



Flinders University Rural Clinical School Junior Doctor Program

Junior Doctor Program Newsletter

May 2011

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Changing of the guard

January saw the arrival of a new group of graduate doctors changing places with the 2010 interns who completed their first year of prevocational medical training in the region. 2011 is a milestone for the Junior Doctor Program. All six interns have graduated from South Australian Universities and have chosen to work in this region. Half have already experienced a full year of rural placements as students at Flinders University Rural Clinical Schools and are very familiar with rural issues.

Dr Julie Tullett and Dr Miriam Whitten will be familiar faces to many locals, having spent some of their time as medical students in Mount Gambier and Millicent. Dr Adrian Nightingale, Dr Nick Flack and Dr Greg Dubuc are Flinders University graduates, whilst Dr Aisha Khairudin studied medicine at Adelaide University. During orientation week the interns were put through their paces with skills sessions, familiarisation with important forms, and learning about the region, its health and the local services. They also learned Zumba! Then they commenced work on the wards in Mount Gambier Hospital and in General Practice at Millicent.



Dr Adrian Nightingale, Dr Aishah Khairudin, Dr Greg Dubuc, Dr Deb Hough, Dr Nick Flack, Dr Deus Makoy, Dr Sania Rahman, Dr Shaiful Shafie, Dr Julie Tullett, Julie Forgan and Dr Miriam Whitten

Dates for Diary:

Accreditation visit by
SAIMET:
Thursday 2nd June

Teaching on the Run:
Friday 3rd & Saturday
4th of June

Miriam Whitten PRCC 2009 (RCW, PRCC, Intern)

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I am from Adelaide and have studied medicine at Flinders University. As part of this study, I spent my third year in Millicent on placement at the GP clinic, seeing patients in the hospital, being in theatre and going to Mount Gambier and Hamilton for teaching sessions and specialist consulting. I had been to the GGT in second year for regional community week (based in Millicent but spending some time in Mount Gambier). I also came to Mount Gambier for an obstetrics weekend in second year. These experiences (in addition to other regional trips) showed me what living and working in a regional area was like and encouraged me to return to Mount Gambier for my Internship year. I am excited about working in Mount Gambier in 2011 and although I am still not completely sure about what the future will hold, these experiences have broadened the options from only living and working in Adelaide.



2011 TMOs



Four doctors commenced their PGY2 training year at Mount Gambier Hospital. Dr Sania Rahman continues her training after completing her intern year at the hospital in 2010. Dr Tauhid Khan and Dr Sazeedul Islam have taken on training positions after working as SMOs at the hospital.

They are joined by Dr Jason Chua who graduated from Flinders University and Griffith University and spent his intern year at Flinders Medical Centre. Jason spent 2008 as a Flinders PRCC student at the Murray Bridge Medical Clinic. His first rotation in Mount Gambier was in Paediatrics. He found this to be an excellent introduction to the regional services and the workings of the hospital. Left:: Dr Jason Chua

Magical Mystery Tour of the deep south

One Sunday in February a group of enthusiastic 'tourists' visited spectacular sites near Mount Gambier, some of which are not always open to the public.

The trip coincided with the start of the training year in this region for a wide group of learners – Flinders University Year 3's and Year 4's, Adelaide University Year 4's and interns and trainee medical officers commencing their prevocational training at Mount Gambier Hospital.

The mix of 'tourists' was diverse including a smattering of students, junior doctors, visitors from Korea and Canada, two regional advisory committee members, several keen staff and their families.

Tour guide Julie Forgan, also known as 'Blow that Whistle B****h', armed with map, quiz, first aid kit and most importantly the WHISTLE, kept the group in check. A cattle prod would also have been useful to round up the tardy walkers and a few stuck to their bar stools at the iconic Nelson Pub.

The bus, ably driven by cheerful Dennis, took a few white metal roads so that the group could see the Little Blue Lake as well as the usual 'Blue Lake', climb the Mount Schank volcano and then head into the beautiful Princess Rose Caves. We learned about stalactites and stalagmites as well as crafty little helictites that grows sideways!

A few of us also learned that our climbing legs were hurting! Nevertheless there was still sufficient energy and enthusiasm for short bushwalk in the Glenelg National Park to see rare native orchids and the mighty Glenelg River before heading over the border to Nelson, Victoria, for a pub lunch. Full of tucker we visited the mouth of the Glenelg River at Estuary Beach and drew meaningful pictures in the sand whilst watching the bream being pulled in by local fisherman.

Next stop was Haig's Winery, the oldest winery in the newest region to be officially declared a wine region (Mount Gambier). Here we tasted some cold climate varietals under the tutelage of winemaker Sandy Haig. Then it was off to the new cellar door tasting facilities at Herberts Winery, which boasts a pittosporum maze next to the vines. Some silly folk went on a race in the and out of the maze while others sat on the deck eating palate cleansing cheese and crackers before being taught the proper techniques for tasting pinot grapes. A few lucky people got to taste straight from the oak casks and discuss winemaking with the knowledgeable owners David & Trudy Herbert.

It was a great day, with fantastic weather and great company. We plan to include a mystery tour as a regular event on our calendar as an informal way to meet each other.



Stop Press

Applications for 2012 GP training positions will **open on 13 May 2011 and close on Friday 17 June 2011.**

Information on the process is on AGPT website: <http://www.gpet.com.au/>.

Also please note that Intern and Trainee Medical Officer positions for 2012 need to be applied for via the SAIMET website: www.saimet.org.au

TMO positions open on 21 May and close 29 July 2011. Intern positions open on 21 May 2011. Information on the positions available and how to apply is on the SAIMET website.