



**FLINDERS
UNIVERSITY**
ADELAIDE
AUSTRALIA

YEAR 1 RURAL DAY

**Flinders University Rural Clinical School
&
Northern Territory Rural Clinical School**

**School of Medicine
Graduate Entry Medical Program**

First Year Medicine

2007

FRIDAY 30th MARCH

Pt Elliot Surf Life Saving Club, Horseshoe Bay, Port Elliot



FORWARD

The Year 1 Graduate Entry Medical Program Year 1 Rural Day commenced in 2006. Prior to this, Rural Day was held in conjunction with the Cultural Awareness Workshop and was previously known as the Cultural Awareness Program, which was run as an overnight camp.

Rural Day is run by Flinders University Rural Clinical School (FURCS) and the Northern Territory Rural Clinical School (NTRCS). Financial support is provided via the Commonwealth funded 'Rural Undergraduate Support and Coordination Grant', which is administered by FURCS staff.

This program is also possible due to the generous support provided by many people and organisations, in 2007 particular mention must go to Flinders University Rural Health Society (FURHS), Dr Peter Michelmore from Mt Barker Medical Clinic-Strathalbyn Branch and current 2nd, 3rd and 4th year GEMP students.

FURCS would also like to acknowledge the support shown by the Flinders University School of Medicine, who enabled this program to become a part of the course curriculum and therefore accessible to all First Year Medical students.

CONTENTS

Section	Page
Forward.....	1
Contents.....	2
Year 1 Rural Day.....	3
Year 1 Rural Day Program.....	4
Graduate Entry Medical Program (GEMP) Rural Curriculum.....	5
Year 1.....	5
Year 2.....	5
Year 3.....	6
Rural General Practice Attachment.....	6
Parallel Rural Community Curriculum (PRCC).....	7
Hills Mallee Fleurieu (HMF).....	8
Greater Green Triangle (GGT).....	10
Riverland.....	12
Barossa Valley.....	14
Northern Territory Rural Clinical School (NTRCS).....	15
Katherine Campus.....	16
Alice Springs Campus.....	17
Year 4.....	20
Rural Selective.....	20
FURCS selectives.....	21
NTRCS selectives.....	22
Resources.....	23
Horseshoe Bay and Port Elliot Information.....	24
Basic Surgery Rules / Basic Suturing Rules.....	25
Peripheral IV Insertion.....	26
Manual of Casts and Slabs (FMC).....	27

Year 1 Rural Day

Welcome

The Rural Undergraduate Support and Coordination program (RUSC) is a Commonwealth funded initiative which aims to provide medical students with meaningful rural exposure and deliver a rural focus curriculum during the course of the GEMP program.

Today is your first opportunity to view rural life through the lens of a medical student. We hope you will develop an understanding of the breadth of rural practice and in particular the procedural skills required to practice medicine remote from a tertiary hospital. You will be introduced to some of the rural programs that are available during the GEMP course.

Year 1 Rural Learning objectives

	Doctor and Patient	Knowledge of Health and Illness	Doctor, the Profession and Society
Year 1: Rural Day Program	<p><u>Content:</u></p> <ol style="list-style-type: none"> 1. Basic exposure to clinical environments typical of rural practice. 2. Basic cultural competence skills. 3. Gender sensitivity skills <p><u>Mechanism:</u></p> <ol style="list-style-type: none"> 1. Clinical skills stations at rural day 2. Tutorials at cultural awareness workshop 3. Gender awareness workshop <p><u>Assessment:</u> Yr 1 exams</p>	<p><u>Content:</u></p> <ol style="list-style-type: none"> 1. Awareness that rurality impacts on health and illness the delivery of health care 2. Awareness of the health status of the Australian Aboriginal Community 3. Awareness of the effect of gender on health status <p><u>Mechanism:</u></p> <ol style="list-style-type: none"> 1. PBL tutorials, lecture and rural day 2. Cultural awareness workshop 3. Gender awareness workshop <p><u>Assessment:</u> Yr 1 exams</p>	<p><u>Content:</u></p> <ol style="list-style-type: none"> 1. Knowledge of rural opportunities available 2. Self care and personal safety 3. Develop cultural competence skills 4. Gender sensitivity <p><u>Mechanism:</u></p> <ol style="list-style-type: none"> 1. Rural Day 2. PBL tutorials and self directed learning 3. Session at cultural awareness workshop 4. Gender awareness workshop <p><u>Assessment:</u> Yr 1 exams</p>

At the end of the rural day students will have:

1. Basic exposure to clinical environments typical of rural practice
2. Awareness that rurality impacts on health and illness
3. Knowledge of rural opportunities available in the GEMP curriculum

YEAR 1 RURAL DAY PROGRAM

Friday 30 March 2007

- 7.30am Meet bus at FMC Level 4 car park
- 7.45am Travel to Pt Elliot
- 9.00am Arrive at Pt Elliot Surf Life Saving Club, Horseshoe Bay, Port Elliot
Light refreshments (provided)
- 9.15am Introduction to Rural Day: Prof Paul Worley
- 9.20am Stories on “Clinical experiences in a rural environment”
- 10.20am FURCS Program: Dr Lucie Walters, Academic Coordinator
- 10.45am NTRCS Program: Dr Anne Cawley, Academic Coordinator
- 11.00am Morning tea (provided)
- 11.20am Rotation 1 Clinical Skills Station
- 12.15pm Rotation 2 Clinical Skills Station
- 1.10pm Lunch (provided)
- 1.40pm Rotation 3 Clinical Skills Station
- 2.35pm Rotation 4 Clinical Skills Station
- 3.30pm Wrap up / feedback
Light refreshments (provided)
- 3.50pm Meet bus and travel to FMC
- 5.10pm Arrive at FMC Level 4 car park



Graduate Entry Medical Program (GEMP) Rural Curriculum

Year 1

Rural Day

As you can see from the program above, the aim of rural day is to give you a good feel of how much rural tourism you can do in Australia while fulfilling your GEMP requirements. So, take the plunge and leave the city!

