021

Throughout this year – like all previous years – I have maintained contact with my rural mentor and continued activates with my rural health club RHINO. As such, I managed to undertake all activities mentioned on my Scholar Mentor Plan and gained what I had expected from these endeavours. My contact throughout the years with Dr Diefenbach has been important in making me the medical professional I am today, and I am looking forward to meeting with him in person when I return to Gladstone to thank him for all our time together over the last six years. I look forward to continuing my learning next year while I am interning in Cairns Hospital and am pleased that I will be undertaking a rural placement in Mareeba for 12 weeks in 2022.

I am forever grateful for RAMUS, it truly has changed my life.

I wish to take this opportunity to thank the RAMUS team for their ongoing support. Without the financial support provided through this program, completing my medical studies would have been exceptionally difficult.

Looking back, I think that being the recipient of the RAMUS scholarship has instilled in me an extensive appreciation of medical practice in a non-metropolitan setting. As a result of the scholarship, I am excited for more opportunities to practice in this environment – not only for the good experiences I am sure I will have, but for the care I can provide to patients living in these areas.

## Thoughts from Completing Scholars 2021

RAMUS has provided life changing support to me, and I'll forever be grateful for this. If it wasn't for the RAMUS program, I wouldn't be where I am today. Without this scholarship there is absolutely no way that I would have been able to move interstate and study medicine. I am so extremely grateful that RAMUS has supported me through this journey. I can't express how much I have learnt from my mentor Dr Clare Garner about what it means to be a great rural doctor.

Finally, taking a chance and moving to Queensland has been the opportunity of a lifetime. I am so grateful to JCU for accepting me into this program and to RAMUS for giving me the financial support. Not only am I prepared and work ready to start as an intern in Cairns Base Hospital in 2022, but I have been able to make a wonderful life for myself here in Far North Queensland. When anyone asks me 'should I move away for university, a job or a change', my answer is always yes. The opportunities that will be presented to you because you took a risk are truly amazing.

Clinical placement and my ability to forego working (due to receiving RAMUS) has helped me enjoy my rural placement and further my interest in rural medicine.

I wanted to write to express my gratitude for your program. I have recently completed my speciality training in Anaesthesia. I grew up in rural Tasmania and was one of 6 kids. My parents did not have a huge amount of resources. My RAMUS scholarship enabled me to move to Melbourne for University and meant I only had to work part time to support myself. It covered my rent and most of my living expenses throughout my undergraduate medical degree. I am returning to Tasmania to work as an Anaesthetist. I am sincerely grateful for your program and wanted to thank you for the impact this had on my ability to reach my goal of becoming a doctor. Your program also supported one of my sisters who is now undertaking GP training in Tasmania.

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.



## Australian Journal of Rural Health

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

The 16<sup>th</sup> Conference 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



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

Please contact [ramus@ruralhealth.org.au](mailto:ramus@ruralhealth.org.au) for access.

## 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.

Do not 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.



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

[www.ruralhealth.org.au](http://www.ruralhealth.org.au)