

Medicine, Nursing and Health Sciences

School of Rural Health East and South Gippsland

Newsletter, Summer 2015

Director's Report

Rural begets rural. We reap what we sow.

Have we completed the circle when the daughter of one of our (former) local doctors is providing Caesarean Sections for the local hospital?

Or the daughters of two of our long-standing doctors are working together as Registrars in a local town?

This is the impact of the policies on which the Rural Clinical School Program is based. The evidence has been consistent over the past three decades: rural-origin students and students who have a positive exposure to rural practice during their training are more likely to choose a rural medical career.

These are important principles underpinning the University's negotiation with the Commonwealth Department of Health regarding our new 3-year Contract for the Rural Health Multidisciplinary Training Program, to commence in January 2016.

The new Contract requires the University to set a target for an increase above the current requirement of 25% of Commonwealth-supported medical student intake to be of rural origin; and we must also set and meet annual targets for rural placement of nursing and allied health students.

2015 has proved to be another successful year for the East/South Gippsland program. We have now established a training site on the Hospital grounds at Leongatha, and will equip a simulation laboratory on site early next year. This has been achieved with strong support from the Board and CEO, Mark Jackson, of the Gippsland Southern Health Service.

We have seen an extension of the Year 3B program in Sale with students rotating to Bairnsdale Regional Health Service to undertake medicine and surgery placements. The feedback from students has been very positive. This program has continued despite the retirement of our Sale 3B Coordinator Alda Dunlop; I would like to thank Alda for her measured and professional approach to this role, and wish



her well in the future. We have been fortunate to recruit a capable replacement in Casey Stubbs, and we all look forward to working closely with Casey in the years to come.

The Year 4C Program across the School has also seen some changes, the most significant of which has been Loy Perryman's long absence and eventual resignation from the position of 4C Coordinator in Sale. I would like to pay tribute to Loy's years of contribution to the School and her commitment to academic development. Thanks to Deborah Hewetson who has stepped temporarily into the 4C Coordinator role in Sale, with support from Marnie Connolly. I am pleased to announce that Prue Berry, an experienced critical care nurse and nurse educator, has accepted this position and will commence in November this year.

Our students across East and South Gippsland have been active not only with their clinical program but also within their communities, with many students undertaking local employment as tutors for secondary school students, engaging in the Teddy Bear Hospital program, and hosting local primary and secondary school students with an interest in rural health careers. This is a crucial part of our role in recruiting rural students to entry into medicine, nursing and other health professional courses.

Sale and Bairnsdale students have also been introduced to research and research methods, with three small projects underway related to clinical issues (pain management and palliative

care) and aspects of GP workforce retention. These projects will be picked up by students placed here next year. Thank you to our Research Coordinator Eleanor Mitchell for her support for this activity.

An added development this year is the support for the Gippsland Medical Students Network, established by Southern GP Training with funding by the Victorian Department of Health. The Project Officer for this Network is Bec Woodland, who is also the Coordinator of the East Gippsland Community-Based Intern Program. Bec has established a data-base of 56 secondary school students in Gippsland with an interest in applying for Medicine after completing Year 12.

In addition, Bec has identified 41 current medical students of Gippsland origin who are enrolled with Monash or other medical schools. The Network has already established mentorship arrangements with local doctors for some of these students.

It is anticipated that at least some of this cohort will be attracted to Intern placements such as the Gippsland Regional Intern Training program based at LRH in Traralgon, or the East Gippsland Community based Intern (EGCBI) Program in Bairnsdale and Sale. Enrolments for the EGCBI program for 2016 look encouraging, with the majority of the cohort coming from Gippsland and/or having spent time here as students with the rural clinical school program.

Finally, a number of our staff have received Awards this year, ranging from National Awards to Faculty and Dean's Awards, and these are outlined in this Newsletter. Congratulations to all Award recipients and many thanks to all staff for their continued contribution to our students and the communities in which they live.

David Campbell

Director, Monash School of Rural Health
East and South Gippsland



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Research Report

Year 4 MBBS students from Bairnsdale and Sale took up the opportunity to work on two research projects. The two research topics look at pain management in rural General Practice and the impact of the introduction of hospital physicians on the local general practitioners. In both cases the 2015 student cohort undertook a literature review and designed the research plan for their respective topic.