Year 2

Regional Community Week

Students are divided into groups and undertake this one week rural placement in locations such as the Greater Green Triangle, Hills Mallee Fleurieu and Riverland regions. In 2007 the program is being piloted in Alice Springs for a small group of students. Regional Community Week objectives include gaining wide exposure to rural communities to gain a perspective of General Practice, Population and Public Health and Occupational Health and Safety.

The aims and objectives of Regional Community Week relate to three major perspectives:

1. Health Care Network Perspective

- Exposure to concepts of health care including access, availability, affordability, appropriateness, adequacy & equity in a rural environment.
- Development of an understanding of how community and health domains network & collaborate to achieve results. - - - Understand the role of rural general practitioners including their unique professional role and relationship with their rural community

2. Population and Public Health Perspective

- Understanding of the individual and community benefits of health promotion and disease prevention.
- Exposure to critical differences between clinical and population health perspectives, and the implications of these for rural medical practice.
- Provision of opportunities for students to develop commitment, skills and understanding that will enable them to contribute to improvement in the health of rural populations, and to continuance of their own education in this area.
- Experience in the planning and execution of a research project in concert with community needs and involvement in data collection, processing, results presentation and community feedback.

3. Occupational Health and Safety Perspective

- Understanding of OH&S issues associated with rural communities including an awareness of the differing range of illnesses and injury related to regional work and the community and work environment.
- An appreciation of the overall rural/regional health and safety, with an aim to better equip students for their role in preventative measures.

Activities can include:

- Public Health research project
- Hospital tours
- OH&S tours
- Interaction with GPs

Past student comments include:

"The Pit Stop health check was a fantastic experience"

Year 3

Rural General Practice Attachment (two weeks – non PRCC students)

In the third year of the GEMP the Flinders Medical Centre are placed on a two week Rural General Practice Attachment. This placement is designed to offer students an ‘immersion’ experience with a supervising General Practitioner. The students have the opportunity to meet a wide array of very skilled doctors who have actively chosen a career in rural medicine.

In short, the aims of the two week Rural General Practice attachment for Year 3 students are:

- To give students an 'immersion' experience in rural general practice and gain an understanding of how doctors work in rural and remote areas.
- To determine for themselves differences that may exist between urban and rural general practice.
- To build on patient assessment, management and procedural skills, realizing that practicing in a rural environment will often allow greater patient access.

The supervising doctors are encouraged to give students as much patient exposure as possible and to allow participation in supervised procedural work. Application of knowledge can often be the key to retention of information. The consulting and treatment rooms of rural doctors' surgeries, with doctors who have long-standing, trusting relationships with their patients, can provide the ideal opportunity for students to observe a wide variety of medical conditions. At the same time they have been able to blend professional exposure with a public life, develop friendships and retain a high degree of professional autonomy and satisfaction.

Options include the following towns, which students have so far been placed in during 2007 :

- ⇒ Jamestown
- ⇒ Peterborough
- ⇒ Quorn
- ⇒ Pt Broughton
- ⇒ Crystal Brook
- ⇒ Meningie
- ⇒ Orraroo
- ⇒ Pt Pirie
- ⇒ Whyalla
- ⇒ Yorketown
- ⇒ Gumeracha
- ⇒ Pt Lincoln
- ⇒ Mt Barker
- ⇒ Strathalbyn

Contact: Ms Melissa Watters, Rural Placements Coordinator, FURCS
Phone: 08 8204 632
Email: Melissa.watters@flinders.edu.au

Parallel Rural Community Curriculum (PRCC)

The PRCC is an internationally recognised, innovative, patient centred, rural community-based, medical education experience.

The PRCC offers the opportunity for selected students to undertake their entire Year 3 clinical curriculum based in the rural community setting, principally attached to a General Practice, but also making extensive use of other rural health care facilities, including hospitals, community outreach agencies, Aboriginal Medical Services, prisons and health centres.

PRCC students are placed in General Practice clinics and hospitals and divide their time between clinical consultations, assisting surgeons and external tuition. Students get excellent exposure to a broad range of conditions they can help treat over a whole year under the supervision of designated primary health care focussed General Practitioners

The clinical learning experience in the PRCC offers students the opportunity to actively participate in the care of patients over the whole year, thus gaining first hand longitudinal experience of medical illness, its natural history, diagnosis, management, and how it affects the family, workplace and community in which an individual lives.

Students in the PRCC are provided with a library and study room in their general practice, with computer, internet and email access. Through utilising distance educational technology such as video-conferencing, email, teleconferencing, fax, and regular Flinders staff visits, students have access to the excellent clinical experiences and medical expertise available in the region at the same time as having access to the intellectual resources of the Flinders Medical and University staff. There are designated staff members in each of the clinical disciplines, who, along with the PRCC Co-ordinators are available to support students as needed. The Medical School Library also has dedicated resources to enable prompt delivery of requested articles.

