It’s hard to believe that we are nearing the end of another academic year at Monash Rural Health, end of year exams heralding for our students a time to ready themselves for departure back to their other homes after a year of valuable study and clinical exposure in the far reaches of the state. For our Year 5 students, it signals the start of new adventures as they head off into independent practice, and while we wish them farewell, the message is clear that we are able to welcome them back to the region to continue their medical careers!

In the last few weeks, the School has also farewelled the inaugural Director of the East and South Gippsland Program, Associate Professor David Campbell. David’s legacy to the School is clear in the way in which he has led and shaped the implementation of the longitudinal integrated clinical program, part of an international consortia of rural medical schools delivering rural medicine in the longitudinal format. We thank David for his service and leadership, and acknowledge his passion, dedication to rural health education in the East Gippsland region. Over the last fourteen years, he has represented the work of Monash Rural Health both domestically and globally, and has made some notable contributions to research in rural health education and practice. He will be missed by Monash Rural Health staff and stakeholders, but leaves behind a dedicated team who are committed to continuing the high-quality delivery of rural health education that Monash has become known for.

Over the last year, Monash Rural Health has continued to build on its success across the breadth of the State, through growth initiatives designed to benefit the communities we serve. In 2017, Monash Rural Health was successful in receiving additional funding from the Australian Federal Government through the Rural Health Multidisciplinary Training Program to establish two regional training hubs. The hubs are designed to build capacity through strategic linkages and the establishment of clear transparent training pathways for graduates to complete their post-graduate medical training in regional and rural Victoria. The success of the hubs will be a vital component in the long-term retention of our medical graduates, clearly adding to the capacity of regional and rural communities to help junior doctors better establish themselves in regional and rural communities, with a direct career pathway available locally.

We have recently welcomed Associate Professor Mike Nowotny to lead the Gippsland Regional Training Hub. Some of you will already know Mike for his work as a local paediatrician, work that included the promotion of regional paediatric education and training through the College of Physicians. Monash Rural Health is already benefitting from his extensive knowledge, networks and leadership in building the program and we look forward to positive outcomes for Gippsland.

The expansion of the Rural Nursing and Allied Health program across the breadth of Monash Rural Health has also continued, with the aim of providing linkages and support for nursing and allied health student clinical placement activities, across our broad Victorian footprint. The appointment of new academic and professional staff in parts of the School where this work had not been a

CONTINUED ON PAGE 2
ATTENTION ALL EAST GIPPSLAND COMMUNITY INVOLVED WITH THE MONASH UNIVERSITY, SCHOOL OF RURAL HEALTH – BAIRNSDALE

Monash University, Rural Clinical School has been established in the East Gippsland region since 2003, providing medical education and supporting community educational activities.

Research is now being undertaken to examine the social and economic impact the Monash School of Rural Health – Bairnsdale site has on the East Gippsland community.

I am pleased to support the research being conducted by Ms Marnie Connolly and encourage community members who have, or have had, an association with the School of Rural Health – Bairnsdale to consider participating in this research project.

Your association with the School may be one or more of the following – teaching, attending an educational activity, use of facilities, providing rental properties or supplies, supporting student placements.

This research will provide important information about the impact of the Monash University – Bairnsdale site on the community, and the findings from this research will inform future educational and community activities in the East Gippsland region.

If you would like to find out more, or be a participant in this research, please contact Ms Marnie Connolly PH: 51503613 or email marnie.connolly@monash.edu

Thank you for your consideration

DR DAVID CAMPBELL
Associate Professor
Director
Monash Rural Health, Bairnsdale

Professor Robyn Langham
Professor and Head,
School of Rural Health

HEAD OF SCHOOL REPORT
CONTINUED FROM FRONT PAGE...

focus, East Gippsland being one, will lead to improved stakeholder engagement and inter-professional collaboration, further developing placement opportunities and coordination.

The importance of rural health as a social, cultural and economic driver has been clearly recognised by the Federal Government in the recent appointment of Australia’s first National Rural Health Commissioner, Emeritus Professor Paul Worley. Professor Worley’s mandate is to improve access to health services for regional, rural and remote Australians and he will work closely with the Federal Government in leading rural health reform. Monash Rural Health looks forward to working with Professor Worley in the pursuit of equity and access to health resources in rural and remote Victoria over the course of his tenure.

