Hello everyone!

Welcome to the July edition of the NRHSN Update. With the cold weather now settled in and exam period at its peak, we’d like to gently remind everyone that amongst the chaos of university study and extra-curricular involvement, it’s of primary importance to take care of yourself and make sure you’re doing ok!

We have been a busy exec over the last month. Heidi and Tara headed to Adelaide – Heidi to present on the NRHSN’s activities at the Future Health Leaders (FHL) stakeholder forum, and Tara to represent the NRHSN at the Rural Doctors Workforce Agency (RDWA) conference. Tara and Heidi also represented the NRHSN at the RDWA Awards dinner, where RDWA recognised some truly inspirational long-serving rural doctors. Jerry represented the NRHSN at the Rural Doctors Association of Queensland (RDAQ) conference in Brisbane. All of these events proved a success and an inspiration for those in attendance. We look forward to continuing a strong relationship with these organisations into the future, particularly in the support of FHL as they become an independent organisation (after being an initiative of Health Workforce Australia).

The network as a whole has been alive with activity – a number of visits have been made to the Northern Territory as part of the Northern Territory Medicare Local’s Rural High School Visit Program, the Go Rural program administered by RHWA, and some indigenous festival visits by clubs themselves. Rural high school visits and clinical skills events were numerous across the country, and the wonderful world of rural health has now reached more students, with a spike in memberships in the last month. Keep up the good work everyone!

With lots of events, conferences and professional development opportunities coming up over the next six months, keep an eye on the NRHSN website, facebook page and twitter for all the news!

- facebook: www.facebook.com/nrhsn (share your club activities with the network!)
- twitter: @The_NRHSN.

As always, if you have anything happening at your University or are passionate about an issue or ideas and would like some support to get it off the ground, please do not hesitate to contact us at exec@nrhsn.org.au.

Yours in rural health,
Tara Naige, Jerry Abraham & Heidi Beames
2014 NRHSN Executive
Portfolio Reports

Allied Health Portfolio
alliedhealth@nrhsn.org.au

Keep an eye out for the student networking event at the SARRAH conference in September. The allied health portfolio will be running this event, and we would love to see as many students there as possible to join the student dinner, especially SARRAH scholarship holders.

Please encourage your club members to apply for CoNS funding in order to attend this awesome conference!

Indigenous Health Portfolio
indigenous_health@nrhsn.org.au

NAIDOC week - 6-13 July. NAIDOC week is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Some ideas for celebrating NAIDOC week can be found on the official NAIDOC website: http://www.naidoc.org.au/celebrating-naidoc-week

Useful resources:
- NSW Health document - “Communicating Positively”
- Queensland Health document
- Indigenous studies space founded on language

Tell us about your events, share your story, and inspire others to do great things at their university.

Community and Advocacy Portfolio
advocacy@nrhsn.org.au

The Community and Advocacy Portfolio have recently been working with the Executive on concepts of social media and its use within the network. Keep an eye out for further social media tips from the portfolio.

Medical Portfolio
medical@nrhsn.org.au

The final stages of developing the MRBS and BMP survey are well underway. This members survey is set to be released in the coming weeks and presents an opportunity for NRHSN members to put forward their thoughts on the MRBS and BMP scholarship schemes. Keep an eye out for this one! The portfolio have also been busy as part of the GPSN Working Group, and were also represented by David at the RDAQ conference in Brisbane in June.

Nursing and Midwifery Portfolio
nursing@nrhsn.org.au

They continue their work on a resource that will provide members with information on rural mentoring and support programs for all disciplines as a student and after graduation.
Media Articles

Local and loving it
Bendigo Advertiser
OUTLOOK Rural Health Club

From operating theatre to stage
Shepparton News
OUTLOOK Rural Health Club

Internship crisis update
Australian Medical Students’ Association (AMSA)

Conferences and Workshops

SARRAH CONFERENCE – 17-20 SEPTEMBER – KINGSCLIFF NSW
www.sarrah.org.au
The student event will allow an opportunity for SARRAH scholars to link with current health students and form a supportive network that will be used to advocate for rural health career promotion.

CRANAPLUS CONFERENCE – 15-18 OCTOBER - MELBOURNE
https://crana.org.au
A chance to network with health students and passionate health professionals to engage with issues related to remote health in Australia.

REMOTE EMERGENCY CARE COURSE – DECEMBER
https://crana.org.au
NRHSN members will have access to this CRANAplus course in December. The NRHSN Nursing and Midwifery Portfolio will provide further details shortly.

RURAL MEDICINE AUSTRALIA RMA2014 - 30 Oct-1 Nov
www.ruralmedicineaustralia.com.au
The annual conference and scientific forum of the Australian College of Rural and Remote Medicine (ACRRM) and the Rural Doctors Association of Australia (RDAA).

