

Clinical Dean's Update

Associate Professor Tim McCrossin

RURAL PROGRAM BUILDS MOMENTUM



Once again our Bathurst winter will soon be brightened by the arrival of 12 fresh faced young Medical Students. This will be our sixth intake of students into what is now a very much well established program. As in previous years students will be placed throughout the hospital's community, so please look out for them over the next 12 months.

Plans are underway to expand Critical Care and Mental Health placements which will provide a broader experience for our current students and increase student numbers into the future.

We welcome Robyn Vines (Lecturer, Mental Health) who has energetically embraced the role of formulating a full Bathurst Mental Health rotation. Dr Kam Wong has also joined the UWS team as a Senior Lecturer within the discipline of General Practice & has completed & published recent research on Vibrio infections & antibiotic therapy. Other new staff include Bronwyn Brew, (Senior Lecturer, Research) who joins Jannine Bailey (recently promoted from Research Officer to Senior Lecturer, Research) and Kristy Payne (research officer, maternity relief) on the research team. The ongoing activities of our research team are outlined in this issue. Kathie Maxwell (Administrative Officer, maternity relief) is also new to the staff this year and amongst other things we are appreciating her skills in desk top publishing.

We recently farewelled our students from 2014/15. They were a fantastic group of students and it was great to be able to host a formal farewell for them in conjunction with our Bathurst 200/UWS Bathurst Rural Clinical School 5 year celebration dinner (more on this inside this issue). Two of our recent students enjoyed Bathurst so much that they are returning for critical care and ambulatory care terms in the next few weeks.

Finally, the feedback from our students is generally very positive. This year, once again, there has been an oversubscription to our program. This, I believe reflects the fact that a large Regional Centre is a great place to learn as a medical student, particularly when good clinical placements are matched by strong teachers within a robust program, something we continue to strive towards at Bathurst RCS. Thanks to all who continue to support the UWS Bathurst Medical student experience.



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Clinical School Reaches Milestone

Bathurst Rural Clinical School Celebrates

FAREWELL TO JENNY AKERS

The 5 year celebrations for the Bathurst Rural Clinical School was an appropriate occasion to farewell our longest serving employee, Ms Jenny Akers.



For the past 5 years Jenny was the driving force behind the establishment of the Rural Clinical Schools, serving as the Rural Program Manager.

Since 2010, in conjunction with Cris Carriage, she successfully negotiated student placements in the many Aboriginal Medical services who have become our community partners and host our year 5 students.

Jenny's foresight and sheer determination has been the catalyst for the Clinical School's success, Professor Hennessy saying, she will be sorely missed as the "conscience" of the School of Medicine!

The staff at the Bathurst Rural Clinical School thank her and wish her all the best in her future endeavours.

On May 9, 2015 over 80 students, staff and medical professionals came together in conjunction with the Bathurst 200 celebrations to mark 5 years of successfully training medical students in a rural environment.

The event began with afternoon academic sessions featuring insightful presentations from the likes of Annemarie Hennessy and Brad Frankum from the University of Western Sydney, and local Bathurstians Neil Meulman and Jim Blackwood.

The festivities continued into the evening with dinner at the Rydges Mount Panorama. The night proved to be the perfect opportunity to celebrate not only reaching our 5 year milestone and the winners of the 2014/15 Cohort Awards, but also the perfect opportunity to farewell Jenny Akers and Graham Cox. Jenny leaves us after pioneering the school and Graham makes his exit after providing many years of running the highly successful "fun@5" program that was tailored to provide our students with a range of experiences from the local region.

The Bathurst Rural Clinical School celebrates "5 years of training medical students in a rural environment"

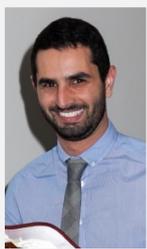


2014/15 AWARD WINNERS



Mitchell Purser received the tightly contested Machattie Shield for achieving the highest combined score (as graded by attending Academics) on two separate "Student Grand Round" presentations over the course of the year in Bathurst. Well done Mitchell!

The Ben Chifley Community engagement Award was presented to Christopher Touma for his outstanding efforts in immersing himself in the local community.



A Minute with the DMS

Director of Medical Services, Geof Marshall reflects

Geof, you've been in Bathurst now for longer than you might care to remember—do you have any particular memories from your years in the ED which you might like to share?