Finally, as Head of School I invite you all to contact Monash Rural Health to discuss any aspect of our programs in East and South Gippsland. We are always keen to hear from our communities, and to continue communication with all of our stakeholders. As we farewell our 2017 student cohort and prepare to welcome returning and new students across Victoria for 2018, I would like to wish you all a safe, happy and peaceful holiday season.

Professor Robyn Langham
Professor and Head,
School of Rural Health

HEAD OF SCHOOL REPORT
CONTINUED FROM FRONT PAGE...

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Professor Robyn Langham
Professor and Head,
School of Rural Health
DEPARTURE NEWS

Laurea Atkinson joined MRH Bairnsdale in 2012 as a Simulated Learning Project Manager for MRH collaborative.

Laurea has supported the training of staff and students in the fields of Medicine, Nursing and Allied Health, together with her involvement and support for many Community projects run through East Gippsland, including Ambulance Community officer training, Secondary and Primary School programs.

Laurea was appointed Year 3B coordinator when existing staff member Casey Stubbs commenced her maternity leave in May this year.

Thankfully we will not be losing Laurea’s expertise in the field of simulation as she will be assisting us going forward on a sessional basis.

We wish Laurea all the very best for the future.

BABY NEWS

On August 30, 2017 Bairnsdale Lecturer Dr Ruth Chantler (Smythe) welcomed a daughter, Emily Annabelle Smythe. Weight 7lb 6oz (3.3kg). A sister for 2-year-old Natalie.

RETIREMENT NEWS

On Tuesday September 12, 2017 MRH staff celebrated the retirement of Dr Liz Boyd from the MRH East Gippsland family.

Liz has been associated with the Monash University Rural Health since 2005 predominately as a Women’s Health tutor and supervisor for the Y4C programme. Liz also represents the East Gippsland site as an active member of the Y4C Women’s Health curricula and assessment management group.

On behalf of students and staff past and present we thank Liz for her dedication to education and support of the Monash Rural Health Medical program over the past 12 years.
LITTLE DOCTOR PROGRAM

Around 15 primary school children from Lucknow Primary School took part in the Dala Mala Malung program over the last school term. Dala Mala Malung is Gunnaikurnai for Little Doctor and the program is run by the Centre of Excellence for Aboriginal Health in East Gippsland (CEAHEG) with support and funding through the Malpa Foundation. Dala Mala Malung is a health leadership program which trains Indigenous and non-indigenous young people to be health ambassadors in their own communities. The program is aimed at children aged seven to ten who were also given the opportunity to bring a friend along. Based on a national template, it is designed and run by local Elders, respected community members and supported by health workers from Aboriginal Controlled Health Organisations. Year 2 medical students visiting Bairnsdale in September helped out at one of the sessions and primary and tertiary students had a marvellous time working on body maps. The program is one of the community engagement activities undertaken by staff at MRH East & South Gippsland who visit around ten primary schools each year targeting remote schools where possible. Medical students studying in Bairnsdale and Sale often assist with the visits.

Students at Lucknow Primary School have some fun with body maps. Photo courtesy Dr Doris Paton.

EAST GIPPSLAND WINS THE PAT FARRY CUP – AGAIN

Beer and pizza help warm up the East Gippsland team for the annual Pat Farry Cup challenge.

East Gippsland medical students have won the annual Cross Tasman Challenge, Pat Farry cup for the third year in row. Teams from Otago University’s Rural Medical Immersion Program and Monash Rural Health East Gippsland have battled for the coveted award for nine years with Monash taking home the prize six times. From his base in Otago, Quiz Master Dr Buzz (yes, that is his real name) posed around 75 medical and general knowledge questions to the assembled teams. In keeping with the tone of the competition, this year he dressed as Shrek; previous incarnations have included a crayfish and a stick of celery. Associate Professor Dr David Campbell and Dr Pat Farry set up the inaugural quiz in 2009. No cup was on offer that year; it was introduced in 2010 after Pat Farry unexpectedly passed away. Branko Sijnja who took over the director’s role after Pat’s passing, was very keen to keep this event going. Because it’s held by video conference to New Zealand, the East Gippsland team holds a unique advantage. The competition starts immediately after tutes, normally 5pm Australian time. The Kiwis, on the other hand, finish their tutes at 4 pm New Zealand time so with the two-hour time difference, it gets underway at 7pm NZ time and they have partaken of a few ales at a local hotel. Keen to intimidate their rivals, the New Zealand team has started quite a few of these events with a Hakka, to no avail.

