

# AUSTRALIAN ROTARY HEALTH

# RURAL YARN



April, 2009

ABOUT OUR RURAL HEALTH SCHOLARS

Volume 1

**Rural Yarn** is a Newsletter that can keep clubs updated with two of our rural health programs. The Rural Medical Scholarships is in its third year of sponsorship and we will be entering the selection process for the third year of Rural and Remote Nursing Scholarship. Both programs have been very successful for the students, universities, Australian Rotary Health as well as supporting Rotary Clubs. The Rotary Clubs have acted as backup to the doctors and nurses while serving the community in their rural placements.

***We have had a number of enquiries on how Rotary Clubs can be more involved in supporting extra students in years to come, so it was thought that we could give some inside information on the students involved and their thoughts and expectations.***

**Cheryl Deguara** Program Co-Ordinator

## RURAL MEDICAL SCHOLARSHIPS

### University of Queensland Rural Clinical Division

Emily Rickman - Hervey Bay  
Phillipa Brook - Toowoomba

### Rural Clinical School of Western Australia and The University of Notre Dame Australia

Tulene Kendrick - Geraldton  
Verity Stirling - Carnarvon

### Flinders University Rural Clinical School

Miriam Whitten - Millicent  
Sharon Gerlach - Mt Gambier

### The Spencer Gulf Rural Health School (SGRHS is an initiative of the University of Adelaide and the University of SA)

Sara Le - Clare  
Ellen Horner - Port Augusta

### University of Melbourne School of Rural Health

Sarah Heynemann - Wangaratta  
Ashling McNally - Shepparton

### Monash University School of Rural Health

John Denness - Warragul  
Lauren Nisbet - Warragul/Traralgon

### University of Tasmania's Rural Clinical School

Rosemary Wylie - Burnie  
Hannah Ward - Burnie

### University of NSW Rural Clinical School

Samantha Mooney - Albury  
Kristen Lindsay - Coffs Harbour

### University of Sydney School of Rural Health

Nicola Benwell - Dubbo  
Nicholas Stewart - Orange

### Flinders University - Northern Territory Rural Clinical School

Dayton Walker - Alice Springs/  
Nhulunbuy 1st Semester  
Gabrielle Diplock - Alice Springs  
1st Semester  
Joseph Garcia - Nhulunbuy/Alice Springs  
1st Semester  
Ferencz Baranyay - Alice Springs/  
Nhulunbuy 2nd Semester

### ANU Rural Clinical School

Yin-Lan Soon - Goulburn  
Kristen Overton - Young

### University of Newcastle Rural Clinical School

Chloe Fletcher Waston - Tamworth  
O'Neil Maharaj - Tamworth

### James Cook University Rural Clinical School

Rebecca Taylor - Mackay  
Esha Wijenayake - Mackay

### Wollongong University Rural Training

Sarah Lazar - Bowral

## PARNELL RURAL & REMOTE NURSING SCHOLARSHIPS

### 2008/2009 Recipients:

Sarah Makepeace, University of New England, Armidale  
Dahna Henry, University of Newcastle, Callaghan  
Zoe Ross, University of New England, Armidale  
Jodie Larard, University of South Queensland  
Rhonda Robinson, James Cook University, Townsville

Supporting healthier minds, bodies and communities through research, awareness and education

## RURAL NURSING SCHOLARSHIPS

### Dahna Henry

"I will never forget my time out in Moree. Rural nursing is so important and many nurses are needed to ensure that the care provided in rural areas is effective and efficient and most importantly available. I have come to realise that rural nursing is for me and am passionate about caring for patients and their families and expanding my knowledge through experienced staff and training courses.

This year I am completing a post graduate position in Taree and have high expectations to improve my skills especially in the aspect of time management. I hope to build many therapeutic relationships with patients who I cross paths with and use various resources available to me in this important year of nursing to become a better nurse in the future."

### Rhonda Robinson

"During my clinical placement I attended the West Mackay Rotary Clubs meeting and spoke regarding my scholarship, university experience, career choice, and career path. I had an enjoyable evening; it was a fantastic experience for me.

