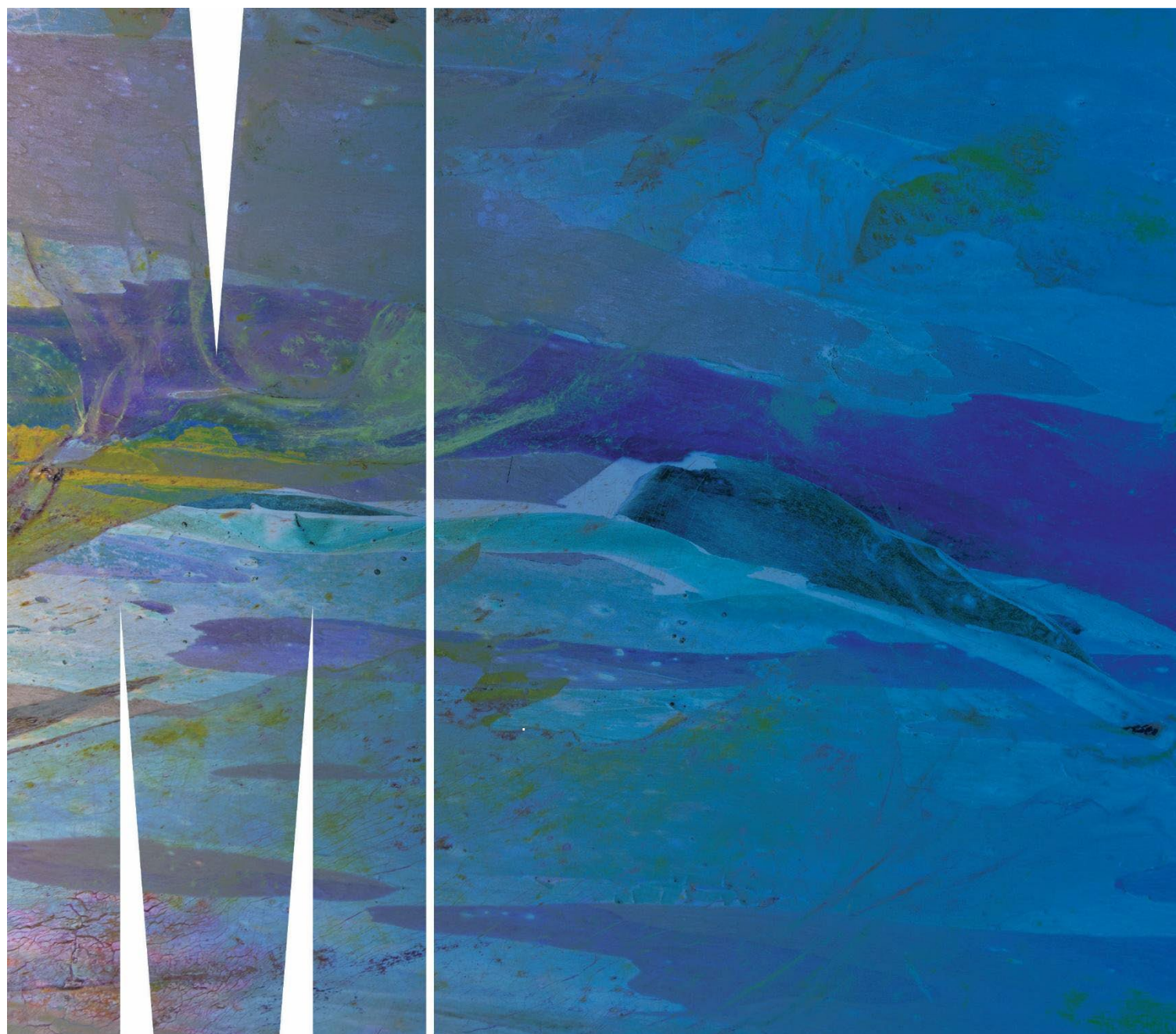


YEAR 5D RURAL ROTATIONS GUIDE 2024



CONTENTS

About Monash Rural Health	1
Gippsland.....	1
North West Victoria	1
Monash Rural Health Sites	2
Bairnsdale	2
About Bairnsdale.....	2
Bairnsdale Regional Health Service (BRHS)	2
Education opportunities.....	2
Clinical Rotations	2
Emergency Medicine.....	2
Aged Care	3
Surgery.....	3
Medicine.....	3
Specialty rotations.....	4
Scholarly Intensive Placements	4
Bendigo.....	4
About Bendigo	4
Bendigo Health	5
Clinical Rotations	5
Emergency Medicine.....	5
Aged Care	5
Medicine.....	6
Infectious Diseases/HITH & Endocrinology.....	6
Cardiology	6
Renal	7
Surgery.....	7
Specialty rotations.....	7
Anaesthetics.....	7
Cardiology	8
ICU	8
Orthopaedics.....	9
Oncology & Cancer Care	9
Paediatrics and Child Health	10
Palliative Care	10
Renal.....	11
Scholarly Intensive Placements	11
Mildura	12
About Mildura.....	12
Mildura Base Public Hospital	12
Clinical Rotations	13
Emergency Medicine.....	13
Aged Care	13
Surgery.....	13
Specialty Rotations	14
General Practice	14
Cardiology	14
Anaesthetics.....	15

Indigenous Health	15
Psychiatry.....	16
Scholarly Intensive Placements	16
Sale.....	17
About Sale	17
Central Gippsland Health.....	17
Education opportunities.....	17
Clinical Rotations	17
Emergency Medicine.....	17
Aged Care	17
Medicine.....	18
Surgery.....	18
Specialty rotations.....	18
Anaesthetics.....	18
Radiology	18
General Practice	18
Scholarly Intensive Placements	18
Traralgon	19
About Traralgon	19
Latrobe Regional Health (LRH).....	19
Education opportunities.....	19
Clinical Rotations	19
Emergency Medicine.....	19
Aged Care	19
Medicine.....	19
Surgery.....	19
Specialty rotations.....	20
Scholarly Intensive Placements	20
Warragul	20
About Warragul	20
West Gippsland Healthcare Group	20
Education opportunities.....	20
Clinical Rotations	20
Emergency Medicine.....	20
Aged Care	21
Medicine.....	21
Surgery.....	21
Specialty Rotations	21
Wonthaggi.....	21
About Wonthaggi	21
Bass Coast Health	21
Clinical Rotations	22
Emergency Medicine.....	22
Aged Care	22
Surgery.....	22
Medicine.....	22
Specialty Rotations	22
Ophthalmology	22
Anaesthetics.....	23
Oncology	23
Scholarly Intensive Placements	23

Other Resources	23
Monash Regional Training Hubs	23
Monash Rural Health placement Matrix.....	Error! Bookmark not defined.
Student Experiences.....	23

ABOUT MONASH RURAL HEALTH

Monash Rural Health has teaching sites spread across its footprint from Mildura through to Bairnsdale. Our School is based in two regions in rural Gippsland and north west Victoria.

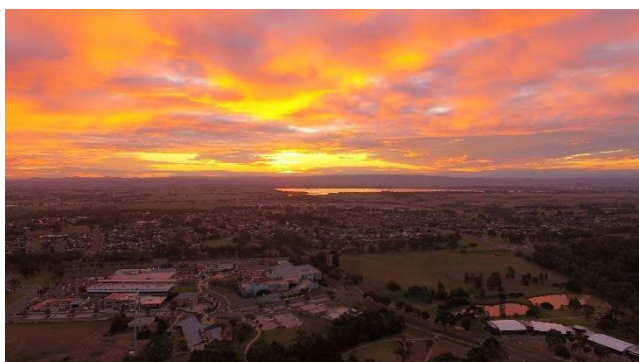
Undertaking final year clinical placements through Monash Rural Health at any of our regional clinical training sites will provide you with exceptional hands-on clinical learning experiences and valuable preparation for postgraduate training and professional practice. You will also gain unique and in-depth insight into the lives of patients you will be caring for, through the integrated residential experience of our 5D rural program. This will give you a rich understanding of the impact of illness and wellness in the lives of the communities you can be part of during final year.

All Monash Rural Health sites boast exceptional educational facilities, with provision for hosting students across all year levels of the Monash MD course. All of our clinical training sites are attached to a regional or rural hospital and partner with a range of general practices and community-based health services.

In North West Victoria, Monash Rural Health offers placements at the two major teaching sites at Mildura and Bendigo, partnering with Mildura Base Public Hospital and Bendigo Health respectively. Similarly, across Gippsland, Monash Rural Health has teaching sites at Traralgon, Warragul, Sale, Bairnsdale and Leongatha. Health services across Gippsland include Latrobe Regional Hospital, West Gippsland Healthcare Group, Central Gippsland Hospital, Bairnsdale Regional Health Service and Bass Coast Regional Health.

GIPPSLAND

Monash Rural Health delivers final year placements across five health services in Gippsland and several teaching general practices. It provides all necessary clinical learning opportunities to prepare students to progress and to work safely as junior doctors, post-graduation.



Gippsland has been declared an area of need (AON) in terms of the healthcare requirements of its population. Nonetheless, there are well-established and robust health services that are continually expanding their outreach and range of services to better service the local communities.