PUBLICATIONS

Scope of practice of nurses and allied health practitioners in East Gippsland.
K Mallia, A D’Amore, M Connolly, M McGrail, DG Campbell
14th National Rural Health Conference Proceedings

Increasing the Aboriginal Health workforce in East Gippsland
D Paton, D Blaber, C Anderson, G Bundle, D Campbell, EKL Mitchell, A Mullett, R Mullett, R Mullett, B O’Shanassy, M Pearce, R Pearce, J Greacen
14th National Rural Health Conference Proceedings.

A prospective survey of chiropractic student experiences with paediatric care and variability of case mix while on clinical placement in Rarotonga
AJ Todd, MT Carroll, DG Russell, EKL Mitchell
Journal of Chiropractic Education 31 (1), 14-18.

Role expectations of different levels of nurse on graduation: A mixed methods approach
ER Jacob, L McKenna, A D’Amore
Collegean 24 (2), 135-145.
On the weekend of September 8-10, MRH South Gippsland 4C students travelled to Waratah Bay beach camp for a fun and education weekend away organised by their tutors Dr David Iser and Carlene Hurst.

There was a line-up of inspirational speakers, starting off with Dr Judy Braga who spoke about her time as the doctor on Davis station as part of the Australian Antarctic Division and the incredible experience in stabilising multi-trauma patients who were involved in a helicopter crash within her first month of being there.

To wrap up the evening Mr Tony Holmes, a paediatric craniofacial plastic surgeon, gave everyone a brief history of plastics as a speciality and left all in attendance in awe with the incredible advances of the speciality as well as his own career achievements, not least of which involved being involved in the highly publicised separation of conjoined twin Trishna and Krishna.

Saturday started bright and early with OSCE and clinical skills sessions and students were encouraged to get involved in research with a brief “research 101” by Dr. Nick Smoll. Later in the day there were more awesome talks including from GP anaesthetist Dr. Allin Marrow, former-Foster 4C Tom Ponsonby and cardiologist Dr. Damon Jackson, who spoke about the management and screening of the growing issue of ischaemic heart disease.

Before heading off on Sunday, everyone partook in a ‘centergy’ session (pilates + yoga) to relax before another big week. Over the weekend students also got in tune with their sporting sides, regularly getting out to play a friendly game of beach volleyball, undeterred by the dreary conditions.

Over the past 4 years the South Gippsland team have developed a very successful relationship with 2 of the local amateur dramatic societies - Lyric Theatre in Leongatha, and FAMDA in Foster, which has given us the opportunity to source actors for our practice OSCE’s.

We now have over 10 actors on our list ranging from 18 to 70, both male and female, who have proved to be excellent simulated patients, being able to readily take on the varying roles that are required for the practice oral exams.

This has also been an excellent way to raise the school’s profile in the local community, as they enthusiastically spread the word about the medical students in the area, and their part in helping with their exam preparation.

Surely all medical students have heard of AMSA’s famed annual ‘Convention’, but AMSA also run a few lesser known conferences, one of which is the Rural Health Summit (RHS). RHS is still in its infancy, having been held for only the second time in September, but should definitely be on the list of events not to miss next year for any students with a passion for rural health.

Over 100 medical students from all around the country descended on Wollongong, on the New South Wales south coast, for a weekend of amazing speakers, stimulating discussions and informative workshops. Amongst the delegates were current AMSA Rural Health co-chair and 5D Warragul student Brad Wittmer as well as 4C students Gaby Bolton, based in Leongatha, and Chris Hardy, based in Warragul. All three have a passion for rural medicine and plan on practicing as rural doctors in the future. But it wasn’t all lecture theatres and tutorial rooms, a social event was held on Saturday night as an opportunity to network with some of the inspiring doctors who have made incredible careers as rural practitioners and to let-loose with new found friends.