The PRCC programs are supported by the federal government through the funding of the Flinders University Rural Clinical School based in Renmark, South Australia.

Site locations are:

- ⇒ Hills Mallee Fleurieu (HMF) PRCC based at the FURCS Goolwa Office
- ⇒ Greater Green Triangle (GGT) PRCC based at the FURCS Mt Gambier Office
- ⇒ Riverland PRCC based at the FURCS Renmark Office
- ⇒ Barossa for 2008

Contact: Dr Lucie Walters, Academic Coordinator

Phone: 08 8726 3906

Email: lucie.walters@flinders.edu.au

Past student comments include:

“Third year is what you make it; my advice is to get involved as much as possible. The hospital is a great place to hang out and learn from patients, nurses and doctors. Almost all specialists enjoy students to make yourself available. The GPs are a great resource as well, so use them! The most rewarding experience for me was the interaction with patients who you follow throughout the year. Big reminder to me of why I am doing medicine. Most importantly have fun and make the most of your time in the country”

Rebecca, Millicent.

Hills Mallee Fleurieu Parallel Rural Community Curriculum (HMF PRCC)

The Hills Mallee Fleurieu Parallel Rural Community Curriculum (HMF PRCC) Year 3 Rural option commenced in the HMF region in 2006. The program is coordinated by the Flinders University Rural Clinical School (FURCS) with funding support from the Australian Government, Department of Health and Ageing.

The students undertaking the HMF PRCC program are given the opportunity to live, work and study outside of the metropolitan area for the whole year enabling them to become part of the local communities in which they are based. Students are attached to participating medical practices and undertake a range of clinical work in HMF practices, hospitals and health services throughout the year. The practices and students that are participating in the 2007 program include:

- Victor Medical Centre Liz and Will
- Norfolk House Medical Services Katherine
- Goolwa Medical Centre Kasandra
- Strathalbyn Medical Centre Katrina
- Bridge Clinic Sam and Damian
- Mannum Medical Centre Nigel

Additional academic input is provided by Flinders University specialist staff and local and visiting health professional to the region. Current students are supported locally by HMF PRCC staff Liz Milford and Di Luke and academically by Professor Paul Worley and Dr Lucie Walters.

For further details or information please email the HMF PRCC Office on hmf.prcc@flinders.edu.au or refer to the HMF PRCC website at <http://som.flinders.edu.au/rural/hmfprcc>.

HMF PRCC REGION



The HMF PRCC region also hosts one of three Regional Community Weeks for a group of Year 2 GEMP students. During this week students are presented with a variety of local community, health and emergency services sessions which aim to offer an understanding of healthcare delivery and specific health-related issues that may occur in a rural setting. A significant component of the week involves undertaking research projects which focus on a variety of regional aspects, ranging from aged care to child health.

The HMF PRCC team also offers a regional one day student orientation program for Year 2 students wishing to find out more about the HMF PRCC prior to applying for Year 3 rural and NT options. This is held annually in April or May of each year and involves visits to participating

practices and hospitals (with a brief tour and stop at each venue) and meeting with current staff and students.

HMF PRCC students and staff provide support to the Year 1 Rural day which is hosted within the HMF region. This is intended to provide Year 1 students with some awareness of the PRCC programs, the HMF region and their future rural and NT options in Year 3 of the GEMP.

YEAR 3 IN THE GGT PRCC: IT COULD BE FOR YOU!

The Greater Green Triangle Parallel Rural Community Curriculum (GGT PRCC) program began in 2002. The excellent results achieved each year indicate that the GGT offers the same rich environment for medical education as the Riverland and Hills Mallee Fleurieu regions.

The GGT PRCC provides the opportunity for 8 or 9 selected students to undertake their entire Year 3 clinical curriculum in a rural community setting. Students are based in medical practices in Mount Gambier and Millicent in South Australia and Hamilton in Western Victoria.



The GGT PRCC staff are based in Mount Gambier at the Flinders University Rural Clinical School with a new purpose built facility completed in 2007.

In our GGT PRCC program we work towards the following aims:

- **To strive for academic excellence in the GGT PRCC.**
We offer you a team of enthusiastic GP and resident specialist teachers and an endless supply of clinical exposure.
- **To provide students in the GGT with all necessary and appropriated support to facilitate an optimal learning environment.**
We provide housing, a student study centre in each clinic, a laptop computer and fast internet access for each student.
- **To strive for high quality, accountable and transparent program management.**

The GGT PRCC participates in Regional Community Week for Year 2 GEMP students. The GGT PRCC host approximately 30 students divided between 4 south-east towns – Mount Gambier, Penola, Millicent and Naracoorte. These groups take part in GP clinic sessions, theatre sessions and suturing sessions in all towns. Students also participate in Occupational Health and Safety tour of Balnaves Winery in Coonawarra and Pitstop Health Clinics at Kimberly Clark Australia, which is a large paper manufacturing factory near Millicent employing approximately 600 people. (Pitstop Clinics promotes men's health awareness and to encourage their attendance, these checks were based on car maintenance eg. fuel additives – alcohol/drugs; oil pressure – blood pressure; duco – skin cancer). All groups attended community gatherings in each town and appreciate the welcoming atmosphere, generosity and fantastic support of the local communities in each area.

The Flinders University Rural Clinical School in Mount Gambier also provide 6 week Year 4 selective and elective placements in Mount Gambier and District Health Services Inc and Western District Health Services in Hamilton, these 6 week placements also incorporate Acute Skills training workshops in collaboration with the Riverland Simulation Centre.