I mostly remember the people – patients, staff especially junior doctors, rather than specific events. The change over the past 30 years in noteworthy and some events are particularly memorable. For example when Bill the wardsman delivered a baby in ED on bed 7 on an extremely frantic day. And one evening, many years ago, the nurse in charge mistook a waiting patient for the mortuary attendant and he only confessed that he was actually in ED with symptoms after they had transported the deceased to the morgue!

More recently you have also taken on the DMS role and embraced this (seemingly) with enthusiasm- what have been the challenges & rewards of the DMS role &

what will you be handing over to your successor?

I would say "This role can be very difficult at times; trying to please two groups, multiple personalities and jointly seeking common ground on a background of fiscal responsibility. On the other hand it is rewarding and exceedingly important working in this position as Bathurst transforms into a major regional player".

What outside interests have sustained you throughout your medical career?

Vital for me have been interpersonal relationships, especially with the younger generation; exercise, in particular marathon running; and ongoing study (Public Health and more recently Forensic Medicine) has kept me stimulated. However the continuous support and backup of my wife and family has been the mainstay of my professional practice.



Professor Ross Wilson, Director, Rural Health

RURAL DIRECTORS RANTINGS

Welcome to Winter!

Having seen the departure of a fabulous group of students from both Bathurst and Lismore to face the horrors of the convict settlement on the coast we are now gearing up for a new Cohort of students.

I realise fear and trepidation are some of the feelings being experienced, however, the bush is a welcoming place. The learning experiences and community experience can't be beat!

We have welcomed some new staff and now have strong Research and Mental Health teams in place. We look forward to the commencement of the Critical Care rotation and those students coming for shorter Indigenous Health placements will find an incredible array of talented and engaging staff.

We aim to make your rural experience, short or long term, a most positive one and welcome your input and engagement.

Keep well
Prof Ross Wilson

Continued from Page 2

What is your view of the UWS program as you have seen it evolve over the past 5 years in Bathurst?

The UWS teaching model is a familiar one for me – reminding me of the education I received in Melbourne 45 years ago. The concept of immersion in clinical situations rewards the students and those who participate more learn most. Bathurst has benefited enormously from the presence of UWS providing an enhanced climate for learning – the continued presence of students is vital! It has been especially rewarding watching the evolution of the programme and fantastic to see previous student returning to work as JMOs. The UWS graduands are particularly noticeable by their practical skills and ability to problem solve.

Where do you see Bathurst Health Service in 10 years' time?

We now have political commitment to retain and grow the Bathurst Health Service as a senior player in the region. We will see service expansion to cater for the increasing population, including a diversity of service.

Finally Geof is it au-revoir or sayonara & what are your plans for the next few months?

As for now I will take a break, return on the 15th of November and thereafter make decisions. 'Calculated Drifting' comes to mind



Thanks Geof and all the best for your well-deserved leave



2015 MARKS BICENTENARY OF BATHURST

While we have already seen Bathurstians celebrating in large numbers the opening of the Flag Staff, two colonial Fairs, the Bicentenary Illumination and Street Festival, the Peoplescape, Reflections—200 Years of Women's Fashions there is still plenty to enjoy:

Illuminate Bathurst Festival 4-12 July 2015

Illuminate Bathurst ice Rink will be running daily from 10am. Tickets can be purchased online



For further information go to:
www.bathurst200.com.au

Bathurst 1000 7-11 October 2015

Bathurst comes alive both on and off the track during race week. People come from all around Australia to attend what many would say is the greatest race in Australia.

Inland Sea of Sound 6-8 November

Bringing together a diverse range of incredibly talented musicians from across Australia and Around the World.

BRCS & our community

UWS SPONSORS JUNIOR GOLFERS

Since October 2014, UWS Bathurst Rural Clinical School have been a proud supporter of Junior Golf in Bathurst.

The relationship began with funding towards a Bathurst Junior golf shirt, proudly displaying the UWS logo and worn by an ever increasing number of golfing juniors across Bathurst.

In fact, the numbers within the Bathurst Golf Club junior program have increased from around 50 to over 100 in the past 12 months.