Monash Rural Health's strong relationships with Gippsland's healthcare services boast well-established and developing educational services, and exciting initiatives to support undergraduate and postgraduate health professional education. The philosophy of Gippsland health services is to be inclusive and to work towards sustainability, to prepare, recruit and retain a highly skilled, well-supported and satisfied workforce.

This means that you will be exposed to the common and not-to-be-missed conditions that you need to see as part of your training and to prepare you for your professional practice. Some of these presentations will be complex, given our population demographics. You will have the opportunity to learn by working as a member of the healthcare team, and to learn about specialised practices such as retrieval and referral to and from specialised tertiary and quaternary (highly specialised) services.

The [Monash Gippsland Regional Training Hub](#) continues to make significant inroads in the development of training pathways, connecting all stakeholders in creating new links between clinical training posts for junior doctors and specialist training positions.

You will be warmly welcomed to our region, to live and learn in Gippsland and to progress in your chosen profession. There will be opportunities to experience and enjoy the varied Gippsland lifestyle and to expand your scope of practice by also engaging in teaching and research activities relevant to rural medicine. Above all, you will be supported to make real progress in your chosen profession.

NORTH WEST VICTORIA

The North West encompasses the Loddon Mallee region, which occupies more than a quarter of the state of Victoria. Students who choose to come to the North West will be placed at either Monash Rural Health Mildura or Bendigo, and clinical placements will primarily be at Mildura Base Public Hospital or Bendigo Health, respectively.

These sought-after 5D placement sites deliver all core final year rotations – Medicine, Surgery, Emergency Medicine, Aged Care, Scholarly Intensive Placements (SIPs), as well as offering a wider selection of Specialty rotations, including Cardiology, Anaesthetics, Indigenous Health and others dependent on availability. Both sites have strong partnerships



with their health services, resulting in well-earned reputations for delivering a wide range of high quality, hands-on clinical experiences that prepare students well for internships and beyond.

In addition, there are opportunities for interested students to undertake placements or SIP projects across a range of community-based health services, private hospitals and general practices.

The [Monash North West Victoria Regional Training Hub](#) is very active in facilitating programs and hosting events to support senior medical students and junior doctors to help build clinical and non-clinical skills to prepare for a rural lifestyle and career.

MONASH RURAL HEALTH SITES

BAIRNSDALE

Monash Rural Health Bairnsdale is located at [Bairnsdale Regional Health Service](#), which is 280kms east of Melbourne along the Princes Highway.

ABOUT BAIRNSDALE



Located on the Mitchell River, Bairnsdale has a population of around 19,000 people. Only minutes from the Gippsland Lakes, Bairnsdale has convenient access to waterways and beaches suitable for fishing, surfing and swimming. The town is known for its beautiful gardens and parks.

BAIRNSDALE REGIONAL HEALTH SERVICE (BRHS)

BRHS has 52 acute and 19 sub-acute beds, providing a range of multidisciplinary health services to a growing population in East Gippsland. As the last major hospital this side of the NSW border, BRHS caters for a population of 46,818 across its service area. BRHS boasts a range of acute care services, sub-acute services, allied health and aged care.

Education opportunities

Year 5D placements at BRHS provide students with the opportunity to experience end-to-end and holistic patient care. Students are integrated into multidisciplinary patient care teams and become valued and relied upon members of these teams. As an integrated member, students have the opportunity to prepare for independent practice undertaking intern activities whilst being supervised. Students will have the opportunity to attend regular hospital teaching sessions, including regular junior doctor education sessions, grand teaching rounds, emergency department teaching, multidisciplinary meetings and case-based presentations.

CLINICAL ROTATIONS

Emergency Medicine

BRHS has a busy emergency department (ED) staffed by a highly motivated multidiscipline team, who manage in excess of 20,000 emergency presentations per year. Students work under the supervision of the senior medical emergency doctors, and alongside Registrars and Interns while experiencing a wide variety of patient presentations during completion of their ED rotation at BRHS.

Students can expect to be actively involved with patient assessments, providing treatment, input to patient management, organising patient investigations, liaising with patients and other departments, involved with referrals, and actively involved in patient discharge planning. There are many opportunities to practice clinical procedures prior to the intern year. In addition, students have opportunity under supervision to engage and observe in the resuscitation and acute care areas. There is opportunity to join the weekly emergency education programme held at 7.30am each Wednesday morning, prior to commencing the shift. These education sessions are facilitated by senior emergency doctors.

The Student Experience in Emergency Medicine

"The best part of placement in Bairnsdale was feeling like a valuable member of the treating team. As the only student placed in the Emergency Department, I had the opportunity to have real hands-on experience with the ability to truly make a tangible difference to patient care. I felt very grateful to have been supported and welcomed by such a warm, caring and inspiring treating team."

Caitlin Louey, 5D 2022

Aged Care

BRHS has a purpose-built 19 bed sub-acute/rehabilitation unit that encompasses Geriatric Evaluation Management (GEM) beds, an inpatient post-surgery rehabilitation unit, respite facilities, and a transitional care programme for patients before being discharged home. In this unit students will work within a multidisciplinary team under the supervision of a geriatrician to provide holistic, contemporary and best practice care. Students will work alongside the Intern gaining experience and insight into clinical activities expected of a junior doctor in a rehabilitation and aged care facility.

Students can expect to be involved with daily ward rounds under the supervision of the physician, discharge planning in addition to the regular case-based meetings. Clinical activities will include admitting new patients to the ward, clinical assessment of patients, performing clinical procedures, including venepuncture, intravenous cannulation and insertion of indwelling urinary catheters. Students will work alongside the Intern and gain knowledge and experience to the role of the junior doctor including referral process, discharge letters and medication reviews.

Students have the opportunity to join education sessions in the sub-acute/rehabilitation unit and attend the twice weekly lunchtime junior doctor education sessions.

Surgery

BRHS is equipped with two busy theatres that cater to general surgery, ophthalmology, urology, orthopaedics, and obstetrics and gynaecology. This is a busy surgical department that is required to deliver emergency surgery after hours. BRHS has three permanent general surgeons who supervise final year students. In addition, visiting surgeons covering other disciplines including gynaecology, urology, paediatrics and ophthalmology. Students will work alongside the surgical Registrar and Intern and gain experience and insight to the role of a junior doctor in a surgical department.

When based at BRHS students will participate in all activities for which this team is responsible including, daily ward rounds, clerking of new patients, assessment of patients in the surgical ward and ED, scrubbing in for theatre lists and spending clinical time in the day procedure unit and with longer stay admissions. Students will have the opportunity to practice procedural skills such as venepuncture, intravenous cannulation, airway management and insertion of indwelling urinary catheters. Students will also shadow the surgeons to the consulting rooms and participate in outpatient consultations.

Final year students can join the BRHS junior doctor education twice weekly with the surgical Intern, facilitated by senior doctors including their surgical supervisors. Students will be invited to present patient cases to their supervisor for further learning.

Medicine

BRHS has a medical service that provides a range of general and specialised care to patients. The 34-bed medical/surgical unit with a recently established high dependency unit provides acute medical care for inpatients with cardiac, respiratory, renal, neurological and gastrological conditions. This is a large ward with multidisciplinary patient care. Students are able to gain greater insight into the function of a large ward and the role of other health care providers such as nurses, allied health and the Aboriginal health care team.

Clinical placement will be under the supervision of the three permanent physicians at BRHS, and students will attend daily ward rounds and bedside teaching. Students will work alongside the Intern and Registrars and be involved in the day to day activities expected of junior doctors. Opportunities to practice clinical and non-clinical skills include, intravenous cannulation, venepuncture, urinary indwelling catheters, in addition to patient admission, patient reviews, discharge planning, referral processes etc.

Education on this ward includes fortnightly telemedicine tutorials with a tertiary hospital, weekly junior doctor education sessions, bedside teaching and weekly emergency department education.

SPECIALTY ROTATIONS

BRHS offers a number of services which students can access for a Specialty rotation. Some potential options include:

- Emergency Medicine
- General surgery
- Aged care
- General Medicine

SCHOLARLY INTENSIVE PLACEMENTS

SIP projects on offer at MRH Bairnsdale are in collaboration with Bairnsdale Regional Health Service (BRHS). The majority of projects offered at BRHS are quality assurance/quality improvement (QA/QI) style projects, based on hospital acquired complications, national standards and in identified areas of need. All projects are clinically based and are aimed to enhance the students understanding of health care QA/QI processes.

BENDIGO

Monash Rural Health Bendigo is located adjacent to Bendigo Health, which is located 150 kms north west of Melbourne.

ABOUT BENDIGO



If you choose the School of Rural Health for placements in 2024 and are allocated to Bendigo, you will complete your placements across a range of core areas and specialties. Bendigo Health provides a large range of placements for final year medical students. Placements in 2024 may include:

- a Medicine rotation in General Medicine, Respiratory, Endocrinology, Infectious Diseases, Cardiology, Renal
- a Surgery rotation in General Surgery, Acute General Surgical Unit, Orthopaedics, Urology
- a Chronic Care rotation (Aged Care)
- an Emergency Medicine rotation (ED)
- a Scholarly Intensive Placement (SIP)

PLUS

- any two of the following as specialties if they are available: Anaesthetics, Oncology & Cancer Care, ICU, Infectious Diseases, Palliative Care, Cardiology, Renal, Paediatrics & Child Health, Rehabilitation

You will be entrenched within your Bendigo Health team as a fully integrated member with specific responsibilities that are appropriate for students preparing for independent practice as Interns.