To keep up to date with all things rural and get all the information about next year’s RHS follow AMSA Rural Health (@yourAMSArural) on Facebook, Twitter, or Instagram.
YEAR 2 BAIRNSDALE

On Monday September 4, Monash Rural Health Bairnsdale welcomed 20 second year medical students for a two-week rural rotation. The students were kept busy throughout the two week with their involvement in a range of activities including placements within Bairndale Regional Health Service (BRHS) hospital wards, GP practices, allied health, medical imaging, specialist consulting rooms, district nursing, aged care facilities, disability support services, primary school visits and clinical skills sessions. In the second week, students additionally visited a local farm, attended the SES headquarters where they attended a shared session between the SES and Ambulance Victoria, and, with Year 2 Sale medical students, participated in an Indigenous Health session and visited the Krowathunkooloong Keeping Place.

The students were able to enjoy some time socialising with local Year 4C and 5D medical students, and gain their perspective on what it is like to be a student in a rural area.

Overall the placement was a great success and we thank everyone involved for their support of the program. Our goal was to provide insight into a rural placement with the hope that some of them may come back on placement in Year 3, 4 or 5, or as a doctors.

2016 Year 2 medical student Priya Selvaraj wrote a reflection on her BRHS home-based nursing placement in Bairnsdale titled ‘A tribute to a palliative patient’. To read this wonderful reflection visit – https://theauricle.org/2017/10/02/a-tribute-to-a-palliative-patient/

Angelo D’Amore
Year 2 Bairnsdale Coordinator

YEAR 4C & 3B SALE

The Year 4C students in Sale have had a busy Semester 2 both socially and academically. Students have continued being fully immersed in the longitudinal program and gained invaluable clinical experiences on placement to compliment theory learnt.

On a social note, the 150-year celebration at Central Gippsland Health wasn’t to be missed by many of the Year 3B and year 4C students. It was a great night for the students to mingle and show their moves on the dance floor!

Being a smaller cohort of 7 this year, the students have worked well together to utilise all their different strengths to learn from each other. It has been a privilege to be their academic coordinator and watch how a group of students from all very different backgrounds have developed together in a rural community to gain an experience that will be memorable for each and every one of them.

John Desmond Prize

The John Desmond Prize is donated by Drs Robyn Horsley & Peter Desmond in honour of their late son, John Desmond, who died in infancy. The objective of the John Desmond Prize in Occupational Medicine are to:

1) encourage some students to contemplate occupational medicine as part of any general or specialist medical practice.
2) encourage some students to acquire the knowledge, skills and attitude needed to effectively practise occupational medicine as part of any general or specialist medical practice.

Every year, Year 3B students are invited to apply to sit the one-hour examination for the prize. The students with the highest score receive the Prize and all other students that receive a high distinction receive a
MONASH RURAL HEALTH EAST & SOUTH GIPPSLAND NEWSLETTER — 7

Year 4C Bairnsdale student Timothy Yeung was very excited to be named East Gippsland United Football Club’s reserves most valuable player for 2017.

An avid soccer player all his life, Tim joined the East Gippsland United Football Club as soon as he arrived in Bairnsdale at the start of the year and was welcomed with open arms.

The club had success on-field throughout the season and was an invaluable experience for Tim in getting to know many members of the community and making lifelong friends.

During the evening students spoke about their experiences about undertaking a longitudinal integrated programme in East Gippsland. Many students reflected about their nervousness of initially coming to a rural area which quickly disappeared as they engaged themselves with local community activities and clinical placement.

Many students this year joined sporting clubs, church groups and enjoyed life in a rural area. Some student’s orientation to the local Health Service included a visit to the best fishing spots on the Mighty Snowy river! All students enjoyed visiting the local festivities, farmer’s markets and exploring the region in general.

From an academic coordinators perspective, it was rewarding to see the personal growth of the students throughout the year. Students became confident with their clinical practice as they worked in small support teams. Students appeared passionate about becoming future doctors. Friendships were fostered amongst colleagues and community members.

All of these successes could not be possible if not for the support from the members of the East Gippsland community, the Health Care services and staff who support the students and educational programme each year. A big thank you to all and we wish the Bairnsdale Year 4C students all the best for their exams.

Marnie Connolly
Y4C Senior Academic

STUDENT WINS MOST VALUABLE PLAYER AWARD – EAST GIPPSLAND UNITED FOOTBALL CLUB

Year 4C Bairnsdale student Timothy Yeung was very excited to be named East Gippsland United Football Club’s reserves most valuable player for 2017.