Additionally the Rural Clinical School based in Mount Gambier provides educational support for interns at Mount Gambier Hospital; this hospital is the only accredited rural hospital in South Australia to offer internships for a full year. Interns rotate through Emergency, Anaesthetics, General Medicine, General Surgery and General Practice.

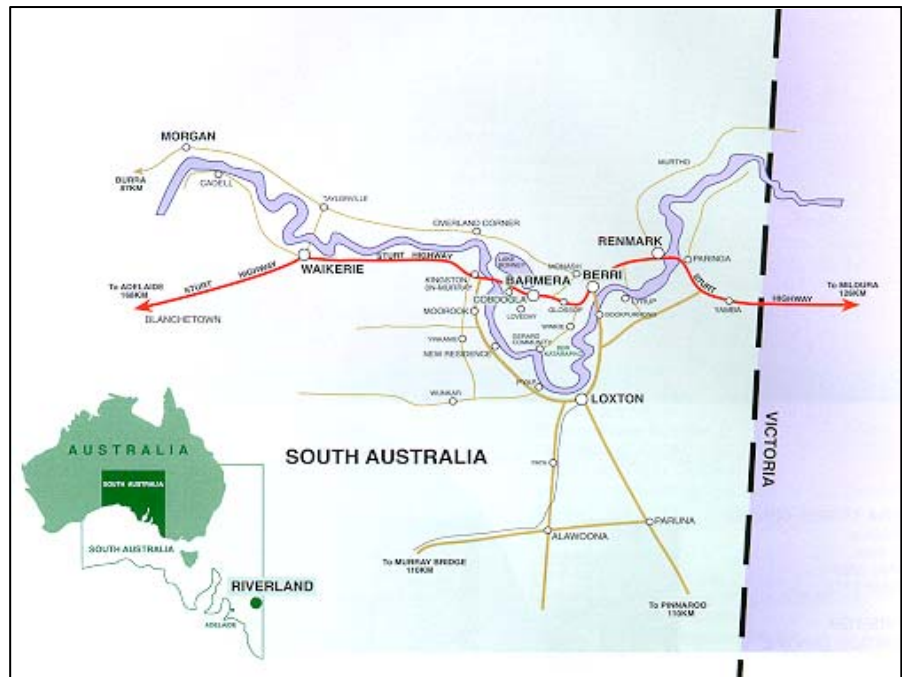
So whether you have a rural background or not, if you want a rural experience where you will be genuinely nurtured for a year: try us!



The Riverland Parallel Rural Community Curriculum (RPRCC)



Celebrating our 11th year



The Parallel Rural Community Curriculum (PRCC) was established in 1997 as a means of contributing to Flinders Medical School's emphasis on providing educationally significant and rewarding experiences in rural medicine with students spending a whole year of their studies in the rural General Practices of the Riverland of South Australia.

The Riverland region lies within the central-eastern section of South Australia, approximately three hours drive from Adelaide and encompasses an area of 24,090 square kilometres. The population is approximately 35,000 people and is steadily increasing. Students live and learn in the 5 Riverland towns of Renmark, Berri, Barmera, Loxton and Waikerie where each town has a General Practice and hospital.

The Riverland PRCC offers the opportunity for 8/9 selected students to undertake their entire Year 3 clinical curriculum in a rural community setting, principally attached to a General Practice, but also making extensive use of other rural health care facilities, including hospitals, community outreach agencies, Aboriginal Medical Services, prisons and health centres.

The clinical learning experience in the RPRCC offers students the opportunity to actively participate in the care of patients over the whole year, thus gaining first hand longitudinal experience of medical illness, its natural history, diagnosis, management, and how it affects the family, workplace and community in which an individual lives.