Year 5D placements, or pre-intern positions, with Bendigo Health were highly regarded by previous students, who offered the following comments about the value of this integrated team approach and advice they would give to future 5D students:

"Make the most of your time in the hospital! Shadowing the Interns and practicing Intern jobs is extremely useful."

"Take on responsibility within your team: do referrals, write path slips, see patients."

"Watch what the Interns/HMOs do and try and be able to do what they do."

You will also spend time in our Clinical Skills and Simulation Centre (CSSC) with experienced educators to ensure that your clinical and procedural skills progress towards the Intern standard you need to be at by the end of the year. Time spent in the CSSC in Bendigo was one of the things the recent final year students found most effective in helping them prepare for being an Intern.

[Learning clinical skills in Final Year at Monash Rural Health Bendigo](#)

One student from 5D in 2020 called Bendigo *"the best place to learn Medicine in the Monash Network."*

BENDIGO HEALTH

[Bendigo Health](#) is a leading regional health service, with around 4000 staff and a catchment area covering a quarter of the size of Victoria. The three main campuses of Bendigo Health are in Bendigo, with many services that extend to regional settings including areas such as Mildura, Echuca, Swan Hill, Kyneton and Castlemaine.

The organisation provides services in emergency, maternity, women's health, medical imaging, pathology, rehabilitation, community services, residential aged care, psychiatric care, community dental, hospice, palliative care, cardiology, cancer services and renal dialysis to the people of the Loddon Mallee region.

In addition to operating a large acute hospital we offer subacute services including inpatient and outpatient rehabilitation, a regional psychiatric service, residential care, specialist clinics, dialysis and a range of outreach services such as hospital in the home.

A 724-bed service, Bendigo Health treats more than 49,000 inpatients, deals with more than 52,000 emergency attendances, delivers around 1,400 babies and takes more than 110,000 medical images each year.

These services are complemented by an integrated Cancer Centre, which administers around 9000 chemotherapy treatments each year, an 80-bed Psychiatry Unit and 11 operating theatres where almost 15,000 surgical procedures are performed annually.

CLINICAL ROTATIONS

Emergency Medicine

The Emergency Department is staffed 24 hours a day.

The role of the pre-intern student is to function at Intern level and learn to take practical responsibility for patient assessments, decision making and implementation of management plans. This is a hands-on and active role which immerses the student in the workload of the unit. Students are rostered to attend and expected to work under the supervision of a Consultant Emergency Physician.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes weekly half day teaching with a Consultant Emergency Physician. There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

The student will make an initial assessment (with early contact with the supervising consultant within 30 minutes), organize investigations, coordinate treatment, make referrals, organize discharge, keep patients well informed, and adequately document their patient encounter.

Students are also expected to engage in procedures both in resuscitation and fast track area where they may be under the supervision of a registrar or resident. This is done in an opportunistic way as cases present.

Aged Care

Aged Care encompasses the Geriatric Evaluation Management (GEM) wards, the Geriatric Evaluation Management ward on acute (GEM on acute) and the Orthopaedic Geriatrics ward along with Outpatient Rehabilitation with speciality outpatient clinics.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes:

- A weekly case-based meeting
- A weekly grand round meeting
- A weekly module teaching
- A fortnightly Journal Club

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

You will admit new patients to the ward with full history and examination and assessment of function. Perform procedural work (cannulation, venepuncture, catheterisation, ABGs etc.).

Medicine

The Medical Unit provides a wide range of acute medical services for inpatients, such as those with cardiac, respiratory, renal, endocrinological, gastroenterological, hepatological, neurological, oncological, and haematological conditions. The team of professionals consists of nurses and medical staff working in close liaison with allied health services including physiotherapy, occupational therapy, speech and dietetic therapists.

The physician team at Bendigo Health consists of the Director of Medicine, Staff Specialists, and a team of VMO Consultant Physicians who supervise a team of physician trainee Registrars, medical Residents, and medical Interns. The pre-intern student will be an integral part of the team and will be expected to perform many of the roles and function of the Interns

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes:

- Weekly Grand Round
- Daily ward rounds / bedside teaching
- Fortnightly Journal Club
- Morbidity & Mortality meetings
- Multidisciplinary meetings

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

The pre-intern positions with the Medical Team are entrenched within the team and are fully integrated members with specific responsibilities that are appropriate for students preparing for independent practice as Interns. The pre-interns will:

- admit and share responsibility for ongoing management of a specified number of patients under the direct supervision of the Registrar
- work within the acute admissions unit under Registrar supervision
- attend General Medical clinics and clerk patients, presenting them to the Consultant
- dictate letters to GPs (copies to the patient) for sign off after review by the Consultant and have direct experience in performing clinical procedures relevant to the practice of internal medicine
- learn about insulin usage, and spend time with the diabetes educators
- attend Pregnancy and Foot Clinics that are run for diabetic patients

Infectious Diseases/HITH & Endocrinology

These teams sit within the Medicine Unit and you will be supervised by a physician and Registrar.

Cardiology

The Cardiology Unit provides a wide range of medical services for patients with cardiac conditions. The team of professionals consists of nurses and medical staff working in close liaison with allied health services. The pre-intern student will be an integral part of the team and will be expected to perform many of the roles and functions of the Interns.

Pre-internship position

The pre-interns will:

- admit and share responsibility for ongoing management of a specified number of patients under the direct supervision of the Registrar
- work within the acute admissions unit under Registrar supervision
- attend Cardiology clinics and clerk patients, presenting them to the Consultant
- review a specified number of patients under supervision at weekly clinics and demonstrate good note taking and letter writing skills
- attend echocardiography, coronary CT and percutaneous coronary intervention procedures
- have direct experience in performing clinical procedures relevant to cardiology – Echo, TOES, Coronary CT, Stress testing, Holter monitoring, PCI's and Pacemakers

Renal

The Renal Unit is a busy unit with an interest and emphasis on teaching and learning across the continuum of training with links to the Renal Society of Australia, Kidney Health Australia and the Australia & New Zealand Dialysis and Transplant Registry.

Renal services provide the community with haemodialysis (HD), peritoneal dialysis (PD), chronic kidney disease (CKD) management, pre-transplant work-ups, post-transplant care and supportive care management. In addition to allocated hospital beds the renal team manage 12 dialysis chairs, treating patients and outpatients for CKD management.

The pre-internship position will:

- Undertake a pre-intern role within the unit, by 'shadowing' the renal Intern
- work within the renal admissions unit and dialysis unit under Registrar supervision
- attend renal clinics and clerk patients, presenting them to the Consultant
- review a specified number of patients, under supervision, at weekly clinics and demonstrate good note taking and letter writing skills
- have direct experience in performing clinical procedures relevant to the practice of renal medicine
- develop assessment skills in renal medicine

Surgery

The Surgical Unit specializes in a range of surgical conditions including pre and post-operative care of patients undergoing surgery. The unit includes minor and major abdominal, ear, nose and throat (ENT), head and neck, facio-maxillary, urology, vascular, reconstructive and thoracic surgery. In addition to its in-patient work, the department is responsible for almost daily clinics including Registrar run clinics.

Learning opportunities

The Surgical Unit is a busy department with an interest and emphasis on teaching and learning across the continuum of training for Fellows, Registrars, Interns and medical students. The pre-intern student will be an integral part of the surgical team and will be expected to perform many of the roles and functions of the Intern but with greater degrees of supervision. They will be based in Bendigo Health for most of their time and will participate in all activities for which this team is responsible including daily ward rounds, clerking of new patients, and assessment of patients in ED and attendance in theatre and day procedure unit.

They will also participate in clinics at Bendigo Health including:

- weekly module teaching
- weekly team meetings

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

The student will:

- view and undertake simple image guided procedures such as venepuncture or ascites drainage
- review the student teaching file individually or with the Consultant/Registrar

SPECIALTY ROTATIONS

Anaesthetics

Exposure to Anaesthetics consists of:

- The department providing a 24-hour anaesthesia and peri-operative service to Bendigo Health.
- Students will take part in pre-anaesthetic assessment and clerking of patients pre-operatively and may attend at least one pain round and one ECT session during the rotation.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants.

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

The Student Experience in Anaesthetics

"The highlight was definitely hands-on experience with patient airway management including performing airway manoeuvres and inserting laryngeal mask airways. It was really great to be able to apply these skills that you often only used in a simulated setting, and gave me more confidence!"