My final clinical placement was at a private hospital in Mackay. My clinical placement involved six weeks of full time work, including all shifts. I had one week in theatre and the other five weeks in the surgical unit. Although this type of nursing is not my field of interest I embraced the challenge and decided to make the most of the learning experience.

So now I have my degree and have started work at the Mackay Base Hospital. I was advised by many nurses along the way to get grounding in medical nursing before going into mental health. So for my postgraduate year I am doing six months in the medical ward and then six months in the high dependency mental health unit."

### Sarah Makepeace

"My last university clinical placement was for the month of November, 2008 at Griffith Base Hospital, NSW. It consisted of 2, two week rotations. My first rotation was in the paediatric ward, which was a first for me and it opened my eyes a lot.

I thoroughly enjoyed my time in both areas at Griffith Base Hospital, the working environment and staff were a great help, assisting me to increase and further my clinical knowledge and skills.

I have just started my Post-Graduate year, January 2009, at Innisfail District Hospital, QLD. I have just completed my first two weeks at the present time and I am really enjoying working in the general medical ward. Also I am enjoying the lovely sea change, which is a huge difference from the drought being experienced at Gunbar, NSW, my old home. In the past 48 hours, Innisfail has had between 6-8 inches of rain, close to our yearly average rainfall at Gunbar."

### Zoe Ross

"My prac in Brewarrina was great. I really enjoyed it and learnt a lot of beneficial skills which will assist me during my time at Bourke in my post grad year. All the staff were very supportive and I was able to go to Bourke hospital for a few days to see what the hospital was like and meet the staff.

I realise that there will be many challenges working in a remote hospital however the staff seem very supportive and I'm sure that I will receive the support and advice from them if I need it. I am looking forward to increasing my knowledge and skills through the various courses available through the hospital.

I would like to thank yourself and Rotary for this Scholarship. It will provide a great amount of assistance in my relocation to Bourke and to give me the opportunity to finance the further educational studies that I will undertake while I'm at Bourke."

### Jodie Larard

"My final university clinical placement was undertaken at the St George Hospital from the 21<sup>st</sup> October to the 19<sup>th</sup> of November 2008. St George is an agricultural town in South Inland Queensland approximately 500kms West of Brisbane, population 3, 800 at last count. My St George placement put me in good stead to start my post graduate year in the South West Health Service District; it allowed me to find my feet with great guidance as a student as opposed to being thrown in the deep end fresh out of university.

I am currently two weeks into my first Post Graduate rotation as an RN at the Surat Hospital in the South West Health Service District. Surat is situated 110kms North of St George and 75km South of Roma, population approximately 434. Thank you for your generous contribution and continued support in this great program.



## RURAL MEDICAL SCHOLARSHIPS

Some snippets from the last year Students Reports:

"As part of my Community and Rotary commitment, I was invited to be a Guest Speaker at a meeting of the Rotary Club of North Toowoomba. My presentation dealt with the issues of Rural Medicine, Rural Education, and how the ARHRF Scholarship has assisted my own studies while here in Toowoomba. I detailed my involvement with the Rural Clinical School and my plans for coming years in the area of Rural General Practice. My experiences in Toowoomba as part of the University of Qld Rural Clinical program has lead me to apply for a position as an Intern at Toowoomba Base Hospital in 2009, a position I have since received. I would once again like to show my appreciation and thanks to the Australian Rotary Health Rural fund for endowing this Scholarship and assisting in my studies this year."

**Tim Ford**  
**University of Queensland**

"I was first introduced to the Orange Rotarians at a special event hosted by Rotary Scholars who were in engaged in medical research projects. All the Rotarians were very pleased to hear that so many young medical students were keenly interested in studying in a rural town, and all congratulated me on achieving the Rotary Scholarship. Having come from Sydney, I had never before experienced rural living. Over the year I have visited various sites of Orange. I have played in a local sporting team which has been a great way to get to know much of the allied health staff that work in Orange. I have had many unique experiences in Orange. I would strongly encourage all medical students to spend some time in a rural community as it offers great learning experience, particularly in general medicine and surgery."

**Emily Zamitt**  
**University of Sydney**

"My knowledge basis is expanding rapidly partially through osmosis but also through my rapid dog-eared of textbooks. The opportunity to work 1 on 1 with GPs and visiting specialists is something I will forever treasure as this learning can never be superseded. The diversity of consulting style and caseload among the doctors is amazing and gives me a huge variety on which to develop my preferred consulting style. Some of the cases I have experienced include:

Delivering my first baby!