MOUNT ISA CENTRE FOR RURAL AND REMOTE HEALTH (MICRRH) CONFERENCE
30th July – 1st August, 2014 - Mount Isa
Inform and influence health workforce, practice and service development policy for remote and rural areas. Student bursaries available. For more information, visit:

WIN A TRIP TO GP14!
www.racgp.org.au/yourracgp/faculties/rural/about/awards/
Are you a medical student and a member of a rural health students club at an Australian university? Would you like to attend GP14, the annual conference for general practice in Adelaide (9-11 October)? Apply now for the RACGP National Rural Faculty ‘Medical Undergraduate Student Bursary’ 2014 Award.
NATIONAL NURSING FORUM – 2-4 NOVEMBER - ADELAIDE
http://www.acn.edu.au
The National Nursing Forum in Adelaide from the 2-4th November focuses on adapting and thriving in a complex, changing and often challenging health environment through their theme, "Staying ahead of the game."

PROVINCIAL SURGEONS OF AUSTRALIA CONFERENCE, DARWIN, 21-23 August
The 50th anniversary conference will be a collaboration between the PSA and the College Trauma Committee/s and Indigenous Health Committee. This year’s conference will feature the Trauma Symposium on Saturday 23 August “Injury in Indigenous Populations - Learning from each other”.

Scholarships

CRANAPlus Undergraduate Scholarships – closing 31st July
https://crana.org.au/about/conference/cranaplus-undergraduate-remote-placement-scholarships
These scholarships provide $1,000 of financial assistance to a student interested in working remotely, to assist with the cost of a remote placement. To be eligible you must be a CRANAPlus student member.

NSW Rural Resident Medical Officer Cadetship – closing 25th August
12 cadetships are available to medical students interested in undertaking a medical career in rural New South Wales. Cadets receive up to $15,000 per year for the final two years of their medical degree and spend two out of their first three post-graduate years in a rural NSW Hospital west of the Great Dividing Range.

NSW RDN Rural Resident Medical Officer Indigenous Cadetship – closing 25th August
Up to two cadetships are offered to Indigenous medical students. $30,000 during degree, spend two out of their first three post-graduate years in a rural NSW Hospital west of the Great Dividing Range.

Coming Soon: Parnell Rural Nursing Scholarships – applications close 29th August
Available to 3rd year nursing students only! Valued at $12,5000 for nursing students to complete 3rd year major clinical placement and graduate year in a rural or remote area.

Western Australia: Country allied health student travel grants
WA Country Health Service and the Mental Health Commission are pleased to provide grants to undergraduate and graduate entry students to assist with travel costs for country placements of four weeks or more. Rural vocational experiences are an important part of the training program and Rural Health West is pleased to work with both agencies to support students undertaking rural placements. For more information, head to:
http://www.aasw.asn.au/document/item/5313
Other Opportunities

**RDAA Medical Student of the Year Award 2014 – entries close Monday 7th July**

Are you a medical student who is dedicated to rural health and are a great member of your Rural Health Club? If so, then why not apply for the RDAA Medical Student of the Year Award? You could be in the running to win $2000 plus the chance to attend the Rural Medicine Australia Conference in Sydney at the end October where you will be presented with the Award.

The Award is open to all medical students who are:

- currently studying at an Australian university;
- a member of a NRHSN Rural Health Club; and
- progressing the objectives of RDAA, which focus on advancing the health of Australians living in rural and remote communities through the provision of a vibrant and sustainable medical workforce. This aspect of the application will be covered by applicants being required to outline community participation/engagement, advocacy activities and clinical activity.

For this award, you are able to nominate other people, but nominees must complete the application themselves. Applications close at 11.59pm AEST on Monday 7th July. Applications must be submitted via SmartyGrants: [https://rhwa.smartgrants.com.au/RDAAMedicalStudentoftheYearAward](https://rhwa.smartgrants.com.au/RDAAMedicalStudentoftheYearAward) For queries, contact the NRHSN Team on (03) 9860 4700 or via info@nrhsn.org.au.

**Public Health Association of Australia Oral Health SIG and Colgate-Palmolive Student Essay Competition – entries close 4 July**


For more information please contact Jessica Zachar via jessica.zachar@outlook.com

**Call out for Health Heroes**

The Department of Health are looking for 'Health Heroes' and are sending a call out to health professionals and students who would like to come down to the Careers Expos to assist in promoting careers within Indigenous health.

Jessica Lowe on 02 8354 0866   E: jessica.lowe@alltheperks.com.au


**Expedition and Wilderness Medicine Course – Blue Mountains, 27 October**


One NRHSN member will be eligible for a completely funded registration for each Australian course and the remaining student applicant will receive a 50% discount off the course cost.

**Australian College of Nursing - Emerging Nurse Leader Program**

[http://www.acn.edu.au](http://www.acn.edu.au)

The Australian College of Nursing Emerging Nurse Leader Program is open for applications for second year undergraduate nursing students and all nursing students eligible for registration at the end of 2015.

**Benefits of student membership with the Australian College of Rural and Remote Medicine**

Interested in becoming a rural General Practitioner? It’s a rewarding path and ACRRM are here to help. You can start your journey towards becoming a rural doctor by joining the College as a student member ([http://www.acrm.org.au/membership](http://www.acrm.org.au/membership)).

**John Flynn Placement Program – Students, recommend your mentors!**

Have you heard about the John Flynn Placement Program’s mentor scheme? Do you know someone in a rural community who would make a great mentor? Have your say!


**GP Co-payment stories**

Share your thoughts on the Government’s proposed GP Co-Payment with professionals, consumers and other students at [www.copaystories.com.au](http://www.copaystories.com.au)