Meghan Taylor, 5D 2021

Cardiology

The Cardiology Unit provides a wide range of medical services for patients with cardiac conditions. The team of professionals consists of nurses and medical staff working in close liaison with allied health services. The pre-intern student will be an integral part of the team and will be expected to perform many of the roles and function of the Interns.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, registrars and consultants that includes:

- Weekly Grand Round
- Daily ward rounds / bedside teaching
- Journal Club
- Morbidity & Mortality meetings
- Multidisciplinary meetings

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

The pre-intern position with the Cardiology team is entrenched within the team and is a fully integrated member with specific responsibilities that are appropriate for students preparing for independent practice as Interns. The pre-interns will:

- admit and share responsibility for ongoing management of a specified number of patients under the direct supervision of the Registrar
- work within the acute admissions unit under Registrar supervision
- attend Cardiology clinics and clerk patients, presenting them to the Consultant
- review a specified number of patients under supervision at weekly clinics and demonstrate good note taking and letter writing skills
- attend echocardiography, coronary CT and percutaneous coronary intervention procedures
- have direct experience in performing clinical procedures relevant to cardiology – Echo, TOES, Coronary CT, Stress testing, Holter monitoring, PCI's and Pacemakers

ICU

The Intensive Care Unit combines intensive care, and coronary care. The unit cares for intensive care, high dependency and coronary care patients.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes:

- A weekly bedside tutorial
- Accompanying the MET team and Code Blue Response team

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

Due to the high patient ratio of staff within these areas the experience is very hands-on and many procedures will be perfected on this rotation. You will admit and take full responsibility for ongoing management of a specified number of patients. You will achieve and demonstrate competence in resuscitation in both simulated and real-life settings and achieve and demonstrate competence in performing venepuncture, IV cannula insertion, IDC, nasogastric, arterial line, and basic airway techniques.

Orthopaedics

The Orthopaedic Unit cares for patients who have injuries or other problems with their spinal system, such as bones, joints and muscles. The unit provides a comprehensive range of surgery and emergency care and also accepts trauma patients and referrals from other regional and rural hospitals. The Registrars provide 24-hour cover throughout the week. The Department works very closely with the Emergency Department including a weekly fracture clinic. In addition to the in-patient work, the unit is responsible for a weekly registrar clinic and the surgeons each have fortnightly clinics.

Learning opportunities

Students will:

- Admit and take full responsibility for ongoing management of a specified number of patients under the direct supervision of the ward Resident and Senior Registrar.
- Attend and scrub into theatre with a specified minimum number of joint replacements, fracture repairs.
- Review a specified number of patients under supervision at our weekly clinic and demonstrate good note taking and letter writing skills
- Achieve and demonstrate competence in the presentation and management of orthopaedic conditions.
- Achieve and demonstrate competence in performing venepuncture, IV cannula insertion, insertion of IDC's, ECG's, application of dressings and plasters and suturing.

Pre-internship position

The Orthopaedic unit is a busy unit with an interest and emphasis on teaching and learning across the continuum of training, that include visiting Registrars, Residents, Interns and medical students. During the University semesters, there are medical students continuously attached to the department during their first clinical year of training. The pre-intern student will be an integral part of the team and will be expected to perform many of the roles and functions of the Resident or Intern but with greater degrees of supervision. You will be based at Bendigo Health and will participate in all activities for which this team is responsible including daily ward rounds, clerking of new patients, assessment of patients in ED and scrubbing in at theatre lists. You will also participate in clinics at Bendigo Health.

Oncology & Cancer Care

The oncology unit functions as a day-stay unit providing a wide range of chemotherapy, hormonal therapy, biological target therapy and symptomatic management via both inpatient and outpatient basis to medical oncology and haematology patients within the region.

Patient care is provided by a multidisciplinary team, which consists of:

- *Medical:* Medical oncologists, radiation oncologists, palliative care physicians, haematologists, medical oncology Registrar, radiation oncology Registrars, HMO, Intern and other specialty services
- *Nursing:* Clinical nurse specialists, experienced oncology nurses who are specialized in chemotherapy administration and management, breast care nurse, district nurses
- *Allied health:* Dietician, social workers

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes:

- Weekly Grand Round
- Daily ward rounds / bedside teaching
- Fortnightly Journal Club
- Morbidity & Mortality meetings
- Multidisciplinary meeting

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

The pre-intern student will be based in the oncology department as well as on the oncology ward. In addition, there will be the opportunity to spend some time in the radiotherapy department, hospice and follow patients as they progress through their treatment journey.

The student will be expected to perform in a similar role as the Resident / Intern with a higher degree of supervision and direction. The primary responsibility of their position is to assess patients in Day Oncology Unit. These patients may have been booked in as part of their regular management or may present to the Unit as part of some immediate concern. Your role will provide you with the opportunity to:

- Assess patients and liaise with the Registrar/relevant Consultant and the nurse Team Leader to plan for management

- Conduct pre-treatment reviews for patients prior to chemotherapy
- Complete admissions for patients requiring overnight IV therapy
- Complete admissions for patients who present to the Day Oncology Unit requiring admission due to immediate medical concern
- Handover to Registrar and Intern regarding all patients who have been admitted from Day Oncology Unit

Paediatrics and Child Health

The Paediatric Unit includes:

- Special Care Baby Unit (SCBU) for newborn infants
- Child and Adolescent Unit (CAU) for children after the newborn period and up to late adolescence
- Emergency Department (ED), where 35% of all visits are paediatric
- Outpatient clinics for ward follow-up and rapid review and for external referrals

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes:

- a weekly case-based meeting in general paediatrics
- a weekly paediatric x-ray meeting; and
- a monthly mortality and morbidity audit

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

A special position has been created in the paediatric team for a senior medical student preparing for Internship with a possible future interest in paediatrics as a career. This position has been specifically designed to meet the needs of pre-intern students at Monash University or University of Melbourne. We expect the student to become a fully integrated member of the team with specific responsibilities that are appropriate for students preparing for independent practice as Interns.

Palliative Care

The Palliative Care team at Bendigo Health consists of 2 Staff Specialists, a Registrar, and a Resident. The pre-intern student will be an integral part of the team and will be expected to perform many of the roles and functions of the Resident but with greater degrees of supervision.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes:

- Weekly Grand Round
- Daily ward rounds / bedside teaching
- Fortnightly Journal Club
- Morbidity & Mortality meetings
- Multidisciplinary meetings

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

Palliative Medicine demonstrates the value of whole patient assessment and the value of the multidisciplinary team. In our death denying culture it is important to see that:

- people die
- this is 'normal', even if it might be sad or untimely
- there is much to be done even when a patient has an incurable illness, to improve their situation and quality of life
- there is skill and clinical judgement in knowing what can and should be done: "*Cure occasionally, relieve often, comfort always*"

The student will be based in the hospice which houses the inpatient palliative care beds and partake in the day to day work of the unit under supervision and encouragement of the whole team.

There will be opportunity to experience the other areas of work with the Community team, the Consultancy team (within the Health Care Group and within the region) and in outpatients. Students will learn the definitions of palliative care, how

to manage pain, manage neuropsychological symptoms such as agitation and confusion, manage other symptoms such as dyspnoea and nausea, have an introduction to ethics and law, experience the patient/family/non-clinical care-givers perspectives and learn exceptional clinical communication skills.

Pre-intern students in palliative medicine will be expected to:

- learn that death is part of life
- learn good symptom assessment
- learn basic symptom management with familiarity of commonly used medication and modalities
- appreciate the value of the multidisciplinary team

Renal

The Renal Unit is a busy unit with an interest and emphasis on teaching and learning across the continuum of training, visiting Registrars, Residents, Interns and medical students. The pre-intern student will be an integral part of the team and will be expected to perform many of the roles and functions of the Intern.

The renal service provides the community with haemodialysis (HD), peritoneal dialysis (PD), chronic kidney disease (CKD) management, pre-transplant work-ups, post-transplant care and supportive care management. In addition to allocated hospital beds the Renal team manage 12 Dialysis chairs, treating patients and outpatients for CKD management.

The Renal unit has links with: Renal Society of Australia, Kidney Health Australia and the Australia & New Zealand Dialysis and Transplant Registry.

Learning opportunities

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that include:

- Weekly Grand Round
- Daily ward rounds / bedside teaching
- Journal Club
- Renal education meetings
- Multidisciplinary meetings

There are also separate teaching programs for students through Monash and for Residents and Registrars in the hospital.

Pre-internship position

The pre-intern position with the Renal Team is entrenched within the team and is a fully integrated member with specific responsibilities that are appropriate for students preparing for independent practice as Interns. The pre-interns will:

- Undertake a pre-intern role within the unit, by 'shadowing' the Renal Intern
- work within the Renal admissions unit and dialysis unit under Registrar supervision
- attend Renal clinics and clerk patients, presenting them to the Consultant
- review a specified number of patients, under supervision, at weekly clinics and demonstrate good note taking and letter writing skills
- have direct experience in performing clinical procedures relevant to the practice of Renal Medicine
- develop assessment skills in Renal Medicine

SCHOLARLY INTENSIVE PLACEMENTS

SIP projects in Bendigo are based at Bendigo Health and its affiliated health services. Projects are embedded in one of the many hospital units including renal, medical, surgical, anaesthetics, theatre and palliative care. These SIPs generally include clinical time. We also offer some research-focused projects with leading researchers at Monash Rural Health Bendigo.

MILDURA

Monash Rural Health Mildura is located adjacent to Mildura Base Public Hospital and is centrally located within the health precinct.

ABOUT MILDURA

Mildura has a population of about 54,000 and is located approximately 540 kms north west of Melbourne. It is referred to as the place where the Mediterranean meets the outback, and is known for its fresh local fruit and vegetables, wine, food and arts culture. Several airlines fly daily between Mildura and Melbourne. Medical students enjoy great support from local staff, and are well and truly welcomed into the hospital and wider community.



Year 5D placements at Mildura are highly regarded by students in preparation for internships. Dedicated time in the clinical skills lab ensures that students gain exposure and practical hands-on experience with procedural and clinical reasoning skills.