Working in groups of 4-5, although the students took charge of driving the projects, the students met regularly with the East Gippsland academics who supported and guided them, ceasing at the end of August so that students could focus on their exams. It is intended that these same research projects would be offered to the 2016 MBBS students, and that this cohort will continue the projects through to the next stage of applying for ethics and collecting data.

Conferences

- The annual SimHealth conference was held from 17-21 August 2015 in Adelaide. Marnie Connolly and Laurea Atkinson attended. Laurea received a Victorian Simulation Alliance scholarship to attend and presented on Malignant Hyperthermia Scenario: Testing the Clinical Boundaries in a Rural Hospital.
- The 2015 General Practice Training & Education Conference was held from 26-27 August 2015 in Hobart. Dr David Campbell presented on a research project conducted in 2014 on "Procedural Skills training needs of Doctors, Nurses, Midwives and Paramedics in Gippsland."
- The RACGP conference for general practice was held in Melbourne from 21-23 September 2015. Dr Ei Aung, a GP registrar who undertook an academic year with SRH in 2015 presented her results at this conference. Her presentation was on skin cancer follow-up in rural General Practice.
- The 12th annual conference of the International Society for the Scholarship of Teaching and Learning will take place from 27-30 October 2015 in Melbourne. Eleanor Mitchell is presenting on online education excellence.

Publications

Drs Eleanor Mitchell and Angelo D'Amore recently published a paper in August 2015 in the Australian Journal of Education on how learning styles and preferences of first year nursing and midwifery students change. A full copy of the published article can be found at: <http://aed.sagepub.com/content/59/2/158.abstract>

Drs Eleanor Mitchell and Angelo D'Amore have also recently published two articles relating to collaborative research project undertaken with local health professionals.

The first paper, led by Ms Marg Wilson from BRHS, has been published in the August edition of the Australian and New Zealand Continence Journal. This research discusses establishing a nurse-led pessary clinic in rural Victoria. A full copy of the published article can be found at: <http://search.informit.com.au/documentSummary;res=IELHEA;dn=515448014331318>

The second paper, led by Ms Sue Kewming from CGHS, will be published in the next edition of the journal, Diabetes Spectrum. This research looked at an evaluation and comparison of two diabetes education approaches at a rural health service.

South Gippsland



Dr David Iser and Dr Trevor Andrews with South Gippsland students at Wilsons Promontory.

What a great year it has been in South Gippsland with an exceptional bunch of Year 4C students. The students have formed a cohesive group and have been enthusiastic, hardworking and a lot of fun.

The students have been involved in a range of extra activities including Secondary School visits and Teddy Bear Hospital. Several students have also developed strong links in the local community with one being an active member of the Wonthaggi CFA and another an integral member of the Leongatha women's soccer team that has just won the premiership!

It will be sad to say goodbye to this great group and we wish them all the best for their future careers.

Weekend at the Prom

Dr David Iser along with Dr Trevor Andrews organised a terrific weekend in August for the South Gippsland students down at Wilsons Promontory. Staying in the Lodge at the Prom, the students had a wonderful weekend which included a mix of study, walking, yoga, meditation and a lot of eating. Students practiced clinical skills in the bush setting including how to deal with snake bite and fractures.

Great fun was had by all!

Jennie Casey



Staff Welcomes

SRH East and South Gippsland welcome Casey Stubbs as an Academic Coordinator.

Casey, previously a clinical nurse educator for Latrobe Regional Health, joined the Sale team and is keen to help create a great rural placement for Sale's Year 3B, 5D and visiting Year 2 students.

Casey looks forward to assisting the students in gaining new and improving existing skills.

Year A Student Visit

Monash University Year A MBBS students from Churchill were given the opportunity to visit East Gippsland Education centres in an effort to assist them in deciding where to complete their clinical training.

Four students visited our Bairnsdale education centre and after a tour of the Bairnsdale site, they participated in various skills in our Simulation Suite and held discussions with Research Academics Eleanor Mitchell and Angelo D'Amore.

