



Monash Rural Health East & South Gippsland

NEWSLETTER

WINTER 2017

DIRECTOR'S REPORT

One of the most satisfying aspects of teaching and supervising medical students is the experience of long-term mentorship of students throughout their university years and beyond graduation as they embark on their careers.

Formal programs such as the John Flynn Scholarship Program and the RAMUS scholars program provide support for rural doctors and practices that become involved as Mentors, but often these opportunities arise from personal or family connections which then develop into long-term professional relationships. I was reminded of this when staff and students from our program met with Year 11 and 12 secondary students from East and South Gippsland under the auspices of the Gippsland Students' Medical Network, funded by the State Government through Rural Workforce Agency Victoria.

I recall being involved, in the early days of the School of Rural Health, in the Monash University Rural Mentor Program, where students with an interest in rural practice were matched with established rural doctors and supported to visit the homes and practices of those doctors during their undergraduate years. I was fortunate to be matched with a Monash student who I had known since she was a young child, who grew up on a neighbouring farm near Lakes Entrance and expressed an interest in becoming a doctor during her early teens. The "mentorship" began in those early years with Saturday morning visits to our practice, as a secondary school student, to sit in the waiting room and treatment room to talk with local patients and staff in the practice. When Anne was accepted



Picturesque Dinner Plain, East Gippsland.

into Monash Medical School, we joined up as a Mentor/Mentee Team, and attended the annual dinners held by the Rural Mentor Program involving rural doctors and students from all over Victoria.

Anne and I also had the unique experience of presenting the Monash Rural Mentor Program as a conference paper at the Second World Rural Health Conference in Durban, South Africa, in 1998.

Looking back, this was in fact the start of an emerging academic career for Anne, who is now living and working in Darwin as a GP and senior academic with Flinders University Darwin Medical School, in between producing

three children. Anne remains a close friend and colleague, and it has been a privilege to follow her path through the junior doctor years, training for her ACRRM Fellowship, postings in Sudan and other "trouble spots" in the world as Medicines Sans Frontiers volunteer and her subsequent teaching and research in Darwin. It has also been a privilege to have Anne work as a locum in our practice from time to time when she returns to East Gippsland to catch up with her extended family.

Our School is becoming increasingly involved with primary and secondary schools in the region, assisting with Career advice to students, introducing them to our "resident" medical students, our teaching environment and clinical environments, providing increased momentum for encouraging young people in the community to consider careers in health sciences. This activity is particularly strong through our support for the Centre of Excellence for Aboriginal Health in East Gippsland (CEAHEG), involving primary and secondary Aboriginal students in learning about basic life support, basic anatomy and requirements for tertiary education programs.

These activities are a very important part of our commitment to community engagement as a key responsibility of the School of Rural Health.

David Campbell
Director, Monash Rural Health
East & South Gippsland

**RECOGNITION OF EDUCATIONAL
EXCELLENCE & INNOVATION**

This year Monash Rural Health (MRH) launched the inaugural Educational Excellence and Innovation Awards within the School of Rural Health (SRH), recognising outstanding individual and team-based contributions to the School's education programs. Selection criteria was adapted from the Monash Faculty of Medicine Nursing and Health Science's Monash Education Academy (MEA) and VC Provost (Learning and Teaching) Awards.

Individual awards recognised individual contributions and achievements that improve educational practices and exceeded the normal requirements of the position held by the staff member.

CONGRATULATIONS

We congratulate Dr Angelo D'Amore, Marnie Connolly and Dr Eleanor Mitchell on being recipients of the 2017 Educational Excellence and Innovation Individual Award. Angelo, Marnie and Eleanor each received a certificate of recognition for exemplary education contributions, citation on the MRH website and a \$1,000 grant to further their educational interests.

The team-based award was designed to recognise outstanding collaborative contributions to: student learning and

teaching and SRH educational program implementation/support. Teams that received the award demonstrated the effectiveness of their educational innovation through systematic feedback and evaluation strategies.

AWARD WINNING TEAM

MRH East & South Gippsland are excited to have been recipients of a 2017 Team Award for Educational Excellence and Innovation. We received a certificate of recognition for exemplary educational program innovation, citation on the MRH website and a \$2,000 grant to support translation of the educational innovation through journal/book chapter publication, resource development, &/or workshop or conference presentation.