Students undertaking placements in 2023 offered the following advice to prospective 5D students in 2024:

"Get to know the hospital staff! Befriending pharmacists, nurses, allied health, admin staff, PSAs and doctors opened up so many learning opportunities, and it was always nice to run into familiar faces every day."

"Make your time in Mildura the adventure you've been craving! The river and surrounding landscapes have such unique beauty, and the

sun is simply glorious! Visit Perry Sandhills on a sunny evening, rent a houseboat or camp along the river, try some 'mountainless' mountain biking near Coomealla Golf Club, drive up to Mungo National Park or down to the Pink Lakes, go wine tasting at Trentham Estate and bask in the glow of the spectacular sunsets over the Murray at Apex Park. Mildura is truly a special place!"

Top experience in Mildura: *"Working together with other 5D students on simulation cases, and bringing back SimMan from the brink of death multiple times."*

Favourite aspect of placement at Mildura Base Public Hospital: *"The small and close-knit nature of the hospital. Throughout my time here, not only did I find myself getting to know most of the junior doctors quite well, but also many nurses, allied health professionals and pharmacists. This was good fun and really made me feel like a valued part of the ward team. By showing interest and enthusiasm to help out and learn I also found myself continuously stumbling across invaluable learning opportunities of all kinds. Also, Nash Lane on Thirteenth Street is the best café you will ever know. The staff will try to remember your name and coffee order and very quickly you will become part of the "Nash family."*

MILDURA BASE PUBLIC HOSPITAL

[Mildura Base Public Hospital](#) is a 172-bed (level 1) tertiary teaching hospital providing services to the community of Mildura and the Northern Mallee region in:

- Emergency Care
- Obstetrics and Gynaecology
- Intensive Care
- General Medicine
- General Surgery
- Orthopaedics
- Specialty Surgery including vascular, ENT, faciomaxillary, urology
- Paediatrics
- Anaesthetics
- Oncology
- Dialysis
- Mental Health (inpatient and community services)
- Medical Imaging
- Pharmacy
- Allied Health Services
- Research and Clinical Trials

Mildura Base Public Hospital is the major public referral health service for the Northern Mallee sub-region of the Loddon Mallee region of Victoria, the far west region of New South Wales, and the Riverland area of South Australia. It is also a referral centre for smaller regional services including Mallee Track (Ouyen) and Robinvale District Health Services.

MBPH has a number of affiliations with major Victorian universities to provide both undergraduate and postgraduate medical, nursing and allied health education, clinical placements and training.

CLINICAL ROTATIONS

Emergency Medicine

Mildura Base Public Hospital Emergency Department sees about 35,000 patients per annum across the full spectrum of presentations. You will be rostered over various shifts to experience the ED and its differing workloads. You will always be rostered with an Emergency Medicine Consultant and there will be 1-2 students in the ED per shift, meaning you will have individual mentoring and greater access to direct patient care. Students are invited to attend the ED education sessions.

The Student Experience in Emergency Medicine

"ED at Mildura is a fantastic rotation. You have the opportunity to be really hands on in your learning and challenge yourself whilst still being well supported by your consultants. The independence and confidence you gain through the rotation is of great benefit as you approach your Intern year. Living effectively on site at the hospital is a real time saver, and the shared living is a wonderful opportunity to be able to explore Mildura with the other 5th year students."

"I was fortunate enough to be part of an amazing group in Mildura ED to start off 5th year. In this rotation you're allowed to exercise a great amount of autonomy, with plenty of things to do if you put yourself out there. Keep your eye out for cool procedures and make sure to let everyone know what you're keen to get involved in. The only downside is that bed blocking can be quite an issue at times."

If you haven't lived with other medical students before, it's a heap of fun, and there are always people who want to hang out. And of course, having been in Mildura multiple times, the staff at the clinical school truly go out of their way to make you feel at home. The highlight of any Mildura rotation!"

Aged Care

Aged Care rotations in Mildura differ slightly to other sites. You will experience Aged Care in a wide variety of settings both within the hospital and in the community. You will gain unique insight/exposure to service providers, enabling aged persons to remain in their own home for as long as possible.

Aged care placement students are attached to medical teams at Mildura Base Public Hospital where the majority of the inpatients are aged over 60. This general medical placement will allow you to consolidate your learnings about chronic disease, poly-pharmacy and multiple diagnoses.

The other components of your rotation will be spent on placement at community-based aged care services. These may include: GP, Aged Care Facility, Community Health Organisation.

The Student Experience in Aged Care

"I completed my Aged Care rotation in Mildura under the supervision of Dr Mavo. The rotation was a great mix of in-hospital and out-of-hospital clinical settings, with approximately 4 weeks spent on the general medicine and rehab ward at Mildura Base Public Hospital (where a large majority of the patients are above 60 years old) and 2 weeks in the community at an Aged Care Facility, Meals-on-Wheels and clinics. The medicine was very interesting, with added complexity due to the far distances that some patients have to travel to reach the hospital. Since there are no sub-specialists at the hospital, the general medicine ward sees all patients whether they be neuro, cardio, haem, rheum etc. This makes the clinical experiences which you will have very varied and interesting."

Dr Mavo was a great supervisor, as he is a fantastic doctor who was always willing to teach. He would commonly ask for my input in regards to patient care which really made me feel like part of the team. The staff at the clinical school were fantastic, especially Jenny and Kris, who were on hand to answer any questions and to re-organise your roster if needed."

My rotation in Mildura has been one of the favourite rotations of the year and I would strongly recommend it to any future medical students."

Surgery

Ever wanted to assist in theatre? This is your chance! The surgical teams want you in their theatres so grab this opportunity to glove up, gown up and get into the exciting world of surgery. You will assist the Registrars and Interns with pre-ward rounds and then follow on to round with the Consultants. You will be assigned to a regular theatre session with your nominated PIA supervisor.

As members of the surgical team this is an opportunity to learn some basic concepts about surgery, aseptic technique and suturing that will benefit you regardless of which field you choose to enter post-graduation. Whilst you are on rotation you will also see some of the issues pertinent to being located in a rural area, including the wide variety of cases and inter-hospital transfers.

Other opportunities might include:

- cover or weekend shift; great for pre-intern learning
- experience specialist theatre lists ie. urology, orthopaedics, ophthalmology, vascular, general dental and faciomaxillary
- rostered with the anaesthetics team – experience theatre from the anaesthetist's view
- follow your Consultant to the Mildura Health Private Hospital to witness surgery in the private sector
- assist Consultants in allocated outpatient clinics
- have the opportunity to attend wound clinic, ICU and anaesthetics to assist with module preparation
- attend and participate in grand rounds, including surgical team meetings, case presentations and quality improvement

The Student Experience in General Surgery

"I'm grateful I had the opportunity to be placed in general surgery in Mildura. As the hospital was the only public one for hundreds of kilometres, I saw many interesting cases and procedures that I may not have had the chance to observe otherwise, and had the opportunity to be hands-on and assist in theatre, something that can be rare in busier centres."

"There is an enormous point of difference between working at a busy metropolitan hospital and a rural one where nurses, doctors and patients really take the time to learn your name and where you can feel you are really making a difference. Seeing the same people every day really made the hospital feel like a family, and I often found myself saying hi to a fellow co-worker down at the store on the weekend. I also got the chance to explore amazing wineries, national parks and breathtaking sand dunes."

"Overall it has been the most memorable rotation of my year so far and has really changed my outlook on working rurally. Both in terms of clinical skills and lifestyle experiences, I recommend Mildura for anybody who is eager to step outside of their comfort zone and really experience what Victoria has to offer outside of the Melbourne region."

SPECIALTY ROTATIONS

General Practice

A rural GP placement in Mildura offers Year 5D students an opportunity to consolidate their knowledge and skills in general practice. Mildura and surrounding areas have GP clinics who welcome student placements.

Students will gain experience in all areas of the service, including the use of telehealth, enhancing their understanding of clients, and their individual context. Working with their supervisor/s, students will develop their ability to assess and manage the general practice client in the rural environment.

Learning opportunities

Students will be parallel consulting with their GP supervisor. You will be observed at work: taking histories, examining patients, developing management plans, arranging follow up appointments and referrals. You will take responsibility for patients under the GP's supervision and see them again for reviews, or follow them through to their specialist appointments - gaining perspectives on disease progression and long-term care.

You will also work alongside practice nurses, seeing patients who attend for chronic disease reviews and management plans (diabetics, asthmatics, older patients). You will gain a deeper understanding of the long-term goals of care in patients with chronic diseases and the effects these conditions have on their lives.

You will gain a strong understanding of rural health, and living and working in culturally diverse communities.

Cardiology

Mildura is fortunate to have Mildura Cardiology offering a full range of consultative and diagnostic services for a variety of cardiac conditions. Students will have the opportunity to sit in with Consultant Cardiologists for private consultations and shadow the Cardiology Registrar between the public and private hospital and private rooms allowing the student to develop and consolidate learning around cardiology in the rural context.

Services provided by clinics and Mildura Base Public Hospital include:

- ECG
- Echocardiograms

- Exercise Stress Testing
- 24hr Holter Monitoring
- 24hr Blood Pressure Monitoring
- Pacemaker and
- Defibrillator Testing and
- Loop ECG Monitoring

The Student Experience in Cardiology

"I was placed at Mildura Cardiology for my speciality rotation, and without a doubt this was possibly the best rotation I have ever had. While I initially thought it would be difficult for me to adjust to a very different rural environment far away from family and best friends, the team at Mildura Cardiology was quick to prove me wrong. Everyone at the clinic was very hospitable, inclusive and willing to teach. They often invited me to their team lunches, occasional after-work dinners and even weekend community footy matches. Even though I was only there for six weeks, I felt that I was part of the great team that is Mildura Cardiology."