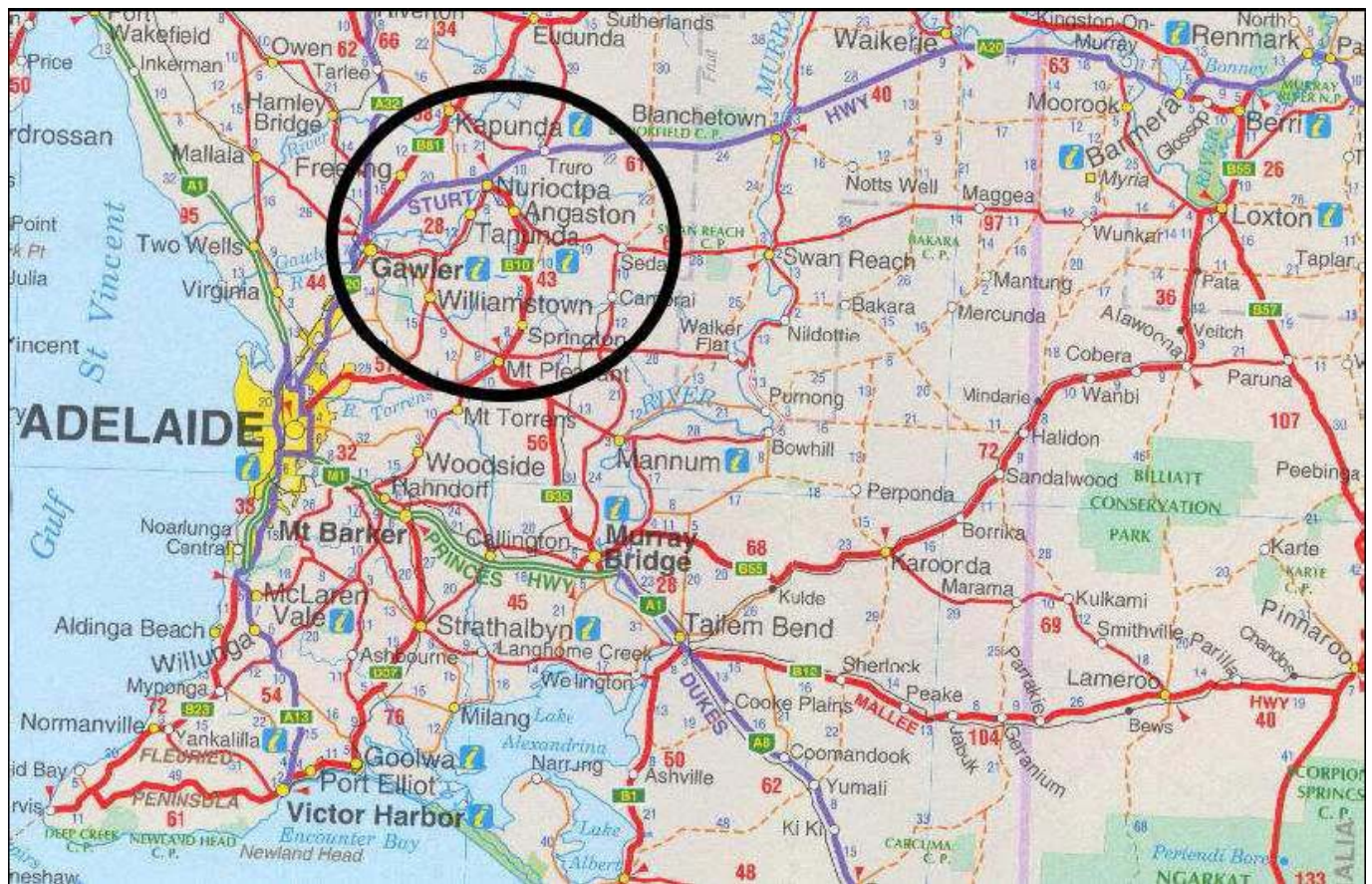
Students in the RPRCC are provided with a library and study room in their general practice, with a personal computer with Internet and Email access. Through utilising distance educational technology such as Video-conferencing, CD/DVD's, E-mail, teleconferencing, fax, and regular Flinders staff visits, students have access to the excellent clinical experiences and medical expertise available in the Riverland at the same time as having access to the intellectual resources of the FMC staff. There are designated staff members in each of the clinical disciplines at FMC, who, along with the RPRCC Senior Lecturer, Dr David Rosenthal, are available to support students as needed. The Medical School Library also has dedicated resources to enable prompt delivery of requested articles and assistance with literature searches etc.

The Riverland program is supported by a full time Administrator, a full time Administrative Assistant and a half time Senior Lecturer. Structured teaching occurs through General Practitioners in each town and through resident and visiting specialist.

The Riverland PRCC is now in its 11th year with a total of 75 students having spent their 3rd year in the Riverland.

Barossa Valley Parallel Rural Community Curriculum (BPRCC)

Flinders University School of Medicine has committed to establishing a full year clinical undergraduate program in the Barossa Valley region commencing in 2008. Based on our experience in the Riverland, Greater Green Triangle, and Hills Mallee Fleurieu regions, we anticipate this bringing many rewards and opportunities to clinicians, health services and communities in the region including the development of a sustainable medical workforce.



Towns that are located within the region include:

- Kapunda
- Nuriootpa
- Tanunda
- Angaston
- Gawler

The Barossa region is located 70kms from Adelaide. It offers everything you'd expect from Australia's most famous wine region. Winemakers waiting to share their secrets at the cellar door; landscapes etched with manicured vineyards; passionate food producers proffering their wares at country markets; and grand chateaux surrounded by ornate gardens. And it's all just an hour from Adelaide.

The region owes much of its appeal to the European peasant farmers and English free settlers who made the place home from the 1850s. You'll get a taste of their rich cultural legacy in superb Barossa specialty foods, dozens of festivals and events, historic architecture and inspiring arts and antique galleries.

The Barossa has a typical Mediterranean climate with dry summers and mild winters. Most rains fall between April and October and the average annual rainfall is 550mm. Autumn brings mild days and chilly evenings; in winter it's chilly days and cold nights; in spring it's fresh mornings, sunny days and cool evenings; and in summer it's warm days with temperatures up to 35C.

Northern Territory Rural Clinical School (NTRCS)

The Northern Territory Rural Clinical School (NTRCS) is a recent innovation of the Northern Territory Clinical School (NTCS). It offers an enhanced program of study in both 3rd and 4th Years with the option for students to spend up to six months in a rural location. This exposes them to a different kind of learning environment that adds to their broader clinical experience. The communities of Katherine, Alice Springs and Nhulunbuy support the efforts of the NTRCS and students enjoy being part of the team and being treated as 'locals'.

The curriculum at each NTRCS campus has been designed to provide sufficient learning opportunities for students to acquire the knowledge and skills necessary to successfully complete third year and / or the selective component of fourth year. Additionally, particular attention is paid to ensuring that this learning reflects the cultural and environmental context of the geographical location. The campuses are geographically dispersed across three very different regions of the NT. The Top End of Nhulunbuy, the northern inland diversity of Katherine, and the iconically Australian character of Alice Springs in the heart of the country offer exposures to both unique and common medical conditions.

