

THE RURAL JMO ALMANAC 2024

your doctors bag of links and resources



THE UNIVERSITY OF
SYDNEY

School of
Rural Health

your career

REGIONAL TRAINING HUBS

Funded by the Australian Government, Regional Training Hubs directly support the Integrated Rural Training Pipeline (IRTP) for Medicine initiative which aims to address medical workforce maldistribution across regional and rural Australia. **Hub staff work to provide support and incentives for medical students and trainees to study and live in rural settings.**

Hubs coordinate, facilitate and promote activities to decrease professional and social isolation for basic and advanced vocational trainees. Each Hub varies in how it does this, but initiatives may include:

- scholarships to workshops and conferences as well as providing local workshops,
- individual career counselling,
- developing regional training capacity by identifying funding sources for and assisting with accreditation of advanced training posts, and
- answering any questions that trainees may have about their career pathway and if we don't know we will find out for you.

Contact details for your local Hub are on the front cover of this document.

REGIONAL MEDICAL TRAINING



Regional Medical Training

An online resource mapping vocational training opportunities and pathways in southeastern Australia



CAREER PLANNING



Advance Med

Blogs, video and coaching resources for furthering your career and applying for jobs in medicine



Map my Career

NSW-wide information on accredited training places, and workforce distribution and demographics for each of the medical disciplines provided by the NSW Ministry of Health



#Destination Rural

A toolkit of resources from the Rural Doctors Association of Australia to support your rural medical career

your voice

YOUR COMMUNITY OF PRACTICE

Destination Medicine

A podcast sharing created by a collaboration of Regional Training hubs to share stories of rural careers, rural training and rural medicine



Rural Doctors Association

Interest groups for female doctors, doctors in training and rural specialists as well as a youtube channel sharing rural medical stories



Rural Health Pro Groups and Discussions

Create your own feed of groups, topics and forums to connect with each other and your community



RURAL HEALTH CONFERENCES

National Rural Health Alliance Conference List

A comprehensive list of rural Australian conferences, dates, links and locations



TBC

10th Rural & Remote Health Scientific Symposium
Canberra, ACT



18-21
OCT

Rural Medicine Australia (RMA)23



TBC

RH24 - Rural GP Conference
Coogee, NSW



16-18
SEP

17th National Rural Health Conference
Perth, WA

TBC

28th Prevocational Medical Education Forum 2024
Darwin, NT

your support

WHERE TO FIND SCHOLARSHIPS



Rural Health Pro Grants & Funding

A comprehensive list of scholarships and grants in NSW that promote rural practice



HETI Scholarships & Grants

Scholarships and grants to provide equal access to education in areas of need

SELF-CARE & MENTAL HEALTH



Black Dog
Institute

TEN - The Essential Network

TEN offers specialist, individualised mental health advice and triaged support to connect health workers to the help they need when they need it the most.

DRS4DRS

Drs4Drs

DRS4DRS promotes the health and well-being of doctors and medical students



Rural Adversity Mental Health Program

A toolkit for clinicians and consumers designed to link rural people and clinicians to mental health support

Did we miss something?

This resource is far from exhaustive, so we welcome contributions and suggestions from all JMOs to improve the usefulness of this resource. Please email any ideas to western-nsw.regional-training-hub@sydney.edu.au to support your peers.

Acknowledgements

Built in collaboration with Cadets of the NSW Rural Doctors Network and the University of Sydney School of Rural Health (Dubbo/Orange)

Want the hyperlinks?

A digital version of this document is available in the Helpful Links page of the Regional Medical Training website and the Resources page of wnswregionaltraininghub.com



ACCREDITED COURSES

These are some of the more common CPD courses that can be undertaken during your time as a JMO. You'll need to check with your college about which ones you may benefit from or require.

Disclaimer: We are here to equip you with options. We do not have preferred providers and do not wish to advertise or recommend one course over another. We are simply providing you with a range of options for your consideration based on the experiences and feedback of other JMOs. If we've missed something, please let us know.

ADVANCED LIFE SUPPORT

These businesses provide courses accredited by the Australian Resuscitation Council (ARC) and endorsed by ACEM, ACCRM, CICM, RACGP, & RACP.



Adult & Paediatric ALS Courses



ALS 1, ALS2, & ALS Refresher Courses



ALS2 Courses



ALS 1, ALS2 & Paediatric ALS Courses

PAEDIATRIC LIFE SUPPORT



PALS Level 1
CPD applies for ACCRM & RACGP



PLS & APLS
ACRRM & RACGP Members may be eligible for CPD

RURAL CONTENT



ACCRM Workshops

Including REST (Rural Emergency Skills Training), PHEC (Pre-Hospital Emergency Course), and Rural Emergency Anaesthetic and Obstetric training



RACGP Rural Health Webinar Series

The Rural Health webinar series presents free monthly webinars on rural and remote health topics, held on the 1st Thursday of the month

your qualifications

COMMON CERTIFICATES

These are some of the more common university and College certificates JMOs undertake prior to, or to support their applications for vocational training programs



Certificate of Primary Care Dermatology

This course helps GPs and GPs in training increase their expertise and confidence when presented with dermatological cases in their practice.



Certificate in Women's Health

The Certificate of Women's Health (CWH) is intended for medical professionals, qualifying you to deliver shared antenatal and postnatal care, office gynaecology and family planning.



Introduction to point-of-care ultrasound workshop

This full-day workshop will help increase your understanding of the applications of point-of-care ultrasound in the diagnostic process. Experts will guide you through the diverse applications of point-of-care ultrasound in rural primary care.



Sydney Child Health Program (SCHP)

This program is designed for professionals who are looking to develop paediatric skills to improve the health and wellbeing of children and young people. There are multiple study options available for this program that can be award or non-award.

CLINICAL EDUCATION & SIMULATION



Teaching on the Run

An award-winning program that includes a suite of nine workshops, which are delivered by accredited facilitators to build skills in clinical supervision and education.



NHET-Sim

Online and face-to-face training modules in simulation design, delivery and debrief for health professionals



Sydney Clinical Skills and Simulation Centre

Immersive training in realistic clinical environments and rehearsal of critical events with expert facilitation and debriefing