Suturing up a V-Y flap (which took 40 sutures!)

Assisting for a total hip replacement with the visiting orthopaedic surgeon  
Performing my first excision of a lesion independently

Completing a pap smear without assistance

Detecting a VSD murmur in a child

Being involved in the management of a gentleman with an intracranial haemorrhage

Developing professional relationships with patients who need regular medical treatment

Out of hours often seems as busy as in hours due to my many community activities. During summer I volunteered at the local surf life saving club and currently I am playing for my town's hockey team. I also participated in the local triathlon (full Olympic distance!) and walked 37km to raise money for Oxfam.

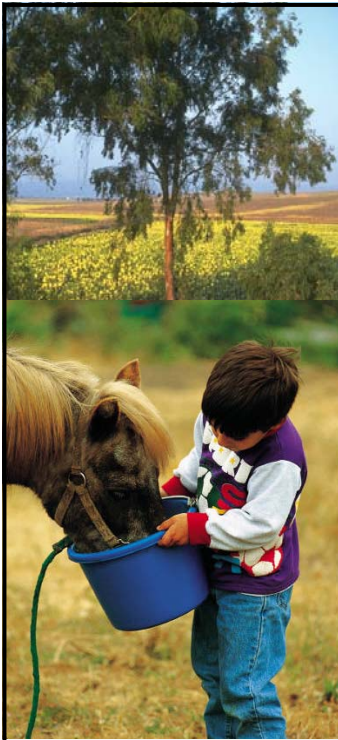
Overall this year has been stimulating, challenging, motivating, full of memorable experiences and new friends. I am looking forward to the next 20 weeks (albeit not the exam at the end of it!) and eventually a career in rural medicine.

**Lucinda Remilton**  
**Flinders University**

"Things have been going great in the small community of Taree. From the study point of view I have had a terrific experience in Taree. I have become very aware of the unique challenges faced in medicine by this community, such as the effects of geographical isolation on access to health care, and the complex cultural and social factors affecting the delivery of healthcare to Indigenous Australians.

In Addition the added responsibility of being in an understaffed rural hospital has allowed me to take on more responsibility and I have grown in confidence and am now well prepared for the challenges of internship next year. I have also decided on doing time in Taree next year as a result. This is in stark contrast to my friends who have undertaken there placement in Newcastle at the John Hunter hospital who are always complaining about not getting to see and do enough, missing out on doing a lot of simple procedural things, such as drips, catheters, CPR, and defibrillation. And also missing out on the one on one teaching and the abundance of people willing to teach in Taree.

**Neil Anderson, University of NSW**



# ROTARY CLUBS CAN BE INVOLVED BY SPONSORING .....



## AN AUSTRALIAN ROTARY HEALTH RURAL MEDICAL & RURAL AND REMOTE NURSING SCHOLARSHIPS

AUSTRALIAN ROTARY HEALTH offered in the last three years, twenty six full scholarships Australia wide for medical students attending the 13 Rural Clinical Schools of Australia.

The aim of the Scholarships is to provide incentives for medical students to complete at least one year in a rural area. This will encourage and influence the medical students to consider pursuing a medical career in rural Australia upon graduation or following postgraduate medical studies. This Scholarship would have the benefit of enjoying the fellowship of Rotarians and also expose the candidate to aspects of rural community life.

**Each Scholarship will be valued at \$5,000 +  
10% Administration Cost**

AUSTRALIAN ROTARY HEALTH offered eight Scholarships over the last two years—in country NSW and in Country Queensland.

The aim of the Scholarships is to provide incentives for nursing students to complete their 3rd year major clinical placement and graduating year in a rural/remote area.

This will encourage and influence the nursing students to consider pursuing a nursing career in rural/remote Australia upon graduation. This Scholarship would have the benefit of enjoying the fellowship of Rotarians and also expose the candidate to aspects of rural community life.

**Each Scholarship will be valued at \$12,500 +  
10% Administration Cost**

For more details visit Australian Rotary Health Website:  
[www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au)

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