Students are linked across the campuses with each other and with students and academic staff in Darwin by high quality videoconference links in both group and individual settings. Each student is offered a laptop for the entire period of placement in the NTRCS and these laptops are equipped with webcam capability. Unrestricted broadband access at both the accommodation site and in the dedicated student resource facility ensures that students have equivalent access to on-line resources and communication tools as their peers in less remote campuses. Specially equipped student and hospital-based health libraries, with the most up-to-date access to research materials round out excellent study aids for NTRCS students.

All campuses have dedicated study areas, in both practices and at the NTRCS Campus office. Individual practices in which students may spend up to two days per week have been especially equipped to offer consulting space and learning resources. Additionally, clinical supervisors in community-based settings are actively and fully supported by NTRCS academic staff to enable them to be effective and efficient preceptors. All placement sites have been selected on the basis of their commitment to and enthusiasm for teaching medical students.

All travel and accommodation costs for students are met by the NTRCS. In Katherine and Nhulunbuy, students have access to a vehicle for local travel for NTRCS purposes, and free accommodation is provided in Darwin when students are required to attend specific events such as formative OSCE and other assessments.

For third year students, the blend of a semester in a local community, combined with a semester at Royal Darwin Hospital offers exposure to the broad spectrum of health care from the primary level to tertiary. Royal Darwin Hospital is also the site of the National Trauma and Emergency Response Centre, and has been a major player in international events such as the Bali Bombing in 2002. Students played major roles in those events by filling gaps in response teams.

Students at NTRCS have access to a 10-station formative OSCE in August or September each year, providing an excellent preparation for the Summative OSCE in November. Following each OSCE, students are briefed on their performance individually by the Academic Coordinator, and advised on remedial action that might assist them further in preparations for exams. NTRCS students are also able to complete their written exams in Darwin alongside their peers.

Year 3 at the Katherine Campus of the NTRCS

The Katherine campus of the NTRCS offers students a diverse range of opportunities to experience the broad brush of rural medical practice. Students move across the general practice setting in a local GP clinic and an Aboriginal Medical Service; participate in daily hospital rounds as part of the medical team; join visiting consultants in surgery, medicine, midwifery, paediatrics; attend community facilities including an aged care residence, family planning clinic, ante-natal clinic, diabetes educator clinic, various allied health clinics, and of course, visits to remote communities. A local psychiatrist with academic status also contributes to the curriculum through tutorials. And of course, Katherine is close to the spectacular Nitmiluk and Kakadu National Parks!

Wurli Wurlinjang Health Service ("Wurli")

Wurli Wurlinjang is the Katherine-based Aboriginal Health Service. Its purpose is to provide general practice health services that are culturally sensitive and appropriate and targeted to the Indigenous population of Katherine. It is a bulk-billing, non appointment practice Health Services are provided by the Aboriginal Health Workers and General Practitioners working in tandem. The Social/Emotional facility provides counselling for emotional issues, with an emphasis on issues surrounding the stolen generation.

The physical facilities are excellent. There is a fully equipped emergency and treatment room, and on-site 'near patient' testing. There is a camera for examining ears, a slit lamp for examining eyes, and many more pieces of equipment to help deliver high quality care. There is a designated student study/admin area with a computer and small reference library.

Kintore Clinic

Kintore Clinic is the only Private General Practice in Katherine. The Practice provides fee for service and bulk billed appointments of (usually) 15 minute duration. In addition to consultations, the doctors do minor operations and procedures on the premises. The doctors also have admitting rights at the hospital and involve themselves there in theatre, maternity and anaesthetic services. Kintore Clinic also has a Practice Nurse.

The Kintore doctors provide excellent teaching support and welcome students attending sessions over the weekend, after hours, or when they are at the hospital. They can also arrange tutorials by request. The learning opportunity that the clinic provides is reflective of 'main stream' General Practice and is of high quality.

Katherine District Hospital (KDH)

KDH is a 60 bed hospital providing inpatient and outpatient services to clients from the Katherine Region. There is a male/female medical and surgical ward, a children's ward and a maternity ward. There are also theatre, laboratory, pharmacy, X-ray, physiotherapy, accident and emergency and outpatient clinic areas. The doctors are mainly generalists, some of whom have special interests. There are a number of specialists that visit from Darwin who do outpatient clinics and surgical sessions.

By the end of this year, the students are expected to be experienced in conditions that are 'common' and 'dangerous'. Many learning opportunities for these arise after hours and so they will be called in by the first and second doctor on call regularly on rotation before 10 p.m. whenever possible. In particular, students can expect to -gain experience in general medicine and surgery (including pre-op, post-op care and theatre), obstetrics (antenatal, postnatal and intrapartum care) and anaesthetics at Katherine Hospital.

Additional Learning Opportunities in Katherine are numerous and include Aged Care, a variety of Mental Health services delivered by a variety of providers, dedicated child health and family planning clinics and Allied Health teams.

Contact: Dr. 'PJ' Spafford, Senior Lecturer

Phone: 08 89722072

Fax: 08 89717269

Email: peter.spafford@flinders.edu.au

The student accommodation on O'Shea Terrace, student study areas in O'Keefe House and at Wurlu Wurlinjang plus other resources provided including videoconference facilities and student textbook collection are outstanding. The hospital staff, along with visiting specialists and local GPs, have been welcoming, well briefed on our role and enthusiastic about teaching. With such an excellent foundation we are looking forward to a successful academic semester in Katherine and we aim to work hard to make the most of the numerous learning opportunities provided.