On their return trip to Churchill, the students called into our Sale centre touring the school and Central



Visiting MBBS Year A students.

Gippsland Health Service. The visiting students appreciated the opportunity to meet with and conduct a questions and answer type session with Sale professional staff, Year 3B and Y4C students over a scrumptious afternoon tea.

Sale

Year 4C Sale students grabbed the rare opportunity (between OSCE practice sessions) to share a picnic lunch beside beautiful Lake Guthridge in Sale. We were joined by some very supportive wives, partners and an adorable little daughter who delighted in chasing the seagulls. Although the time was short, the students enjoyed the break with a lot of talking, laughing, walking and eating.

Deborah Hewetson



Academic Coordinator Deborah Hewetson with year 4C Sale students.

Year 2 MBBS Student Placement

2015 saw a total of 53 MBBS second year students take rural placements in Bairnsdale and Sale.

Students were placed in Bairnsdale Regional Health Service (BRHS) and Central Gippsland Health Service (CGHS) along with other varied clinical placements through the Sale and Bairnsdale region.

Activities in Sale varied consisting of a visit to a dairy farm, vegetable farm, BLS in the park, Clinical Skills and a visit to Glenmaggie Weir where the students were able to walk through the wall. By all accounts the students found their time in Sale very rewarding and will hopefully entice them to come Rural during Year 3B or Year 4C in future years.

Whilst on placement in Bairnsdale the students also participated in some local community activities attending an Indigenous Day under the direction of local aboriginal leader Doris Paton.

Whilst student's spare time was minimal, Bairnsdale students managed to explore the local area visiting the Koala's on Raymond Island, Eagle Point Silt Jetties, the Ninety Mile beach at Lakes Entrance and our lakes at Paynesville. It was pleasing to hear that some students are now considering, or have been enticed to go rural again in later years.



Year 2 Sale students.



Year 2 Bairnsdale students.



Laurea Atkinson.

Simulation Scholarship WIN for SRH Project Officer

SRH Simulation Learning Environment Project Officer Ms Laurea Atkinson was awarded a scholarship enabling her to attend the SimHealth 2015 conference.

Laurea, who has been with SRH since 2012, was the successful recipient of the Victorian Simulation Alliance (VSA) Innovation and Professional Development Scholarship 2015.

Laurea's presentation at the conference, titled 'Malignant Hyperthermia Scenario: Testing the Clinical Boundaries in a Rural Hospital' was the result of a positive collaboration between Monash SRH and Bairnsdale Regional Health Service.

SimHealth 2015 this year explored the theme 'Finding the Balance' and included a mix of international and local speakers. Over five days participants shared how their simulation-based education initiatives had had an impact on clinical outcomes.

Laurea spent her three days at the conference networking with peers, learning about new simulation methods which can be used at SRH and attending a moulage class.

Important Dates for 2016

Semester Dates

Year 2	Semester 1 April 26 – May 6
	Semester 2 September 5 – 16
Year 3B	Semester 1 February 8 – June 10
	Semester 2 July 4 – November 4
Year 4C	Semester 1 February 1 – June 3
	Semester 2 June 27 – October 28
Year 5D	February 1 – November 4

Dean's Award recognises teaching excellence

A love of online teaching and a passion to create change in that space has underpinned the significant achievements of Monash lecturer Dr Eleanor Mitchell.

Eleanor teaches at the SRH Bairnsdale site and was a recent recipient of the Dean's Award for Excellence in Education (Quality of Teaching).

The Dean's Award is in recognition of the successful delivery of a research methods unit to distance education (DE) Master's degree students. Students who are enrolled in this unit come from all over the world and often are from a diverse range of health-related fields which provides for interesting and diverse on-line discussion.



Dr Eleanor Mitchell is pictured being presented with her Dean's Award by Professor Ross Coppel.

Some of Eleanor's students, for example, are working in the mental health sector, sometimes in hospital settings.

Student Reviews

Year 3B – Sale

Year 3B is based at the Central Gippsland Health Service (CGHS) – three hospitals in Sale, Maffra and Heyfield with linked community health and aged care services throughout the Wellington Shire.



Lisa Guion.