Unlike experiences in metropolitan hospitals, Mildura Cardiology is unique as it is a private clinic that provides services to the public hospital. I spent most mornings alone with the Registrar interpreting ECGs and these one-on-one private tutoring sessions, accompanied by the weekly ECG tutorials, have definitely enabled me to interpret ECGs confidently now. I also had the opportunity to sit in for consults with different Cardiologists (including a few from Adelaide) and eventually ran a few supervised consults. Other learning activities include interpreting Holters, manually performing INR checks and ECGs, observing pacemaker checks and insertion procedures. I also got to perform my very first cardioversion on a patient with AF, and sit in on echocardiography sessions. The echocardiography sessions are a truly unique experience where I learned so much about interpreting cardiac anatomy on the different ultrasonographic windows. Also, it was definitely very cool to attempt to perform echocardiography on my own heart!"

Anaesthetics

Anaesthesia is an extremely hands-on practical specialty and the majority of your time will be spent in theatres. You will be rostered with an anaesthetist and will gain experience in intubation, cannulation, anaesthetic techniques and protocols. You will also spend time in recovery with the nursing staff, gain exposure to pre-anaesthetic clinics, ICU, and pain management rounds.

As per one of our past students: *"If you feel at all uncomfortable with cannulas, after this rotation you'll be able to cannulate a rock with a straw".*

The Student Experience in Anaesthetics

"The Mildura anaesthetics rotation was amongst the best rotations I had undertaken during medical school, having provided me with the most hands-on experience amongst all rotations. Through Mildura anaesthetics, I quickly learnt practical skills including drawing of medications, and the insertion of laryngeal mask airways, endotracheal tubes, arterial lines, and ultrasound-guided cannulas. Needless to say, I was provided with countless opportunities to insert cannulas, and with repeated practice, my cannulation skills improved drastically. I was also able to observe many procedures including insertion of epidurals/spinal anaesthetics, insertion of central venous lines, and nerve blocks."

"All the staff in the Mildura anaesthetics department, which consists of anaesthetists as well as GP anaesthetists, are extremely keen on teaching and providing students with hands-on experience. As such, I was able to grasp key concepts of anaesthetics, gain an understanding of key anaesthetic medications, and learn how to operate the ventilator within the first week of my rotation. I was also able to attend ICU and pain rounds during my anaesthetic's rotation."

"In terms of preparations for your Intern year, Mildura anaesthetics is an ideal choice. It trains you to perform cannulation and draw medications efficiently, which are critical skills in emergency situations, and provides great education about acute care and various types of analgesics."

Indigenous Health

Indigenous Health placements in 5D will comprise time spent within a local vibrant and innovative Indigenous Health organisation that provides health, family, early years and well-being services and support to Indigenous communities.

Students will be under the supervision of the General Practitioner and will be encouraged to assess and examine patients in the GP clinic.

There may be additional opportunities for students to visit other local Indigenous Health community organisations subject to availability.

Psychiatry

Psychiatry in a rural setting requires complex processes and interdependence on related community services where you get to explore diagnosis and treatment of mental illness while considering a person's development, social circumstances and cultural background to build up a complete picture. Treatment always utilises a multidisciplinary approach with constant communication between clinicians in inpatient and community settings and involves medication, psychological therapies and socio-cultural interventions.

The Mental Health Service in Mildura is staffed by a number of full-time Psychiatrists, Psychiatric Registrars, Clinical Nurse Consultants, Psychologists, Social Workers, Occupational Therapists and both Consumer and Carer Consultants.

The Service encompasses a 12-bed acute inpatient unit (10 adult and 2 psychogeriatric beds) and community teams for Adult Services, Aged Persons Mental Health, Continuing Care, Child & Youth Mental Health, Head Space and Perinatal Emotional Health. There are also regular outreach clinics to satellite communities within a 100km radius – Robinvale and Ouyen.

As a member of the Mental Health Team you will have the opportunity to spend a week in each of the above services. You will also see some of the issues pertinent to being located in a rural area and the impact of rurality on staff and patients alike.

The Student Experience in Psychiatry

"Having spent Year 4C and part of my Year 5D Aged Care rotation placed in the Mental Health Unit, I have to say that Psychiatry is by far one of the most interesting rotations Mildura has to offer, and is one that I thoroughly enjoyed doing in Mildura. It is a mysterious and engaging branch of medicine commonly misunderstood not only by us as medical students, but also by doctors in their respective fields."

Mildura's psychiatry rotation offers a fantastic experience. The ward is a lot smaller than its metropolitan counterparts, however, Mildura's wonderful locals provide a wide spectrum of presentations that will strengthen your approach to each psychiatric problem you encounter. This unique experience allows students to have unlimited and uninterrupted access to both doctors and patients, an opportunity I have found to be quite rare over my placement years. Being placed in Mildura will also provide a valuable insight on how a psychiatric ward operates in a country region."

The majority of your hospital placement will be spent with the psychiatry Interns and Registrars, shadowing them and assisting with their tasks such as contributing to patient notes, performing patient assessments, and writing discharge summaries. All these skills are transferable and vital for your upcoming Internship. You will also have an opportunity to sit in with the psychiatrists in their initial assessments, outpatient clinics, community health visits, Mental Health Review Board hearings, and administration of ECT."

If you choose to undergo this placement in Mildura you will have the privilege of working alongside Dr Hieu Pham, a Consultant Psychiatrist who specialises in geriatric psychiatry. Dr Pham will take you under his wing and teach you the essentials of psych (the "fish bones") and prepare you above and beyond for a career in mental health. He is a valuable resource and I encourage you to ask as many questions as you possibly can, challenge each piece of information given to you, and involve yourself in every learning opportunity provided."

Orthopaedics

Orthopaedics at Mildura Base Public Hospital is supported by two orthopaedic surgeons who are keen to mentor students in this specialised field. This rotation will include ward rounds, fracture clinics, theatres and also supporting Interns and Registrars with their day to day workload.

SCHOLARLY INTENSIVE PLACEMENTS

SIP projects on offer at the School of Rural Health Mildura are either education focused or clinical based in collaboration with various Mildura Base Public Hospital departments. The majority of projects offered MBPH are quality assurance/quality improvement (QA/QI) style projects, including clinical audits. Clinical audit topics are individually negotiated pending a student's area of interest or departmental areas of need. All are aimed to enhance the students understanding of health care QA/QI processes.

SALE

Monash Rural Health Sale is located at Central Gippsland Health, Sale Campus, which is 215 kms east of Melbourne along the Princess Highway



ABOUT SALE

Sale is a town with a population of around 13,000. Sale is located in central Gippsland, around two and a half hours east of Melbourne. Sale boasts beautiful cafés, restaurants, a regional art gallery, museums, lakes and near-by beaches.

CENTRAL GIPPSLAND HEALTH

[Central Gippsland Health \(CGH\)](#) is the major provider of health and aged care services in the Wellington Shire. CGH serves the immediate population of Central Gippsland and reaches the wider community in East Gippsland in terms of more specialised services such as perinatal services, critical care and surgery.

CGH is both a sub-regional and an integrated health service, providing a broad range of primary, secondary and tertiary services, including a near comprehensive range of Home and Community Care services (HACC) through to adult intensive, coronary care and level 4 neonatal care.

Sale Hospital is the largest hospital campus within Central Gippsland Health. It has a 24-hour emergency department, operating theatres, Critical Care Unit, Level 2 Special Care Nursery, maternity services, paediatrics, dialysis, oncology, and general medical and surgical wards.

Education opportunities

Year 5D placements at CGH provide students with the opportunity to see end-to-end and holistic patient care. Students are integrated into the multidisciplinary patient care teams and become valued and relied upon by members of these teams. Students will have the opportunity to attend regular hospital teaching sessions, including intern training, grand rounds, multidisciplinary meetings and case-based presentations.

CLINICAL ROTATIONS

Emergency Medicine

CGH's emergency department (ED) is a busy department that treats more than 16,500 patients a year. CGH's ED boasts a number of resuscitation beds, general cubicles, consult rooms and a short stay unit.

Students completing an ED rotation at CGH will be based in the ED and attached to the emergency care team, which includes Interns, HMOs, SMOs and Consultants. Students will gain experience in treating patients presenting to the ED with varied illnesses and injuries. Students will have the opportunity to experience all aspects of emergency medicine, including triage, resuscitation and general consultations across a range of patients. During this rotation students will develop their ability to assess and manage an emergency patient in a regional/rural environment. The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants.

Aged Care

Laurina Lodge, Heyfield, is an integrated site with 30 low level and 22 high level Aged Care beds. The facility is co-located with Heyfield Medical Centre, which provides all of the medical services for this 60-bed facility.

Students completing their Aged Care placement at CGH Laurina Lodge campus will be predominantly working in the unit using a parallel consultation model with GPs and Registrars. It is a unique opportunity to be "hands on", with extended support. Students will have the opportunity to fulfil a role similar to that of an Intern and will be given a wide scope to practice clinical and diagnostic skills with appropriate support.