GEMP 3 Students, Katherine NTRCS, 2007

Year 3 at the Alice Springs Campus of the NTRCS

The Alice Springs campus of the NTRCS is just commencing in June this year. The curriculum there reflects the truly unique character of Central Australia and will be available on the NTCS website later in the year. However the following information is available to students considering the NT rural option.

Central Australia Aboriginal Congress (“Congress”)

Central Australian Aboriginal Congress was established in 1973 and is now one of the largest and oldest Aboriginal community controlled health services in the Northern Territory. Students interested in learning more about this organisation are encouraged to visit the website www.caac.org.au where the history, purpose, values and current services are explained and detailed. The NTRCS has worked with Congress to refurbish part of its medical service to dedicate to students. NTRCS students will spend a day a week at this clinic, attached to one of several general practitioners experienced in general practice, aboriginal medicine and teaching in a clinical setting. Students will spend additional sessions at Congress working with specialist Aboriginal Health Workers, RNs and specialist doctors covering a variety of other clinics.

Central Clinic

Central Clinic is an established general practice in Alice Springs that has recently expanded to include space dedicated to medical students. It too, has enthusiastic and experienced rural general practitioners who will supervise and facilitate student learning.

NTRCS Consultants

The NTRCS has engaged dedicated consultants in obstetrics and gynaecology and paediatrics to support students during placements in Alice Springs. In addition, the academics on staff with the NT Clinical School (medicine and surgery) are available for specific teaching activities including PBLs and tutorials.

Alice Springs Hospital

Alice Springs Hospital is a busy facility that provides services to the vast area of Australia's remote centre. Students here are exposed to a fascinating medical and cross-cultural environment. Eighty percent of the patients are Indigenous Australians who come from a cultural background that is absolutely unique... Providing appropriate cultural and state-of-the art medical care is therefore the greatest challenge. Students have access to a range of medical disciplines including adult medicine, paediatrics, emergency medicine, surgery, obstetrics and gynaecology. The hospital is staffed by numerous experienced keen (predominantly) specialist doctors and students can be expected to do some limited after hours on call to maximise the rich learning experience available here.

“You get treated as very much part of the team and you get a lot of hands-on. You're not just another student; you're not one of many students; you're actually a valued member of the team; and your contribution does count. So this is a fantastic place. Come and experience it. Come and learn. Come and be part of it. And come and make a difference to the health of the people here. Because you can.”

Student and now intern at Alice Springs Hospital.

NTRCS Research

A recent exciting development for students to be involved with in Alice Springs has been the establishment of a small research cell within the NTRCS. Two projects are being undertaken by Dr Lloyd Einsiedel, the Associate Clinical Dean in Alice Springs. Dr Einsiedel's major research interests include the high rate at which Aboriginal people in central Australia absent themselves during hospitalisation, approaches to the treatment of Hepatitis B in Central Australia and delineating better the prevalence and consequences of the virus HTLV-1 in Central Australia... Additionally, the NTRCS has recruited a Clinical Research Assistant in Alice Springs, to support this research, to engage with medical students, and to provide continuity in NTRCS rural / remote medical research.

Additional Learning Opportunities in Alice Springs are almost limitless! At the least, they will include bush trips with health professionals visiting remote communities regularly, time at the local prison and work with the local Centre for Disease Control who also run the STI and Chest Clinics.

Contacts for students interested in opting for the Alice Springs experience are:

Contact: Dr Anne Cawley, Academic Coordinator for the NT Rural Clinical School
Phone: 08 8953 5567
Email: anne.cawley@flinders.edu.au

Year 4

Rural Selective

In the final year students must choose at least one six week Rural Selective. This involves students undertaking an attachment to one or more clinical services that are rurally based. A combination of hospital and community based services can be utilized. Students are attached to the relevant health professional team and required to work as part of that team undertaking the general day to day care of patients, including assessing patients, planning ongoing management, carrying out basic procedures and arranging transfers and links to other service providers.

The student should be well versed with history and examination and be able to provide treatment plans at the discretion of the clinician supervisor. Students at this level can and should be encouraged to admit patients to the hospital, insert drips and improve practical skills as well as being involved with visiting specialists and paramedical services.

The objectives of this term include:

- Communicate effectively with a broad range of patients and health professionals within the rural practice setting
- Experiencing the relationship with people in multiple contexts eg in clinic, at the supermarket
- Managing undifferentiated illness in a rural context
- Developing management plans taking into account access to medical resources

FURCS Rural Selectives for 4th Year

As part of the Year 4 Curriculum all students are required to undertake a six week rural selective (except PRCC students who are exempt from this selective).

Placements in SA and Hamilton, VIC are coordinated and administered by the FURCS Rural Placements Coordinator based at FMC and the GGT Medical Education Administrator based at the Mt Gambier office.

Options for 4th year students in 2007 included:

- Anaesthesia (Berri, Hamilton and Mt Gambier))
- Emergency Medicine (Mt Gambier)
- General Medicine (Hamilton, Mt Gambier and Pt Lincoln)
- General Surgery (Hamilton, Mt Gambier and Pt Lincoln)
- O&G (Mt Gambier and Hamilton)
- Rural GP (Lameroo, Jamestown, Peterborough and other rural locations)
- Rural Surgery (Pt Pirie)

Student accommodation is provided and travel reimbursement (based on return bus fares) are available to students who undertake their rural selective in any of the above locations.