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L/R: Nic Ensor, Dr David Campbell (Director), Zoe Vaughan, Cathy Jiang, Amy Martin, Tim Yeung, Holly Fox, Seb Wrobel, Claudia Duke and Marnie Connolly (Senior Academic)
NEW ZEALAND RURAL EXCHANGE

Each year there is an opportunity for two Year 4C students from MRH East and South Gippsland, to undertake an exchange with two students from the University Of Otago Rural Medical Immersion Program (RMIP) in New Zealand. Students spend the two weeks alongside the RMIP students and are involved in all aspects of the program, also managing to fit in some sightseeing. These are reports from James Davey (Year 4C Sale) and Nic Ensor (Year 4C Bairnsdale) this year’s participants.

I was bursting with excitement as I left Melbourne destined for New Zealand to start my fortnight long exchange between Monash’s Rural Health (East and South Gippsland) and Otago University’s Rural Immersion Program (RMIP). Flying from Melbourne to Christchurch in the early hours of Saturday morning, I was treated to an amazing look back on Gippsland. As it was my first time visiting New Zealand my excitement only grew as I flew Christchurch to Dunedin. When I arrived it was dark, cold and rainy, but I was met at the airport by the warm smiles of my two new flatmates Dan and Grace. Their kind welcome instantly put any uncertainty I had aside as we headed out for a dinner at the local pub over an exciting rugby game between the All Blacks and The Lions.

At my first day of clinical placement I received an incredibly warm welcome to the Clutha Health First Clinic and a tour of the great facilities. Clutha Health First integrates a General Practice clinic, a fifteen bed inpatient ward, outpatient services for visiting specialists, a midwife run maternity unit, a medical assessment unity (a practice nurse run mix between ED and GP) and multiple allied health services like X-ray and a basic pathology service. Clutha Health First has an incredibly unique set up and an interesting backstory behind it. Balclutha originally had a hospital, but as Health Care Otago moved to retract funding from rural areas, it left the town with only general practice services. The dissatisfied community, rallied and marched in Dunedin demanding that their region have more. As a result, Clutha Health First opened in December 1998 funded and owned by the community of Clutha; an achievement that they are rightly very proud of.

My time spent at Clutha Health First during the first week was spent in a mix of general practice, outpatient psychiatry, the inpatient ward and the medical assessment unit. This gave me the opportunity to work with and learn from an incredibly multifaceted team in a hands on way. Working with the team at Clutha Health First, I gained further insights into the challenges of rural practice in a smaller setting than I am used to, for example only having access to X-ray rather than a CT scanner. It was great to see the way that different areas of the clinic came together to handle some challenging medical problems. I really enjoyed my time in the Medical Assessment Unit with exposure to a great mix of GP and ED cases; I was really impressed that all of this was handled by incredibly capable nurse practitioners rather than doctors.

During the weeks I spent my moments of free time making the best of the weather by exploring the town and surrounds. On sunny days I’d take a walk at lunch or in the evening through the main street of town or to check out the Clutha River (New Zealand’s largest volume river) and the Clutha River Bridge. When the temperature dropped, I’d be up early to take a walk through the frost and break frozen puddles as the sun rose over Balclutha. Although I got excited for snow a couple of times with freezing temperatures, we received no more than a minimal dusting, but got plenty of ice and sleet instead. Despite this my excitement over the ice and frost remained high and my flatmates jokingly likened me to a child as I continued to smile until my teeth literally hurt from the cold.

Grace and I set out exploring on an ambitious bike ride along the Queenstown trail which ran around lake Hayes, out to Arrowtown and back along the Kawara River. The scenery set to a backdrop of mountains was breath-taking, and I was in absolute awe! We rode through the most incredible ‘winter wonderland’ like thick frost coming into Arrowtown.

Like my first week at Clutha Health First, my second was split with time across multiple disciplines and teams. I was fortunate enough to even spend some time parallel consulting with Dr Branko Sijnja who heads the entire Otago University RMIP program and Dr Rebecca Canner who runs the teaching for the RMIP students in Balclutha; both coming from an incredible wealth of knowledge that I had the privilege of learning from. I also got to spend some time with the Balclutha midwifery team and gained some valuable insight through discussions about the differences between a midwifery run centre with no theatre like Clutha Health First, and Sale with its large obstetric team. Additionally, I spent an amazing day with a GP in Milton, one of the small towns near Balclutha, gaining some exposure to the aged care system and having the opportunity to do some suturing. Although the presenting complaints and core medicine are similar, it has been interesting to see how the Australian and New Zealand health care systems manage patients slightly differently; something I will continue to reflect on in future practice.