Students will have access to the prescribing database, and will be able to order pathology & imaging under the supervision of the Consultants. Students have a great deal of contact with Consultants and the team works very closely together, forming a solid working relationship.

Medicine

CGH incorporates a busy medical ward, which caters to a wide variety of patients within the region. Inpatients on the medical unit can have a range of conditions, including cardiac, respiratory, gastrological and neurological. The CGH medical unit also has dedicated rehabilitation beds to cater to the community's needs.

Students completing a medical rotation in Sale will be part of an extensive and dedicated multidisciplinary team, which includes allied health, nursing staff, Interns, HMOs, GPs, Registrars and Consultants. The team covers the medical unit and CCU, providing care for all acute and sub-acute medical inpatients. Students will gain experience in all aspects of inpatient medical care, with opportunities to enhance their understanding of client presentations and individual care requirements, and an appreciation of how living in a regional setting may impact illness and care needs.

Students will work closely with their supervisors to develop the skills to assess and manage a medical inpatient in a regional/rural environment.

Surgery

CGH is the major provider of surgical services in the Wellington Shire. The skilled team of local surgeons are supported by a multidisciplinary team to provide access to general and specialist surgery procedures including colorectal, breast, laparoscopic, endoscopic, gynaecological, Ear Nose & Throat (ENT), orthopaedics, ophthalmology, urology, IVF and Paediatrics.

Students completing a surgical rotation at CGH will be part of the surgical team at CGH. The team cares for pre and post-operative surgical inpatients. Students will gain experience in all aspects of inpatient surgical care, with opportunities to enhance their understanding of client presentations, individual care requirements and an appreciation of how living in a regional setting may impact illness and care needs. Students completing a surgical rotation will have the opportunity to spend time in busy operating theatres and consulting rooms.

Students will work closely with their supervisors to develop their ability to assess and manage a surgical inpatient in a regional/rural environment.

SPECIALTY ROTATIONS

CGH offers a number of services which students could access for a Specialty rotation. Some potential options may include:

Anaesthetics

CGH has 3 theatres, one post anaesthetic recovery room and a one-day surgery recovery room. Services are provided by specialist Anaesthetists and Registrars. Anaesthesia is an extremely hands-on practical specialty and the majority of the student's time will be spent in theatres. You will be rostered to be with an anaesthetist and will get lots of experience in intubation, cannulation, anaesthetic techniques and protocols. Students will also spend time in recovery with the nursing staff, get exposure to pre-anaesthetic clinics, and pain rounds.

Radiology

The Medical Imaging Department at CGH provides a range of diagnostic and therapeutic services, using the latest equipment to minimise the use of radiation exposure to the patient. This includes CT, MRI, Ultrasound, Nuclear Medicine as well as General x-ray.

Students completing a Radiology rotation at CGH will be based in the Medical Imaging Department and attached to a team, mainly following the Registrar with extra supervision from the Consultants and gaining a range of experience across all modalities.

General Practice

Students have the opportunity to complete a specialty rotation in Rural General Practice. They will be attached to a GP clinic for the rotation and will be involved in all aspects of a rural general practice. The students will parallel consult and have their own patients booked for them. This will further develop skills learned in 4C.

The practice offering this specialty is the [Sale Medical Centre](#).

SCHOLARLY INTENSIVE PLACEMENTS

SIP projects on offer at MRH Sale are in collaboration with Central Gippsland Health (CGH). The majority of projects offered at CGH are quality assurance/quality improvement (QA/QI) style projects, based on hospital acquired complications, national standards and in identified areas of need. All projects are clinically based and are aimed to enhance the students understanding of health care QA/QI processes.

TRARALGON

Monash Rural Health Traralgon is located at Latrobe Regional Hospital, which is 150 kms east of Melbourne along the Princes Freeway. The hospital site is 5km from the Traralgon CBD.



ABOUT TRARALGON

Traralgon boasts a thriving commercial centre with a large shopping centre that houses many major retailers. The central business hub hosts a huge array of cafes and restaurants, supermarkets, retail shops, hair & beauty salons and specialty shops. Beautiful sites and locations, all within a short drive e.g. national parks, snowfields, trail walks, historical towns, beaches and more, surround Traralgon.

LATROBE REGIONAL HEALTH (LRH)

LRH is the specialist referral centre for Gippsland. LRH has 313 beds and treatment chairs and cares for a population of more than 270,000 from the Gippsland region. In 2019, LRH treated 167,157 patients. LRH offers services in cardiac care, surgery, medical, renal, emergency care, aged care, obstetrics, pharmacy, allied health and rehabilitation. LRH has medical and radiation oncology and cardiac catheterisation services on site and is the main mental health services provider in Gippsland.

Education opportunities

Year 5D placements at LRH provide students with the opportunity to see end-to-end and holistic patient care. Students are integrated into the multidisciplinary patient care teams and become valued and relied upon by members of these teams. Students will have the opportunity to attend regular hospital teaching sessions, including Intern training, grand rounds, multidisciplinary meetings and case-based presentations.

CLINICAL ROTATIONS

Emergency Medicine

LRH has a busy emergency department (ED) staffed by a highly motivated and capable team, who manage in excess of 40,000 ED presentations per year.

The LRH ED incorporates a triage area, resuscitation bays, dedicated paediatric bays and a short stay unit. Students are provided with the experience of dealing with a wide variety of presentations and patients while completing an ED rotation at LRH.

Aged Care

LRH's Nicholson Geriatric Evaluation and Management (GEM) ward is a 19 bed Geriatric ward with an additional Transitional Living Unit utilised for patient rehabilitation. It predominantly caters for patients over 70 years who have complex conditions associated with ageing, cognitive dysfunction, chronic illness or disability. The unit provides therapeutic programs overseen by a large team of health professionals including a Geriatrician.

Medicine

LRH's medical services provide a range of general and specialised care to patients. These services include:

INPATIENT CARE:

- Cardiac care
- Respiratory care
- Palliative care
- Inpatient oncology
- Stroke care

OUTPATIENT CARE:

- Renal services
- Oncology
- Cardiac services
- Diabetes education
- Respiratory services

Surgery

LRH is equipped with six busy theatres that cater to emergency and elective surgery. Types of surgery include general surgery, orthopaedics, gynaecology and obstetrics, gastroenterology, ear, nose and throat (ENT) surgery and urology. LRH also boasts a hybrid cardiac catheterisation facility, which enables cardiac specialists to diagnose and treat heart disease through angiography, stents, TOE and/or pacemaker insertion.

Surgery placement experience at LRH can include care of pre and post-operative patients, initial and follow-up consultations and care for the patient in the operating theatre.

SPECIALTY ROTATIONS

LRH offers a number of services which students can access for a Specialty rotation. Some potential options may include:

- Anaesthetics
- ICU
- Orthopaedic surgery
- Acute medicine (depending on availability)

SCHOLARLY INTENSIVE PLACEMENTS

SIP projects on offer at MRH Traralgon are in collaboration with Latrobe Regional Hospital (LRH). The majority of projects offered at LRH are quality assurance/quality improvement (QA/QI) style projects, based on hospital acquired complications, national standards and in identified areas of need. All projects are clinically based and are aimed to enhance the students understanding of health care QA/QI processes.

WARRAGUL

Monash Rural Health Warragul is located at West Gippsland Healthcare Group, which is 104kms east of Melbourne along the Princes Freeway. The hospital site is 3km from the Warragul CBD.



ABOUT WARRAGUL

Warragul has a population of approximately 15,000 and is a fast-growing regional area due to its proximity to Melbourne. The surrounding area is noted for dairy farming and other niche agriculture and has long been producing gourmet foods and wines. Warragul has a growing retail and hospitality sector.

WEST GIPPSLAND HEALTHCARE GROUP

[West Gippsland Healthcare Group \(WGHG\)](#) is an 80-bed facility providing acute medical and surgical, obstetric, paediatric, emergency, community and aged care services, primarily in the Shire of Baw Baw, and cares for approximately 11,600 inpatients per year. WGHG operates from a number of sites including West Gippsland Hospital,

Community Health Centres (Warragul, Trafalgar and Rawson) and Aged Care Residences (Cooinda Lodge and Andrews House).

Education opportunities

Year 5D placements at WGHG provide students with the opportunity to see end-to-end and holistic patient care. Students are integrated into the multidisciplinary patient care teams and become valued and relied upon members of these teams. Students will have the opportunity to attend regular hospital teaching sessions, including Intern training, grand rounds, multidisciplinary meetings and case-based presentations.

CLINICAL ROTATIONS

Emergency Medicine

WGHG's Emergency Department (ED) operates 24 hours a day, 7 days a week and comprises 16 cubicles, including 2 resuscitation bays. Last financial year WGHG ED set a new record with just under 24,000 patients being treated.

Students completing an Emergency Medicine rotation at WGHG will be embedded in the emergency department team, which offers students the support of registered nurses, HMOs, Interns and Consultants. Students will be rostered to a variety of early and late shifts, which will provide students the opportunity to experience various aspects of emergency care, including triage, resuscitation and general consultations. During this rotation students will develop their ability to assess and manage an emergency patient in a regional/rural environment.