BABY NEWS**CASEY STUBBS**

On May 30, 2017 Year 3B Academic coordinator Casey Stubbs and husband Brad Fairhall welcomed a son, Ethan Nicholas Fairhall. Weight 3.2 kg (7lbs .5oz). Length 52cm. A brother for 4 year old Mason.

**STAFF WELCOME**

Carmel McQuillen

MRH East and South Gippsland welcomes Carmel McQuillen, new casual Administration Officer at Sale.

You will find Carmel's bright and friendly face at the Sale reception on Monday and Fridays, and other day's as required.

EAST GIPPSLAND CAREER EXPO

On Wednesday May 24th MRH East Gippsland participated in the East Gippsland Shire's Careers Expo where over 50 federal, state and local businesses present their career opportunities to year 10, 11 and 12 secondary students from across the region.

Working collaboratively with Bairnsdale Regional Health Service it was an exciting day with hundreds of East Gippsland students looking for career advice and information.

Year 4C & 5D Bairnsdale medical students and staff applied moulage, demonstrated CPR, and distributed brochures and flyers to the enquiring students. With several students keen on a career in medicine, staff are hopeful there are some local doctors in the pipeline.



Right (L/R): Year 4C Bairnsdale student Amy Martin and Year 5D Javaria Mustafa applying and being applied with Moulage bruising.

ENCOURAGING RURAL SECONDARY STUDENTS INTO MEDICINE

Secondary students in East & South Gippsland heard directly from current medical students and clinicians about studying medicine at sessions organised in collaboration with the Gippsland Students' Medical Network in Sale, Bairnsdale and Leongatha.

In early May, lunchtime sessions were held at the Bairnsdale and Sale education sites, giving local senior secondary students and careers teachers some insight into pathways into medicine and a look at our education facilities.

Presented by Julieanne McLuckie from Gippsland Students' Medical Network, and facilitated by visiting second year medical students, local Year 3B, 4C and 5D medical students, the sessions provided advice on the compulsory Undergraduate Medicine and Health Sciences Admission Test, or UMAT, and medical students shared their experiences.



Medical and secondary students at the Sale information session.

Information on the pathways into medicine were advised and the local secondary students were encouraged to undertake some of their studies in a rural clinical setting citing

the excellent educational experience compared with city-based placements.

In Bairnsdale, Associate Professor David Campbell offered advice and a snapshot of opportunities available to rural students.

An evening session supported by South Gippsland Year 4C medical students was held at the Leongatha education site, where students from Korumburra Secondary College, Foster Secondary College and Mary MacKillop Catholic Regional College attended.

Dr David Iser, local GP and Monash Rural Health Senior Lecturer welcomed the students and introduced local GP Anaesthetist, Dr Chris Perry who grew up in South Gippsland and completed his primary and secondary schooling in Mirboo North (South Gippsland).

Dr Perry spoke about his career including his time in the Royal Flying Doctor Service in the Pilbara. "Once qualified, you can go anywhere" Dr Perry said, and then explained why he has chosen to come back to a rural area.



Dr Chris Perry, GP anaesthetist based in Leongatha speaking to secondary students of the South Gippsland region

BAIRNSDALE STUDENT RANKS HIGHLY

2016 Bairnsdale Year 4C MBBS student Mariam Hassan was very excited to receive her Z score (overall ranking in the cohort) as she ranked in the top 7% of the cohort.



Mariam Hassan

"I owe it all to the unparalleled support, teaching and hands on experience I had last year", Mariam said. "A massive thank you again to everyone! Now that I'm back in Melbourne I really appreciate what an invaluable experience I had last year".

Congratulations Mariam, all your hard work and efforts paid off.

MONASH SOCIAL WORK STUDENTS VISIT BAIRNSDALE



L/R Social work students Jincong Zuo, Diana Gee, Natalie Cignarella, Cassandra Pollock with Dr Eleanor Mitchell

On 12-13 June 2017, five Monash University social work students visited Bairnsdale for some intensive research methods training. The students attended sessions on quantitative research, statistics, survey design, using online survey tools, and research ethics. They

also had the opportunity to meet a local BRHS social worker and discuss the differences and opportunities for rural practice. The students will remain in the Gippsland area for a 15 week research placement and will be conducting elements of the Hazelwood Mine Fire study.

STUDENT NEWS

COONAWARRA FARM RESORT 2017

On Friday March 17, MRH Sale and Bairnsdale Year 3B and 4C students joined professional and academic staff for a day of team building and fun activities.