As a year 3B student I have had unimpeded access to patients at Sale hospital, with all the common illnesses and procedures you want to see and a pleasant environment to do it in. As one of only 7- 8 students on the wards, I've always had a patient to visit and are well known to the consultants.

The curriculum breaks the year up into Gen Med and ED rotation, and Gen Surg and Anaesthetics Rotation. You are also rotated through 2 x 3 week blocks at Bairnsdale Regional Health Service (BRHS). It's true that you will not see all the specialist practice that you will see in a city hospital however, trips to St Vincents and Latrobe Regional Health Service (LRH) in Traralgon are scheduled to add in procedures you won't see at Sale.

Facilities for students in Sale are good with a dedicated Monash building with a great student area and skills lab, video conferencing and a small but excellent library service.

I have loved my time in the hospital at Sale, I feel quite attached to the staff who have generally facilitated everything I have wanted to do. I am happy that I have seen what I needed to and I'm grateful for the free access and personal experiences I have had with patients.

Lisa Guion
Year 3B Sale

Year 4C – Bairnsdale

This year I have had the opportunity to call myself a Bairnsdale medical student. It's been a rollercoaster ride of new experiences and



Erin Howells.

similar to most rollercoasters I've been put out of my comfort zone. In the following I hope to highlight some of the reasons that makes the Bairnsdale experience the best rollercoaster ride in the theme park ...

The highlight of the year was catching my first baby. However, there were so many more experiences this year – from suturing 101 with Peter Worboys to antenatal examinations with the legendary John Urie and chinwags with Ross De Steiger. As you go through medical school its difficult to see yourself reaching that point where you are a competent doctor, but as this year draws to a close I can see myself getting there. Perhaps the best part was that I felt a valued member of the team.

Anybody who has ever set foot out of the city knows that the best thing about a country town is the people; and Bairnsdale is no exception. It's the lunchtime gossip with the admin ladies at BMG, the constant banter among my peer group and of course the Paynesville netball girls that will ultimately draw me back to this wonderful place. Marnie and the team at the rural school have taken us under their wing this year and as a group we can't thank them enough for going above and beyond to make our year one to remember.

Erin Howells
Year 4C Bairnsdale

Year 4C – Sale



Sathisvaran Kanavathy.

Two years ago, I was posted to Sale for a two-week rural placement.

Two years on, returning to Sale was like home-coming; this time for a year-long placement.

This year has been by far the most memorable one in my medical career. The administration staff, namely Loy Perryman (who has since left), Deborah Hewetson and Fiona Davies has been nurturing, understanding and very supportive of my all-round development since the start.

As an active member in student societies and other extra-curricular activities, I was initially worried about juggling my commitments however, the magnificent staff at both Maffra Medical Group (MMG) and the Sale Campus made it very conducive and encouraging to make the most out of the year.

The Integrated Year 4C Programme saw me placed at the MMG for General Practice training as well as the Central Gippsland Health

Service for specialist training. The placement at MMG provided an excellent insight into community based care, with the best aspect of this placement having my own consultation room with patients booked in for me.

The integrated programme was extremely beneficial in that we were exposed to all four core disciplines throughout the year. It provided me with the opportunity to become a versatile and flexible clinician, as I was randomly allocated patients. It was also particularly rewarding that I was able to provide interdisciplinary patient care where I was able to follow some of the patients' journeys through their antenatal care, labour and eventually conducting the baby checks on their newborns. Regular dinner parties with the GP registrars, Paul Marosszky, Myn Wee Lee and Eliki Stathakopoulos and mentoring GPs made my fellow Year 4C colleague Kevin Tao and I feel part of the MMG family.

I am extremely blessed to have trained here this year and am thankful to all the staff and friends.

Sathisvaran Kanavathy
Year 4C Sale

Year 4C – South Gippsland



Rachel Shirlow.

Being an integrated learning program in South Gippsland, I initially felt overwhelmed beginning the four core topics of Year 4C all at once. But now that we have been reinforcing the same concepts for the entire year (as opposed to just 9 weeks in metropolitan placements) I feel much more comfortable and confident about my medical knowledge. This has also arisen from feeling extremely well supported by the rural administration and tutors. The fact that we have such a small student group of 9 has also allowed for interactive tutorials and we, as a group, have developed great friendships between each other and with our tutors.

