



Eager for rural opportunities: Notre Dame Rural Club (ROUNDS) Vist May 2021

# A REMARKABLE YEAR

## RURAL STUDY • RURAL TRAINING • RURAL CAREERS

Article contributed by Fran Trench, Riverina Regional Training Hub

On reflection, achievements during 2021 by the Riverina Regional Training Hub (RRTH) and the teams with whom we collaborate across the Murrumbidgee, Riverina and beyond, have been remarkable. The year's achievements reflect our aims for regional medical sustainability and delivery of regional study, training and careers. It has been an innovative year in many respects.

This year has seen the Riverina Regional Training Hub provide a regular on ground presence in Griffith for the first time. This has provided opportunities to work closely with locally based medical students and clinicians and to provide practical support in some areas. One of these resulted in Griffith Base Hospital securing funding for a new Fellow placement. Dr Zainab Naseem and her medico husband are settling very happily into work and life in Griffith.

**Support for trainers and clinicians:** Despite restrictions imposed by the COVID-19 pandemic we were able to support local clinicians throughout the region with training and education.

Working with the MLHD we were able to offer eighteen medical and nursing practitioners the opportunity to undertake their accredited Advanced Life Support training as instructors. Participants came from a variety of disciplines and at least two clinicians from each of the MLHD clusters trained together creating trainer partnerships. They in turn will support their own districts but can also instruct anywhere they are needed. Another six instructors were also accredited.

In early August the annual Core Emergency Medicine Ultrasound (CEMU) course was also run. With qualified teaching Faculty, including clinicians and sonographers, based locally and delivery only to local doctors, approval to proceed was granted. Doctors came from around our region and at various stages of their careers. Plans to provide something similar in Griffith weren't fulfilled but hopefully this will occur in 2022.

**Supporting interest in rural medicine:** For the first time this year the RRTH was involved in the Western Riverina

High Schools Careers event held in Leeton. A current UNDA Rural Clinical School medical student was initially encouraged to think about a health at this event. Even under COVID restrictions hundreds of students streamed through the site seeking careers advice. It was wonderful to have to early career doctors on the team to talk with interested students about applying for medicine and what that journey had been like for them. Extensive research supports our understanding that students from a rural background are more likely to return to study, train and pursue careers in rural medicine.

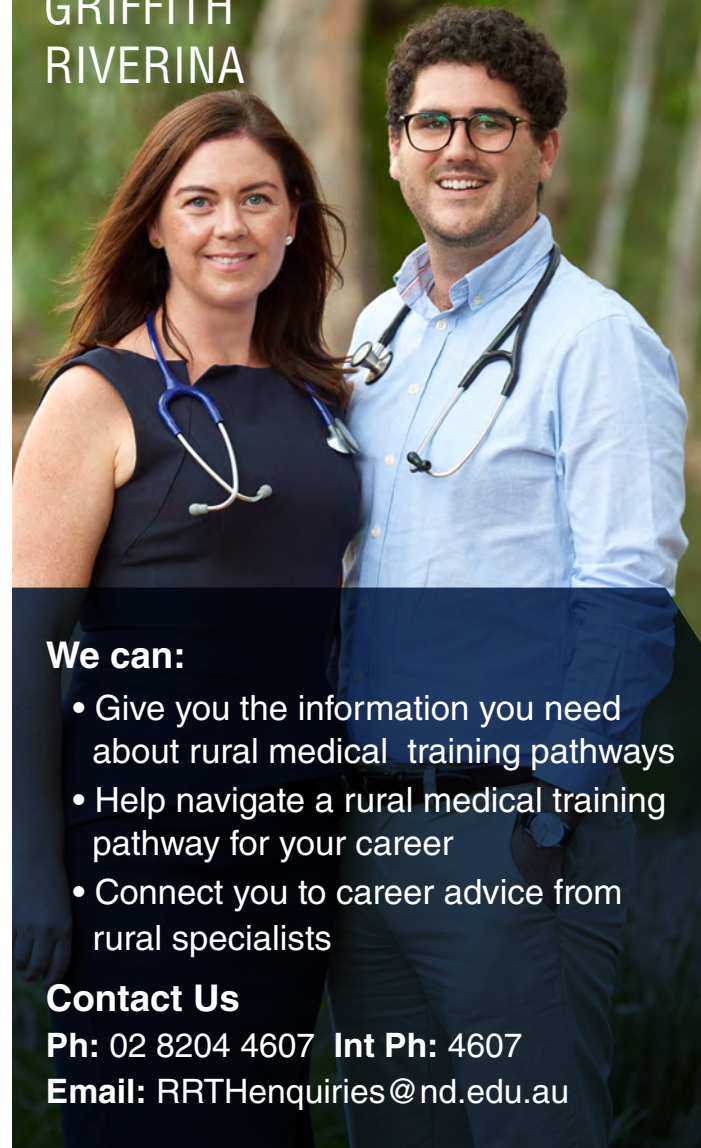
A lovely story following the careers event was that of a graduating high school student who applied for nursing and with less expectation for medicine. Without local support and conversations she would not have thought about medicine and she has been accepted!

Early interest in regional and rural medicine was supported in multiple events, mostly on-line, but a visit by over thirty first and second year medical and

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## Contact Us

Ph: 02 8204 4607 Int Ph: 4607

Email: [RRTHenquiries@nd.edu.au](mailto:RRTHenquiries@nd.edu.au)

RURAL STUDY RURAL TRAINING RURAL CAREER

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*Western Riverina High School Careers Event Leeton  
Doctors Imogen Hines and Gabe Sanchez  
share Rural Training experiences*

nursing students in May this year gave them an opportunity to look more closely at studying and training rurally as well as appreciating the easier lifestyle. Many of our visitors have pursued further rural opportunities and experience during the year.

While face to face opportunities were reduced, Destination Medicine © (a national Regional Training Hubs initiative) remains very successful with two new series introduced in the year. If you know anyone thinking about studying medicine, wondering about what rural training or what a rural medical career looks like please let them know about this site of stories from medical students, doctors in-training and experienced rural clinicians. Find us here [www.destinationmedicine.com.au](http://www.destinationmedicine.com.au) or on Facebook or Instagram. For practical information on how and where to pursue specialist training or careers rurally the NSW Training Hubs have collaborated with interstate Regional Training Hubs on the expanded Regional Medical Training website [regionalmedicaltraining.com.au](http://regionalmedicaltraining.com.au)

Thank you to all who have supported and assisted us. Best wishes for a safe holiday season and a wonderful 2022!

### Fran Trench

Executive Officer & Training Support  
Riverina Regional Training Hub | Rural Clinical School  
Sydney School of Medicine | University of Notre Dame  
Australia



*ALS Instructors Workshop July 2021*