Our sponsorship assists our local juniors to be involved in a fun, outdoor activity on a weekly basis and also supports larger local junior events such as the annual Bathurst Junior Classic - and as an added bonus, some of our Medical Students have had access to free golf tuition.



BATHURST RADIATION BUS SERVICE

BRCS continues to support the Bathurst Radiation Bus Services. The bus, driven solely by volunteers, makes the journey from Daffodil Cottage to Orange Base Hospital five days a week, 51 weeks a year.

On receipt of the UWS sponsorship Leonie Schumacher, Bathurst Community Transport Manager, said the only reason the bus continued to exist was the ongoing generosity of the local community and the continued support from UWS has eased the pressure on the Community to continually fundraise for this service plus has provided the service with the sustainability it required and deserved.

She said one of the gifts the bus gave to cancer patients was their independence, because it meant they didn't have to rely on family members and friends to drive them to Orange each day for radiation treatment.



State Member Paul Toole, Leonie Schumacher, Prof Graham Stevens, UWS students and volunteers pictured back in 2012.

DAFFODIL COTTAGE AND GIRRAWAA CREATIVE WORK CENTRE

At the Back to Bathurst 5 Year Reunion celebration dinner a silent auction was held to support two important community services. Items to be auctioned were purchased from the Girrawaa Creative Work Centre while the proceeds were donated to the Daffodil Cottage building extension fundraising appeal.

The Girrawaa Creative Work Centre was established at the Bathurst Correction Centre to promote work and its importance to Aboriginal inmates. It recognises the barriers to employment and business opportunities for Aboriginal Australians and its greatest hope is that inmates will acquire skills that will contribute to their economic independence and their successful return to the community. The glass items purchased were all designed and produced by Aboriginal inmates at Bathurst Corrective Centre.

Daffodil Cottage is an oncology/palliative care and treatment facility in the grounds of Bathurst Base Hospital. The facility, originally built by the Bathurst community, provides treatment, advice and referrals to cancer patients from the Central West of NSW. The cottage is verging on capacity so it is currently raising funds to undertake extensions to position itself to best cope with future demands.

Students on rural placement in Bathurst attend Daffodil Cottage as part of their oncology training so it seemed appropriate that the \$1,000 raised from the auction should go to the service as a sign of appreciation for the support given to our students.



A perfect example of a "slumped glass" goanna that was one of the auction items on the night.

School & Community Activities

From the Rural School Community Engagement Officer

SCHOOL BASED INITIATIVES

Nathan Rollinson continues as our Rural School Community Engagement Officer (RSCEO), assisting the formation of educational pathways and development of industry specific relationships in the Central and Far West region of NSW to prepare rural students for upcoming academic challenges.

To date, school engagement initiatives include supporting 10 Central West communities and over 20 Central West Schools during 2014/15. An additional 5 Northern NSW communities and 7 schools have been added to this impressive list in the first half of 2015 alone. Over two hundred students were engaged, indicating interest in Medicine, Allied Health and/or Nursing and Midwifery.

The role of the RSCEO is to "...prepare rural students for upcoming academic challenges"

A total of 48 students completed the UMAT exam, with 8 students accepting a position in an undergraduate medical program.

The school's engagement program takes the form of attending Careers Expos, School information nights, as well as University and School of Medicine tours. Additionally, Nathan meets with individual students, schools careers staff and schools executive staff to provide a range of information including programs, curriculum, financial support, accommodation etc.

PLASTERAMA—FAMILY FUN DAY

The Bathurst Rural Clinical School conducted a "Plasterama" plaster cast workshop for local community members at the Bathurst Bunnings Family Fun Day.

UWS Rural School Community Engagement Officer Nathan Rollinson and UWS School of Medicine 5th year student Christopher Touma invited parents and children to have their arm placed in a 'back slab' cast.

The aim of the workshop was to engage local community members in a fun and interactive activity which helps participants, especially children, feel comfortable when interacting with medical practitioners. The day was a great success with many people choosing to have their arm plastered.

Throughout the day staff talked to participants about the plastering process and educated them on the reasons why plaster casts are used and how important it is to visit a doctor regularly. The UWS stall was one of the most popular on the day and provided a range of health information and resources.