As it was St. Patrick's Day, it was a fancy dress theme with the two best dressed students being awarded a small prize.

Scrumptious morning/afternoon tea and a lovely BBQ lunch was provided by staff, providing the students with the energy needed for a full day of activities including the giant swing, climbing wall, team hut building, and team rescue, just to name a few!

Staff and students enjoyed the opportunity to get to know each other and enjoyed the wonderful facilities of the East Gippsland farm resort.



Best fancy dressed, Year 4C Bairnsdale students Sebastian Wrobel and Amy Martin.



Team Rescue.



Sale and Bairnsdale Year 3B & 4C students.

EMERGENCY SKILLS DAY



L/R Dr Worboys, Year 4C students Gaby Bolton, Hayden Jones and Muirin Healy.

Year 4C medical students in South Gippsland had the opportunity to participate in an emergency skills day at Leongatha.

The first simulation scenario involved a woman with a post partum haemorrhage. The team, during the second exercise, treated a man needing Advanced Life Support, and the third scenario involved treating a drowning child.

This was facilitated by 3 experienced rural GP's one of whom spent several years with the RFDS in WA, and provided the students with valuable skills and an insight into rural emergency management.

YEAR 3B

The students have embraced the integrated medical program between Central Gippsland Health Service (CGHS) and Bairnsdale Regional Health Service (BRHS) with medical & surgical rotations. Semester one was a robust term of academic tutorials and clinical placements. The students attended a bonding day with the Sale and Bairnsdale Year 4C students at Coonawarra Farm Resort and enjoyed the team motivation activities of the day.

Practice OSCEs were held in Semester 1 for the students, which formulated a baseline for individual study programs. The students have just come back from a well-deserved break and now look forward to further clinical rotations between CGHS and BRHS throughout semester 2.

As relieving coordinator due to Casey Stubbs being on maternity leave, I would like to acknowledge and thank Casey for all her support in the transition to the role in semester 1.

Laurea Atkinson

YEAR 4C SALE

First semester for the Year 4C Sale students has flown by with the students just returning from a well-earned break! The seven Year 4C students have been exposed to all four specialities in Semester one and experienced many real life clinical situations that will help mould their professional career. We have been fortunate to have excellent tutors throughout semester one that have engaged and encouraged the students to apply theory to practice. The students have also blended into life in Sale and surrounding towns, taking on social opportunities as well to make the most of their year in a rural community!

Prue Berry

PAEDIATRIC STUDY DAYS



Victoria's leading paediatricians, staff with Year 4C medical students from Sale and Bairnsdale.

Four of Victoria's leading paediatric surgeons from the new Monash Children's Hospital visited in May working with our Sale and Bairnsdale Year 4C medical students as part of their Children's Health studies. Dr Ram Nataraja - Consultant Paediatric Surgeon, Director of Surgical Simulation, Dr Chris Kimber - Associate Professor and Consultant Paediatric Urologist, Dr Maurizio Pacilli - Consultant Paediatric Surgeon and Dr Juan Bortagaray - Consultant Paediatric Urologist spent two days with the students teaching topics from assessing abdominal pain in

childhood to gastrointestinal neonatal conditions. The students were also able to experience performing laparoscopic surgery with the use of laparoscopic trainers, as well as managing the deteriorating child, utilising the simulation suite at Monash Rural Health in Bairnsdale.

Students found the two days invaluable and will be able to apply their learning whilst on rotation in their allocated GP Practices as well as in the Paediatric Unit at Central Gippsland Health Service Sale.



L/R Pictured Year 4C Bairnsdale medical students Holly Fox and Claudia Duke practicing laparoscopic surgery on the laparoscopic trainers being observed by fellow Year 4C Bairnsdale students Amy Martin and Cathy Jiang.

YEAR 2 PLACEMENT

This year Monash Rural Health Sale welcomed 16, Year 2 MBBS students for two weeks placement in April. While on placement at Sale, the students were able to experience and see a number of aspects of rural life. The students completed placement within local health care services, including GP visits, allied health placement and nursing placement. In addition to clinical placements the students were taken on a tour of the local area, to look at the dangers of farming and the importance of OH&S and the prevention of the spread of disease from animals or water to humans. The year 2 students were able to enjoy some time socialising with the Sale year 3B & 4C students, and gain their perspective on what it is like to study in a rural area. Overall, the placement was a great success and there was lots of positive feedback received.