One of the biggest things about this year is how I have always felt welcome within the workplace and felt part of the team. With our long placements at general practices, it's been fantastic to develop a strong connection with not only the doctors in the clinics, but also the reception staff and nurses. These close relationships with staff have also meant we are likely to be contacted when there are exciting or unusual events occurring. There has been so many opportunities on offer in the country and so many things to experience.

Lastly, outside of medical studies, I have thoroughly enjoyed living in such a beautiful and friendly country town and getting involved with local activities. For me, making friends through the local soccer club enriched my whole rural experience this year and made life outside of medicine all the more enjoyable.

Rachel Shirlow
Year 4C South Gippsland

SRH Activities

Moulage

A group of medical, nursing and paramedical educators gathered for moulage training in simulated care on April 30 at the SRH Bairnsdale education centre.

While the SRH Bairnsdale site has long played host to a range of simulation activities for healthcare educators across the region, this was the first time moulage training had been offered.



Workshop participants displaying their new skills.

The goal of moulage is to make injuries appear as realistic as possible for the best possible training in emergency response and other forms of care and assessment. Wounds, fractures, burns, scars, trauma and various diseases can all be realistically portrayed. Blackcurrant jam was used to replicate blood clots, fake blood from magic kits proved useful, rice bubbles packaged in a plastic bag imitated surgical emphysema, whilst pre-made rubber 'wounds' were applied to health limbs to add realism. Participants responded positively to the training, with everyone keen to try some modelling of their own using some of the tips and tricks provided.

Introduction into Health Sciences

Approximately 50 Year 5 and Year 6 students from three East Gippsland Primary School's visited the SRH Bairnsdale site for a learning opportunity and introduction into health sciences. The sessions were to inform students about the health systems, the role of health practitioners in health care and to inform students of educational pathways.



5th Year medical student Leigh Carpenter assisted BWPS student to listen to the breathing patterns of Sim Man.

The program was facilitated by Marnie Connolly (Bairnsdale Simulation Suite Manager), Lauea Atkinson (Project Officer), Eleanor Mitchell, Angelo D'Amore and Year 5 medical students. The students were given the chance to visit the School of Rural Health and have hands-on

experience using our equipment. Four interactive skill stations were led by medical professionals covering the respiratory, cardiovascular, and gastrointestinal and integumentary systems. Equipped with caps, aprons, safety glasses, gloves and stethoscopes, students were given the chance to learn about several different facets of the human anatomy.

Just Looking@Careers in Health

As part of a long and established relationship between the Monash School of Rural Health (SRH) East & South Gippsland and the Centre of Excellence for Aboriginal Health in East Gippsland (CEAHEG) of the local Aboriginal community, eleven Aboriginal students from Bairnsdale Secondary College, recently spent time at the Bairnsdale Education Centre to learn about possible careers in the health sector. The students were invited through their involvement with The Smith Family's KIKASS (Keeping Indigenous Kids At Secondary School) Program which works with students to support them to stay engaged in education and to provide opportunities for exploring career pathways beyond Year 12.



Bairnsdale Secondary College Students participating in the Just Looking @ Careers in Health program

The program, known as Just Looking@Careers in Health, mostly involves local year eight and nine students and aims to encourage young Aboriginal students to consider jobs in the health profession.

The student events, which offer an important opportunity for connection between local Aboriginal students and health professionals, also form a critical part of SRH East & South Gippsland's support for the Centre of Excellence for Aboriginal Health in East Gippsland.



Monash Students with students from Lucknow Primary School.

School Visits – Teddy Bear Hospital

Monash University Medical students Year 3 and Year 4's hosted 'Teddy Bear Hospital clinics' at various primary schools in Bairnsdale, Sale and Leongatha. Monash students engage with prep and year 1 primary school students through various activities to demystify hospital and clinical settings. The aim of Teddy Bear hospital and the Monash student's visit is to help reduce the anxiety children may experience if they, or someone close to them has to go to hospital.