Nathan Rollinson, set up for expo



Christopher Touma, hard at work



Nathan and Chris face the crowds

BRCS Research

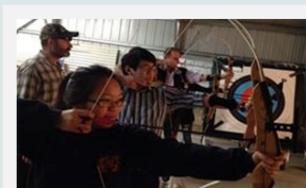
FUN@5

Fun@5, a sport and social activities program designed to immerse the students socially into the Bathurst community, provided a long list of fun activities under the Co-ordination of Graham Cox.



2014/15 students play netball

This years activities included; creating a self portrait with local artist Dean Mobbs, self defence sessions at Sports Karte Australia, dinner at Malouf's Restaurant, bowling, netball, a mechanics workshop, archery, trivia and yoga sessions to name a few.



Student Anna Bui excels at archery

It seems fitting to take this opportunity to thank Graham for the hard work that he has put into the program as he moves on to other ventures.



Graham Cox

We are pleased to report that the program will continue under the Coordination of Nathan Rollinson.

Research presentations at the National Rural Health Conference, Darwin

In May, BRCS researchers Jannine Bailey and Kristy Payne attended the National Rural Health Conference in Darwin. The theme of the conference was "People, Places and Possibilities" and had a focus on improving the health and wellbeing of people living in rural, regional and remote Australia.

Jannine presented on the Fit4YAMs study which involved the design and development of a text messaging intervention to improve the lifestyles of overweight and obese young adult males in rural and regional Australia. This study is a collaboration with the University of Sydney's Academic Department of Adolescent Medicine and Charles Sturt University's School of Psychology.

Kristy presented with colleague Ekala French, an Aboriginal Health Worker at the Orange Aboriginal Medical Service (OAMS) on

the outcomes of the implementation of a population health approach at OAMS. "Darwin was a great opportunity to show what OAMS has achieved by implementing various population health strategies with the goal of improving the health of the whole Aboriginal Community" Kristy says.

The BRCS presentations were well-received with much interest from conference delegates. Jannine and Kristy were exposed to a wide range of innovative health research while attending the conference.



Above : Kristy, Jannine and Bronwyn

Farm Safety

Farm safety is on the agenda at the Bathurst Rural Clinical School. There has been a significant effort and investment in Australia in improving farm health and safety over the past 20 years but there is still room for more gains to be made.

Researchers at Bathurst are interested to know what practices local farmers have put in place to prevent injury and accidents on their farms. Safety and injury prevention strategies are important for reducing both injuries and fatalities and can be particularly important when the farm is both the workplace and the family home.

Recently, local GP and Director of BRCS, Dr Ross Wilson hosted a Farm Safety Information and Demonstration Day in conjunction with NSW Farmers, Primary Industries, Local Land Services, Farm Safe and WorkCover at his farm, Cottie's Run. BRCS researcher Dr Bronwyn Brew and Community Engagement Officer, Nathan Rollinson put their boots on and took the opportunity to survey local farmers attending the event. The survey covered issues such as wearing seatbelts and helmets when driving on the farm, having roll over protection on farm equipment and vehicles, preventing children from being in certain areas of the farm and having safety signs and first aid information on the farm among other things.

The results of the survey will inform health and safety initiatives that can be targeted to the needs of local farmers.



PUBLISHED MANUSCRIPTS

Bibliometric analysis on Australian Rural Health Publications from 2006 to 2012. Mendis K, Edwards T, Stevens W, McCrossin T. *Australian Journal of Rural Health*, 2014, 22(4): 189-196.

Health assessments for Indigenous Australians at Orange Aboriginal Medical Service: health problems identified and subsequent follow up.

Tegan Dutton, Wendy Stevens and Jamie Newman. *Australian Journal of Primary Health*, 2015, <http://dx.doi.org/10.1071/PY14120> [Epub ahead of print]

Tracking Australian health and medical research expenditure with a PubMed bibliometric method.

Mendis, K., Bailey, J., McLean, R. *Australian and New Zealand Journal of Public Health*. 2015 Apr 22. doi: 10.1111/1753-6405.12366. [Epub ahead of print]

Antibiotic Use for Vibrio Infections: important insights from surveillance data.