Year 2 students on placement in Sale

Casey Stubbs

MUSIC, MERRIMENT AND MEDICINE IN SOUTH GIPPSLAND

One of the perks of being a rural medical student is getting free festival tickets! Myself and three other Wonthaggi students were lucky enough to be invited to help out in the first aid tent at the Hills are Alive music festival by one of the organisers. As well as having a great time enjoying the music and comedy acts we were able to use our medical knowledge and skills. This ranged from dealing with minor injuries, preventative measures and being the first responders to a critical incident. We were all so grateful to be given this opportunity for not only the experience but to also be involved in our extended community. As many doctors in rural towns may have



Sunset at the Hills are Alive music festival.

found, the Wonthaggi community have really welcomed us with open arms and facilitated many invaluable experiences.

Matilda Maynard
Year 4C Wonthaggi student

TENNIS IN WONTHAGGI



L/R Stephanie McKelvie and Matilda Maynard - Year 4C Wonthaggi students.

Some of the Wonthaggi doctors encouraged us to sign up for the local tennis season to participate in some friendly rivalry. Steph and I decided to buddy up and form a team. Each week one of us would head down on a Tuesday night and play a round robin of doubles. We realised pretty quickly that the standard was high, but we appreciated the workout as well as the social aspect. At the end of the season we celebrated our achievements with a BBQ and award ceremony. We are both now looking forward to starting the next season!

Matilda Maynard
Year 4C Wonthaggi student

GIPPSLAND EDUCATION TRUST GRANT

The Gippsland Education Trust was established in partnership with the Rotary Club of Sale and the Shires of Wellington and East Gippsland. Support grants are available to qualifying local scholars who received an offer to study Bachelor of Medicine, Bachelor of Surgery (MBBS) at Monash University.

This year there are two successful grant recipients each awarded \$10,000 to assist with relocation costs, accommodation and curriculum text books.

We congratulate our 2017 grant recipients Max McKenzie and Stephanie Wall, both Year A MBBS students from Gippsland Medical School.

My name is Max McKenzie, and I am so grateful to be receiving a Gippsland Education Trust Grant in 2017.



Max McKenzie

As a brief introduction to myself, I have been a part of the sale community for as long as I can remember, completing my education at 545 Primary before moving to Sale College for my high school education. From here I studied a Bachelor of Biomedical Science for 3 years at Monash University in Clayton, where I was accepted into the Medical course offered at Churchill, where I am currently undertaking my first year. From here I intend to return to Sale hospital in subsequent years to give back to the community which has played such a positive role in shaping who I am today. I am open minded to specialties at this early stage in my career, however I have an inclination toward both pediatrics and cardiology.

In returning to Gippsland, I hope to not only



L/R Mike Smith - Chairman Rotary Club of Sale, Stephanie Wall, Max McKenzie, David Strauss - President Rotary Club of Sale.

contribute to the medical field, but also influence education in local high schools while promoting rural health as a career option. The grant will assist me in so many ways, some of these being living costs, travel expenses to classes in Melbourne, and in purchasing essential textbooks. I look forward to interacting with the Sale Rotary Club, and am excited to interact further with the wider Gippsland community in coming years.

Max McKenzie

My name is Stephanie Wall, and I am very excited to be a recipient of the Gippsland Education Trust Grant in 2017.



Stephanie Wall

I am a first year post graduate medical student with Monash University, and am currently located at Churchill. I was born in the outer eastern suburbs of Melbourne, but my family moved to

the Warragul area when I was four. I lived in this area right up until I finished school and attended university, studying a Bachelor of Biomedical Science, which I completed in November 2016. In my Bachelor of Biomedical Science I particularly enjoyed physiology and embryology. This year I'm my cohort's representative for WILDFIRE (Monash's Rural Health Club), and through this, I help plan both social and academic events, whilst promoting fellow students to try a placement in a rural area.

I enjoyed growing up in Warragul, and really valued the closeness of the community, and look forward to one day being able to work as a doctor, as well as bring up my family in a similar environment. I'm also looking forward to being able to provide healthcare to people in these communities, allowing them to stay close to their families, and not have to travel up to Melbourne for treatment. I'm quite interested in women's health at the moment, but I have a long journey before I have to make any decisions about what I would like to specialise in, so my interests might change in that time.

Stephanie Wall

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