Women's Health Workshop

A full day Women's Health Workshop was recently held at the South Gippsland Community Health Centre in Foster. Year 4C South Gippsland students were joined by midwifery students, midwives and local GP's to hear from a number of speakers including Dr Elizabeth Farrell, Dr Kris Cvach, Dr Tanja Bohl and Dr Deirdre Bentley. The day was a combination of short lectures and small group case studies, with topics covering breast cancer, endometriosis, incontinence, vulval conditions and menopause.

All participants were enthusiastic in their praise for the day which is now a regular event in South Gippsland.



Participants of the Women's Health Workshop in Foster.

Blenheim Exchange

Each year there is an opportunity for two Year 4C students from SRH 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 Kate Johnson and Shelley Bell this year's participants.

Blenheim is a large town in the Marlborough wine region on the North East of New Zealand's South Island, with a population of approximately 30,200.

I spent my first week of placement in Blenheim hospital as a part of the orthopaedics team where I scrubbed up every day for theatre lists.

For my second week I was in a small GP practice in the nearby town of Renwick for the first half of the week, then back to the hospital for some time on paediatrics the second half. Shelley and I split the GP time and hospital time between us so we could both sneak in some paediatrics time.

During my placement in New Zealand I was also able to get a sense as to how their indigenous people are treated within the medical system or how treatment is made available to them, and reflect on how that differs from Australia.

Outside of placement the junior doctors and the medical students we were living with provided us with heaps of activities and entertainment. From having us around for amazingly catered meals, taking us up to the snow so Shelley and I could try skiing for the first time, going on a wine tour, hiking, movies nights, and more! The placement was truly an invaluable, once-in-a-lifetime, opportunity.

Kate Johnson

Flying into the small airport at Woodbourne (which doubles as a RNZAF base) the area we were was predominantly flat for several kilometres, surrounded by mountains with vineyards as far as the eye could see.

Over the two weeks we lived in the med student house in Renwick (roughly 15 minutes from



Beach near Rarangi



L/R Kate Johnson (Monash Medical Student), Andrew Savill (Cambridge Medical Student), Olaf (Snowman), Rose Sutherland (Otago Medical Student), Shelley Bell (Monash Medical Student).

Blenheim) and got to know the other med students and junior doctors (they call them house officers or house surgeons in New Zealand)

My first week was spent in the ED at Wairau Hospital and my second week was spent between the Paediatrics Department and the GP practice in Renwick. Both placements were fantastic, with a variety of clinical presentations and opportunities.

While very similar to Australia, being publically funded, there were some differences between

Rural Engagement Award

This year the Monash School of Rural Health East and South Gippsland launched the inaugural Rural Engagement Award (REA).



Rachael Shirlow.

Students were 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 demonstrated commitment to rural health.

The REA was open to all medical students who have undertaken a longitudinal placement in either Year 3B or 4C in a South Gippsland, Sale or Bairnsdale School of Rural Health Education Centres.

Winner of the 2015 Rural Engagement Award was Year 4C South Gippsland student Rachael Shirlow.

In recognition of Rachael's achievement, Rachael was awarded with a framed award certificate, engraved medallion and a \$200 gift voucher.

We congratulate Rachael on her extraordinary contribution to Rural Engagement in South Gippsland.

the two healthcare systems. While ED is publically funded, patients (except children) all face fees to see their GP, as there is no such thing as bulk billing GPs. Additionally, instead of work cover and TAC, new Zealand has the ACC which covers all accidents to anyone, including tourists.

I had an amazing time on my exchange to Blenheim. It was a wonderful opportunity both personally and professionally.

Shelley Bell

Contact us: School of Rural Health – East and South Gippsland



Bairnsdale

Telephone: +61 3 5150 3613
Facsimile: +61 3 5150 3614

Postal Address

Monash University School of Rural Health
PO Box 1497, Bairnsdale, Victoria 3875



Sale

Telephone: +61 3 5143 8500
Facsimile: +61 3 5143 8123

Postal Address

Monash University School of Rural Health
PO Box 9159, Sale, Victoria 3850



Leongatha

Telephone: +61 3 5122 6403

Postal Address

Monash University School of Rural Health
PO Box 729, Leongatha, Victoria 3953

Website: www.med.monash.edu/srh/eastgippsland