I’m incredibly grateful to have been given this unforgettable and invaluable experience. Without hesitation I’d recommend this opportunity to broaden your perspective, gain insight and overall grow as a future doctor to everyone!! Throughout my journey I was generously welcomed and supported by so many incredible people! They all played a part in making this the enriching experience it was, I could never thank them enough for what they have given me!

James Davey
Year 4C Bairnsdale
In early July 2017 I had the privilege of being able to spend two amazing weeks in Greymouth, New Zealand (located in the northern half of the South Island on the west coast) with students from the University of Otago’s Rural Medical Immersion Programme (RMIP). This was an incredible opportunity and I loved every minute I was there.

I first arrived in Greymouth on a cold, wet Saturday night that was not dissimilar to a winter’s night here in Victoria. My bus had just traversed the South Island’s mighty Southern Alps which provided some spectacular views along the way. As I stepped off the bus and was met with the friendly faces of my new housemates, I knew that I was going to be in for a brilliant time. To make things even better, my first night in Greymouth was spent making new friends over nachos, an All Blacks rugby game, a spa bath and laughing at the antics of a very ‘well-fed’ cat.

Grey Base Hospital, where I was placed for the two weeks, is a hospital of roughly 100 beds that is of a similar size to Central Gippsland Health in Sale. It services Grey Base’s population of 13,000 and a majority of the South Island’s west coast, a vast, often remote region. The resident services that the hospital offers include general medicine and surgery, an emergency department, obstetrics and gynaecology and geriatrics. There are also various specialists who regularly visit Grey Base Hospital from (most commonly) Christchurch for both consultations and theatre lists.

Prior to arriving in Greymouth I was very pleased to hear that the majority of my time in Greymouth would be spent in the Emergency Department (ED), with time also spent in various other clinics/theatre lists as per my choosing. The ED was fantastic! As soon as I met the team they welcomed me as one of their own and each person there went out of their way to ensure that my time in Greymouth was a fulfilling one. There was never a dull moment in the ED. The doctors and nurses were brilliant when it came to getting me involved; I was regularly clerking patients, discussing and organising management plans, performing minor procedures or being called to see interesting cases.

Much of my other time in the hospital was spent in paediatric clinics, O&G clinics, plastics theatre, in tutorials with the two other medical students and, most excitingly, with the local paramedics (speeding down the highway with lights on and sirens blazing certainly got the adrenaline going). One thing that struck me in all of these experiences was just how friendly everybody was and how welcoming they were of the new medical student from ‘across the ditch,’ a friendliness not unlike that which I received when I came to East Gippsland at the start of this year. During these placements I learnt many new practical skills and gained some terrific clinical experience, all which will help me to better care for patients in the future.

It was interesting to see that Greymouth experiences the same difficulties with practising rural medicine that we do here. Some patients have to travel large distances just to see a doctor and in emergencies the use of a helicopter is often required. One aspect of practice in Greymouth that we do not seem to experience as much here is the effect of bad weather. Greymouth receives many of its supplies from Christchurch, meaning that when there is bad weather and the passes over the Southern Alps are closed, many supplies (e.g. linen) cannot be received. This can also become a difficulty for patient transfer (especially when urgent) because, at times, the weather can be too severe even for planes or helicopters to fly across the mountains.

In my spare time, my housemates made sure to show me the best that Greymouth has to offer. This included coastal runs in the golden light of the sun setting over the sea, hikes up local hills to see some spectacular views of the region and time spent meeting with other friends from the hospital. I really enjoyed the drive up the coast to see Punakaiki’s aptly named ‘pancake rocks’, which is a well-known walk to see a coastal rock formation that looks like hundreds of pancakes staked one on top of another. From here you could see down the coast as far as Mount Cook, which is hundreds of kilometres away! Just as my first night in Greymouth was the perfect start, my last night in Greymouth was the perfect finish. The night started with a trip to the Grey river mouth to watch the sun set over the Tasman Sea and finished with a bonfire on the beach with many of the new friends that I had made.

I am so thankful for the opportunity to have been able to go to Greymouth! It was such an amazing and valuable time and I would certainly recommend it to anyone considering the exchange next year. Thank you to everyone involved who put in so much work to make the exchange possible – the experiences that I had over there will always be remembered very fondly and I look forward to building upon them in the future.