Aged Care

Andrews House is a 51-bed public residential aged care facility based in Trafalgar. Andrews House aims to provide its residents with a warm and welcome environment that they can call home. Students completing their aged care rotation at Andrews House will gain a fully immersive experience and gain experience in aged care assessments, pain management, polypharmacy, rehabilitation and client advocacy.

Medicine

WGHG provides a range of general and specialised care to patients. These services include cardiology, neurology, endocrine, haemodialysis, rheumatology, urology and palliative care across in and outpatient settings. Students completing a medical rotation at WGHG will be part of a multidisciplinary team, and be able to gain experience in the care of medical patients across a variety of settings.

Surgery

WGHG hospital offers a range of surgeries at its Warragul campus. This list includes: breast, day, dental, Ear Nose & Throat, Gastroenterology, general surgery, gynaecology, obstetrics, orthopaedics, paediatrics and urology.

Students completing a surgical rotation at WGHG will be part of the surgical team, and be able to gain experience in surgical patient care throughout the patient's stay, including presentation, and pre, intraoperative and the postoperative care management of the surgical patient.

SPECIALTY ROTATIONS

WGHG offers a range of services across its site. Students may have the opportunity to complete Specialty rotations in:

- Palliative care
- Acute medicine (depending on availability)
- Surgery (depending on availability)

WONTHAGGI

Monash Rural Health Wonthaggi is located at Bass Coast Regional Health, which is 137 kms south east of Melbourne along the Princes Freeway/Bass Highway. The hospital site is 1km from the Wonthaggi CBD.

ABOUT WONTHAGGI

The largest town in South Gippsland, Wonthaggi has a population of approximately 5000 people. Located only 4 kms from the coast, Wonthaggi is close to beaches popular for swimming, surfing and fishing. There are plenty of tracks for walking, riding and cycling, including the 16 km rail trail from Wonthaggi to Anderson. Wonthaggi also boasts a variety of retail and hospitality venues.

BASS COAST HEALTH

[Bass Coast Health \(BCH\)](#) is the major public sub-regional healthcare provider within the Bass Coast Shire in South Gippsland with the main campus at Wonthaggi. It is an integrated health service providing a range of emergency, acute medical, sub-acute, and ambulatory care services.

BCH is fully accredited by the Australian Council on Health Care Standards (ACHS) and is equipped to offer a broad range of specialist medical, surgical and obstetric services including general surgery, orthopaedics, ophthalmology, gynaecology, plastics, urology, ENT, endoscopy and rehabilitation. Other clinical services at Wonthaggi include Hospital in the Home, Haemodialysis, Medical Day Unit, and Integrated Cancer Unit. Aged Care residential services are provided in the Kirrak House residential care facility located on the Wonthaggi campus and Griffith Point Lodge Hostel situated at San Remo, overlooking Cape Woolamai.

All residential aged care services are accredited through the Australian Aged Care Quality Agency (AACQA). The Health Hub at Cowes provides ambulatory outpatient and allied health services and an Urgent Care Centre (UCC) linked to the Emergency Department (ED) at Wonthaggi.

BCH's Community Services provide a wide range of allied health and clinical nurse consulting services that include assessment and treatment to clients within the Gippsland South Coast region. These services are delivered in a variety of settings including inpatients, outpatients, residential aged care facilities and in clients' homes and embraces the Active Service Model as its underlying philosophy.

Education opportunities

5D placements at BCH provide students with the opportunity to see end-to-end and holistic patient care. Students are integrated into the multidisciplinary patient care teams and become valued and relied upon members of these teams. Students will have the opportunity to attend regular hospital teaching sessions, including Intern training, grand rounds multidisciplinary meetings and case-based presentations.

CLINICAL ROTATIONS

Emergency Medicine

The ED is a FACEM led unit under the lead of a Clinical Director of Emergency Services. Students completing an ED rotation at Bass Coast Health will be based in the ED and will be attached to the emergency care team. Students will gain experience in treating patients presenting to the ED with varied illnesses and injuries.

Students will have the opportunity to experience all aspects of emergency medicine, including triage, resuscitation and general consultations across a range of patients. During this rotation students will develop their ability to assess and manage an emergency patient in a regional/rural environment.

The department runs an active teaching program for undergraduates, junior doctors, Registrars and Consultants that includes weekly half day teaching with a Consultant Emergency Physician.

Aged Care

The hospital also has a Sub-Acute Inpatient service that provides geriatrics, rehabilitation and palliative programs led by Consultant Geriatricians supported by an advanced trainee in geriatric medicine.

The Geriatric Evaluation and Management (GEM) program provides a slow stream rehabilitation program catering for older people with chronic or complex conditions associated with ageing, cognitive dysfunction, chronic illness or disability. The Rehabilitation Program involves patients and families in goal setting for rehabilitative outcomes with the aim for patients to reach optimum health and quality of life by restoring independence. Each multi-disciplinary team is comprised of Medical, Nursing and Allied Health staff; including a Geriatrician, Geriatric Advanced Trainee, Nursing Staff, Physiotherapy, Occupational Therapy, Social Work, Speech Therapy and Dietetics with other specialist services called upon as required. There is also the opportunity to be part of outpatient general geriatric clinics and the developing Residential Aged Care In-Reach service.

The other focus of the Sub-Acute Inpatient Unit is Palliative Care. The aim of this program is to assist people with a life limiting illness to achieve symptom control and strives to meet their spiritual, emotional and practical needs in a holistic way. Where possible the team work with the patient, family and community services to assist the patient to remain at home. The palliative care beds are supported by the regional palliative care service, including a palliative care physician.

Surgery

Students completing a surgical rotation at Bass Coast Health will be attached to the surgical team in the hospital. The team cares for pre and post-operative surgical inpatients.

Students will gain experience in all aspects of inpatient surgical care, including enhancing their understanding of patients and their individual care requirements and how living in a regional setting may impact their illness/care needs. Students completing a surgical rotation will have the opportunity to spend time in busy operating theatres and consulting rooms.

Students will also participate in the post-operative care of patients who require overnight or longer stays post elective surgery, under the direct supervision of the anaesthetic unit and, indirectly, the treating surgeon. Students will work closely with their supervisors to develop an ability to assess and manage a surgical inpatient and perioperative services in a regional/rural environment.

Medicine

Students completing a medical rotation at Bass Coast Health will be attached to the medical team. The team is based on the acute medical ward led by the GP on ward service (GPM) and cares for medical inpatients.

Students will gain experience in all aspects of inpatient medical care, including enhancing their understanding of patients and their individual care requirements and how living in a regional setting may impact illness/care needs.

Part of the medicine program includes clinical support to Hospital in the Home and the Integrated Treatment Unit, where patients are admitted as day case for infusions or procedures such as ascitic and pleural taps. Students will work closely with their supervisors to develop the skills to assess and manage a medical inpatient in a regional/rural environment.

SPECIALTY ROTATIONS

Ophthalmology

This rotation offers the opportunity for Year 5D students to be directly involved in a busy eye clinic under the supervision of a varied group of consultants. Bass Coast Eye Centre has four ophthalmologists with a range of sub specialties. All are ophthalmic surgeons operating at Bass Coast Health, Wonthaggi, and Gippsland Southern Health Service, Leongatha. The eye centre provides ophthalmic services to clients throughout the region. Supervision will be one-on-one and will provide ample opportunities for mentoring.

Anaesthetics

Bass Coast Health has two theatres, one post anaesthetic recovery room and one day surgery recovery room. Services are provided by two specialist Anaesthetists and a Registrar. Anaesthesia is an extremely hands-on practical specialty and the majority of the student's time will be spent in theatres. You will be rostered to be with an anaesthetist and will get lots of experience in intubation, cannulation, anaesthetic techniques and protocols. Students will also spend time in recovery with the nursing staff, get exposure to pre- anaesthetic clinics, and pain rounds.

Oncology

The new Integrated Cancer Services Unit provides ambulatory medical and haematology oncology services under the lead of Consultant oncologists and haematologists with links to Alfred Health, with day chemotherapy treatments and outpatient clinics also including radiation oncology. Students attached to this unit will work with the Consultants treating a wide range of patients living with cancer in a rural setting.

SCHOLARLY INTENSIVE PLACEMENTS

SIP projects on offer at Monash Rural Health Wonthaggi are in collaboration with Bass Coast Health. The majority of projects offered are quality assurance/quality improvement (QA/QI) style projects, based on hospital acquired complications, national standards and in identified areas of need. All projects are clinically based and are aimed to enhance the students understanding of health care QA/QI processes.

OTHER RESOURCES

MONASH REGIONAL TRAINING HUBS

The Monash Regional Training Hubs in North West Victoria and Gippsland are a valuable resource for planning your next steps once you graduate. Our Hubs are here to provide you with a range of support as you transition from final year medical student to intern, including:

- Workshops to prepare you for the intern application process, including resume writing, interview preparation and professionalism
- CV reviews and one-on-one interview practice
- Training, professional development and research opportunities
- Awards and bursaries

Visit the [Monash Regional Training Hubs website](#) to learn more about how the Hubs teams can help support you.

STUDENT EXPERIENCES

Hear directly from our previous students and get a taste of what it's like going rural:

- [Placements](#)
- [SIPs](#)
- [Monash Rural Health Facebook](#)

Further information

Monash Rural Health
37 Rainforest Walk
Clayton
VIC 3800

E: rural.health@monash.edu