Full details on the Rural Selectives which are available each year are found in the Year 4 Selective and Elective Handbook, which is available mid year for the following year placements.

Past student comments include:

"I really felt like a member of the team. The doctors are so busy that they really valued my contribution. It's great to make a difference!"

Contact: Ms Melissa Watters, Rural Placements Coordinator, FURCS
Phone: 08 8204 632
Email: Melissa.watters@flinders.edu.au

NTRCS Rural Selectives for 4th Year

The NTRCS offers a different rural experience for Year 4 students, providing a string of selectives across two very different rural communities in the NT – Alice Springs and Nhulunbuy. Students are offered the choice of two selectives in Alice Springs Hospital (surgery, medicine, obstetrics, paediatrics) and two in Nhulunbuy (Rural Selective and Ambulatory Selective) that are taken consecutively. Both Alice Springs and Nhulunbuy boast comprehensive and current medical libraries on the hospital campus, to which the NTRCS makes ongoing and substantial contributions, and students in both sites are well supported by Flinders senior lecturers in general practice / rural medicine.

This string of selectives across two sites offers students diversity in social, cultural and medical experience, as well as the opportunity to enjoy some of the most awesomely beautiful country in the world. With fewer formal assessment demands made upon them in Year 4, they have possibly greater freedom to reflect upon their experiences-medical and non medical- and draw every possible learning from them.

This string of selectives is not for the faint-hearted! It requires individuals with a flair for self-directed learning, a passion to know and understand health service delivery to people in isolated locations, flexibility and the type of character that revels in new, different and sometimes challenging experiences...

“Working as a doctor in rural or remote Australia, particularly in places like Nhulunbuy, is more than just delivering medical services. It is about being part of the community, and enjoying the lifestyle. It is important to have fun too, to make the most of every recreational opportunity, so that when you take on the often challenging role of doctor in these places, you do so with the energy that comes from having a balance and being fairly happy with your life.”

Dr Jennie Brown, Senior Lecturer, NTRCS Nhulunbuy

Full details of the NTRCS Rural Selective String will be available in the 2008 Year 4 Handbook. In the meantime, students can contact the NTRCS Nhulunbuy Senior Lecturer in General Practice / Rural Medicine for further information:

Contact: Dr Jennifer Brown, Senior Lecturer
Phone: 08 8987 1159
Email: Jennifer.brown@flinders.edu.au



RESOURCES FOR RURAL DAY

- Horseshoe Bay and Port Elliot Information

- *Notes on:*

1/ Basic Surgery Rules / Basic Suturing Rules

2/ Peripheral IV Insertion

3/ Manual of Casts and Slabs (FMC)



HORSESHOE BAY, PORT ELLIOT

LOCAL TOURIST INFORMATION

Situated on SA's South Coast, Port Elliot is 80kms from Adelaide and an easy 1 hour drive from metropolitan Adelaide, through the scenic Fleurieu Peninsula. The historic township of Port Elliot is situated on the coastline between the towns of Victor Harbor and Middleton. Here you can take in the magnificent coastal scenery from its many viewing spots or follow the coastal walks around the headlands and protected bays.

Horseshoe Bay is a protected swimming beach which is very popular with families during the long summer holidays. Take time to explore The Strand area with its many historic buildings, cafes, restaurants and shops.

Seaside accommodation ranges from heritage bed and breakfasts, hotels, motels, holiday homes and apartments to a large caravan park with cabins and camping grounds.

HISTORY

Originally a Sea Port for the Murray River trade, Port Elliot was named after Sir Charles Elliot. With the Murray Mouth being generally un-navigable, Horseshoe Bay became a busy seaport with Ships from Port Adelaide and Overseas. It's first ship arrived in 1851 but 7 shipwrecks saw the Port closed in 1864. Port Elliot was also home to the first train in the Commonwealth. This Horse Drawn train ran on rails linked from Goolwa to the terminus at the Jetty. More detailed information and a historical display can be viewed at the Historical Old Railway Station Building. Port Elliot has become a popular tourist spot offering a wide variety of activities and places of interest for all including historical buildings, beautiful beaches & parks and lovely walking trails to name a few.

TOWN HIGHLIGHTS

Horseshoe Bay

Is a well known and highly regarded swimming beach. You can fish from the Jetty, play in the playground or go for a swim in this sheltered bay. Why not follow the rugged cliff around the coast and explore the little bays and beaches. Horseshoe Bay has been a favoured destination for visitors to the Fleurieu Peninsula for a long time.

Pt Elliot SLSC

Located on the foreshore of beautiful Horseshoe Bay in Port Elliot. Run by volunteers, the club provides surf patrols to the beach during the busy summer months.

Flying Fish Café

Relax on the deck, sip on a cocktail and take in the scenery, the atmosphere and the food at Flying Fish, a superb seafood restaurant and cafe on the foreshore of magnificent Horseshoe Bay. There is also a takeaway café.

The Strand

If you wander Pt Elliot's main street - The Strand you will find yourself moving in and out of craft shops, old buildings and cafes. At the end of The Strand is the mighty Southern Ocean and a viewing point over the beautiful Horseshoe Bay. This is a great spot to view the passing Southern Right Whales in the Winter.