Nic Ensor
Year 4C Bairnsdale
Stephanie is an undergraduate student based in Wonthaggi this year. She comes from Yarragon in West Gippsland.

Stephanie has really become involved with the local Wonthaggi community, where she has joined both the tennis team and the netball team, along with other staff members at the GP clinic. She has also participated in some of the health promotion activities run by the GP’s, including assisting in the first aid tent at the “Hills are Alive” music festival.

Joining Gippsland Student Medical Network Stephanie attended a secondary school information night run at Leongatha, and gave her insights into being a medical student from a rural area, how she found the transition to the city, and strategies to settle in to University life.

Stephanie is passionate about environmental issues and the impact on rural communities, and earlier this year, as part of an organisation called Healthy Futures, she participated in two community evenings, open to all members of the public, about the effects of climate change on human health. Together with another speaker, Aileen Venning, she gave local people in Leongatha and Mirboo North information about the physics and geography of climate change, as well as the effect it has and will have on local and global health. The talks were well received and she found it a great opportunity to meet other passionate members of the community.

Stephanie was also recently lucky enough to be a part of the Australian delegation for the International Federation of Medical Students’ Associations 66th General Assembly in Arusha, Tanzania. One of 10 Australians, she set off on the 28th of July for a pre-conference three-day workshop on access to safe abortion. When the rest of the delegates arrived, 1000 medical students from all over the world, they split into different standing committees. Stephanie chose to join the standing committee on sexual and reproductive health issues and spent the next week talking about women’s health and sexual health related topics. Stephanie met students from Syria, Sudan, Sierra Leone to name a few, which she said was the best part of the conference. “Speaking to other students from around the world made me realise how lucky we are in Australia and has only made my passion for global health even stronger”, said Stephanie.

RURAL ENGAGEMENT AWARD

Each year Monash Rural Health East & South Gippsland recognise students who have significantly contributed to community engagement in their region via a Rural Engagement Award (REA).

Students are nominated for this prestigious award by their academic coordinators, faculty and professional staff based on the student’s contribution to community engagement, leadership, mentorship and a demonstrated commitment to rural health.

The REA was open to all medical students who have undertaken a longitudinal placement in either Years 3B or 4C in a South Gippsland, Sale or Bairnsdale rural health education centres.

Winner of the 2017 Rural Engagement Award was Year 4C South Gippsland student Stephanie McKelvie.

In recognition of Stephanie’s achievement, Stephanie was presented with a framed award certificate, engraved medallion and $200.

We congratulate Stephanie on her extraordinary contribution to Rural Engagement in South Gippsland.
NHETSIM IN Bairnsdale

In July this year the Bairnsdale site of Monash Rural Health held a NHET-SIM (National Health Education and Training in Simulation) workshop for health educators interested in updating their knowledge and skills in simulation practices. The workshop was facilitated by Debra Nestel a Professor of Simulation Education in Healthcare, Monash University and Professor of Surgical Education, Department of Surgery, University of Melbourne.

Workshop topics covered included debriefing and developing clinical scenarios for participant’s clinical disciplines. The workshop was very informative, interactive and lots of fun with all participants involved with role play. In addition to the core topics covered participants were up dated on contemporary issues around simulation practices and the future of simulation in the international arena.

Participants attending the workshop were paramedic, nursing and medical clinical educators from the East and South Gippsland regions.

A further workshop is schedule for December 2017 with Professor Nestel. This workshop will be for health professionals interested in inter-professional simulation practice. We thank Professor Nestel for her support with simulation education in rural areas and look forward to the December workshop.

Seeking Participants for a Research Project

Attention: East Gippsland Community members and Businesses

Have you ever been involved with the Monash University, School of Rural Health – Bairnsdale or its students?

Are you or have you provided a service or participated in an activity with the Monash University, School of Rural Health – Bairnsdale such as:

- been consulted by a medical student
- attended a meeting
- utilised Monash facilities
- provided rental properties
- provided trade services
- supported student learning in the community
- provided student employment and social activites or
- collaborated on a project (e.g. research, educational, infrastructure etc)?

Research is now being undertaken on a project titled: “Monash University, School of Rural Health, impact on the East Gippsland community”

The purpose of this study is to examine the social and economic impact the Monash University, School of Rural Health – Bairnsdale site has on the East Gippsland community.