Kam Wong, Anthony Brown, Georgina Luscombe, Shin Jie Wong, Kumara Mendis. Accepted to BMC Infectious Disease. *In press*

The Indigenous Experience

Mitchell Purser speaks from the student perspective

CULTURAL TOUR

The indigenous cultural tour was a great opportunity to learn first hand from a Wiradjuri elder about local indigenous culture and customs.

The day consisted of visiting places of cultural significance to the Wiradjuri people with commentary from local elder Dinawan Dyrribang.

We learned of the significance of Wahluu to Wiradjuri people and of the story linking Wahluu and Mt Canobolas. The experience gave me an appreciation for Mt Panorama as more than a racetrack.

We also had the opportunity to learn about the significance of Wambool (Macquarie river) in the platypus story. Listening to Bill Allen tell the story of the platypus on the banks of the Wambool helped me to appreciate the deeply held connection to land of aboriginal people. Aboriginal people ascribe the earth an almost spiritual quality as the source of all life.

Perhaps the most significant part of the day was learning about the history of Windradyne and visiting his grave site. As part of visiting Windradyne's grave site we were taken through a smoking ceremony to cleanse us of bad spirits.

The ceremony involved painting our foreheads with 3 dots of ochre representing the mind, body and spirit. During the process I felt a great connection with the indigenous culture. I was honoured to be a part of a smoking ceremony and in awe of the ancient tradition.

The day will be a memorable experience from my time in Bathurst.



Above: Students Mitchell Purser and Luke Ryan pictured with Dinawan Dyrribang during the smoking ceremony which is an aboriginal invitation to a sacred site.
Right bottom: Student Nathan Tranby performs health checks on a member of the Blacktrackers team.
Top right: Indigenous Placements Support Officer, Ian Kennedy assisted by his grandson to get the message out.

NAIDOC DAY

NAIDOC day presented a great opportunity to connect with the local aboriginal community. The range of UWS courses and the presence of a campus in Lithgow received a great deal of positive feedback.

I am hopeful that the information we provided will encourage aboriginal people from the local community to engage in higher education.



BLACKTRACKERS

Completing health checks for the local Blacktrackers football team represented a great opportunity to provide preventative healthcare to a demographic who are not always accessible.

"The day fostered within me an affinity for preventative healthcare particularly in underserved populations"

There was definitely some positive changes made that day which will hopefully have a lasting impact on the lives of the young men as well as their families and friends. The day fostered within me an affinity for preventative healthcare particularly in underserved populations.



OPENING THE TELEHEALTH DOOR

From its inception, the BRCS has forged strong links with rural and remote Aboriginal Medical Services. The University is most grateful for the way these organisations have opened their doors to our students, giving them a rare opportunity to be immersed in an Aboriginal community. This allows the students to gain an understanding of the issues affecting the health outcomes of these populations and an appreciation of the whole-person approach to medicine. Many students comment that their stays in these communities, spread far and wide, have been eye-opening.

As a small token of the University's appreciation of these AMS's for taking our students, we have provided them with video conference equipment, and the technical expertise of staff member Herman Hofman to provide ongoing support for its use. The video conferencing equipment counters the tyranny of distance, by allowing staff to have face-to-face meetings without having to travel, by allowing staff and students to access remote education, and it opens the doors for telehealth initiatives, with city-based specialists consulting with patients in remote locations, all without any need for travel.

Of the Bila Muuji group, VC equipment has been installed in:

- ◇Orange
- ◇Wellington
- ◇Coonamble
- ◇Walgett
- ◇Brewarrina
- ◇Bourke

VC equipment has also been installed in the AMS at Condobolin and Moree.



Herman Hofman,
Rural IT and AV
Officer

THANK YOU TO OUR CONJOINTS

Dr Chandima De Alwis
Dr Rick Aitkin
Dr Matthew Bailey
Dr Graham Blom
Dr Geoffrey Chew
Mr James Daley
Dr Zelda Doyle

Dr Anne Gilroy
Dr Imad Haloob
Dr Colin Jamieson
Dr Priyaneela Kamalanathan
Dr Ken Neale
Dr Jane Lawrence
Dr Jaydeep Mandal

Dr Samridh Nagar
Dr Hal Rickard-Bell
Mr John Roberts
Mr Marty Roebuck
Dr Clayton Spencer
Dr Ian Thong



Farewell 2014/15 Students

We wish you all the best in the future

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