Ms Marnie Connolly would like to invite you to share your knowledge concerning your experiences and perceptions of the Monash University – School of Rural Health in the East Gippsland region

If you would like to participate in a questionnaire and interview or for more information about this project please contact:

Chief Investigator: Ms Marnie Connolly
Tel: 5150 3615
Email: marnie.connolly@monash.edu
Thank you for your consideration

With funds from a successful Andrews Grant, the skills lab at Leongatha has welcomed the arrival of the new Ultrasound equipment.

The Sonosite S Series™ ultrasound system is already proving to be invaluable for both students and local doctors. The training sessions that we have run have attracted GP’s from across South Gippsland, all keen to learn new skills, or to further develop their expertise in this area.

One GP commented ‘these days you need an ultrasound in your pocket, rather than a stethoscope’.

Teaching these skills to our Year 4C and 5D students will even better prepare them for their intern year and beyond.
EXPRESSIONS OF INTEREST
Do you have an interest in research to address local health issues?

Monash Rural Health (MRH) East & South Gippsland are seeking persons interested in becoming members of a ‘Research Advisory Group’ (RAG).

The Research Advisory Group (RAG) are seeking membership from persons who reside in the geographic areas of Bass Coast, South Gippsland, Wellington and East Gippsland Shires to:

- Discuss and advise on community perspectives for proposed new reach activities, plans, and projects as presented by MRH East & South Gippsland.
- Identify new and relevant research which would address local health issues and can meet the MRH East & South Gippsland strategic plan.
- Help to identify and provide direction for the research training needs in each region.
- Assist and advise on grant applications and funding opportunities.
- Provide advice on engagement and communication issues including optimal plans to recruit research participants and disseminate research outcomes.
- Participate in evaluating the impact of MRH East & South Gippsland research in the region.
- Ensure the MRH East & South Gippsland research program is widely known to people in the region.
- Encourage local support for the MRH East & South Gippsland program.
- Monitor the annual research performance of MRH East & South Gippsland against the MRH East & South Gippsland Strategic Plan.
- Undertake any other activities that contribute to the realisation of the MRH East & South Gippsland research objectives.
- Integrate Monash Rural Health East & South Gippsland research activities, as much as possible, with the overall MRH research direction.

Representatives from Regional Health Services, Community Health Services, Primary Care Networks and/or General Practitioners, Government organisations, regional health training providers, and any general community members interested in local research to address local health issues, are encouraged to contact us.

To find out more or to express your interest in being a member of the MRH East & South Gippsland Research Advisory Group, please contact:

Research Lead: Dr Eleanor Mitchell
Tel: 5122 7187
Email: eleanor.mitchell@monash.edu
Expressions close: Tuesday 2 January, 2018
Thank you for your consideration.

SEEKING PARTICIPANTS FOR A RESEARCH PROJECT
Attention: East Gippsland Healthcare Professionals

Have you ever been involved with the Monash University, School of Rural Health – Bairnsdale or its students?

Are you a medical doctor, nurse, allied health professional, paramedic, healthcare administrator working in a community or acute health care facility and been involved with:

- teaching, mentoring or supervising Monash University medical students
- participated in or provided educational activities held at the School of Rural Health – Bairnsdale
- collaborated on a project (e.g. research, educational, infrastructure etc)?

Research is now being undertaken on a project titled:
“Monash University, School of Rural Health, impact on the East Gippsland community”

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If you would like to participate in a questionnaire and interview or for more information about this project please contact:

Chief Investigator: Ms Marnie Connolly
Tel: 5150 3615
Email: marnie.connolly@monash.edu
Thank you for your consideration.

IMPORTANT DATES FOR 2018

<table>
<thead>
<tr>
<th>SEMESTER DATES</th>
<th>Year 3B</th>
<th>Semester 1</th>
<th>February 5 – June 8</th>
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<tr>
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<td>Semester 2</td>
<td>July 2 – November 2</td>
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<tr>
<td>Year 4C</td>
<td>Semester 1</td>
<td>January 29 – June 1</td>
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<td></td>
<td>Semester 2</td>
<td>June 25 – October 26</td>
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<tr>
<td>Year 5D</td>
<td>January 29 – November 2</td>
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Website: www.med.monash.edu/srh/eastgippsland

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