



University of  
South Australia

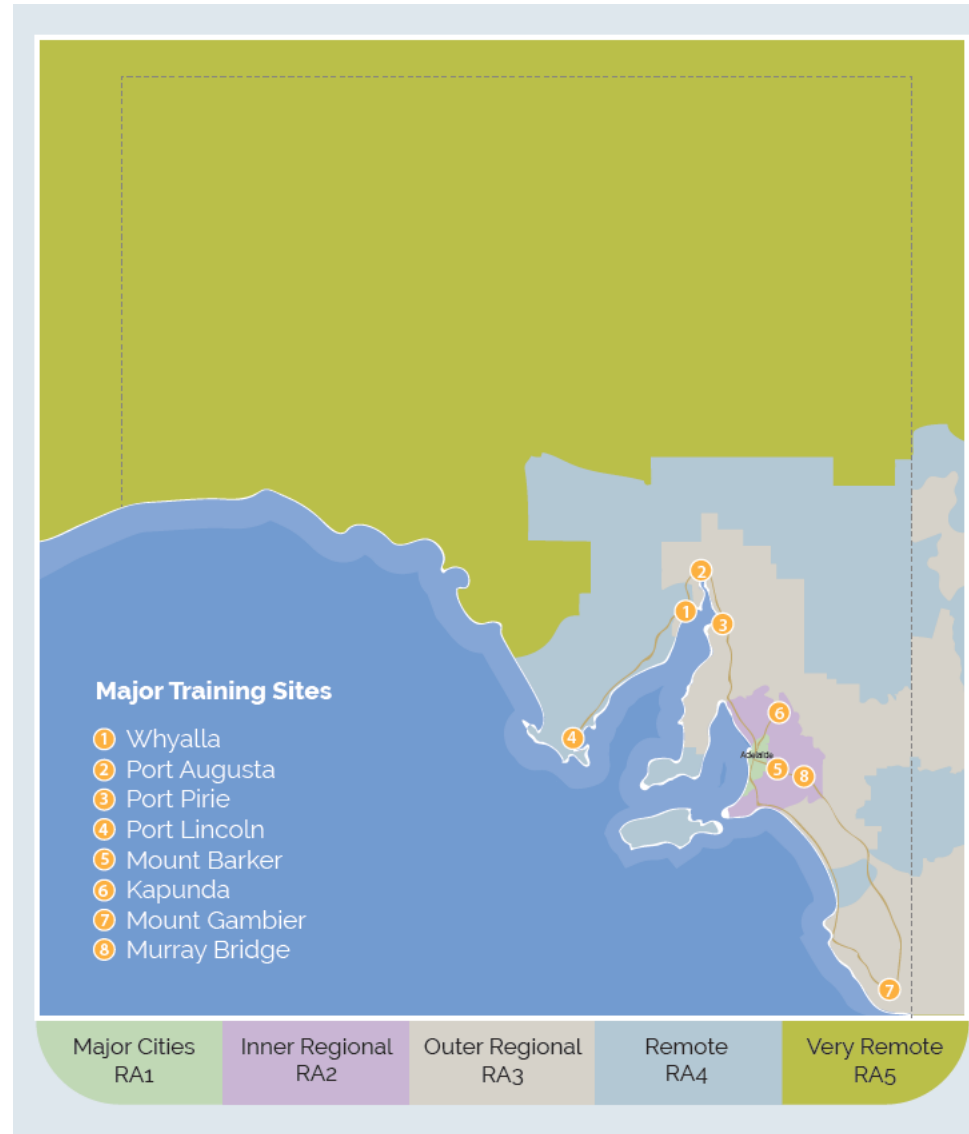
Department of  
Rural Health

# DRH 2018

A Great Rural Experience



# Department of Rural Health



***“A harsh natural climate, higher occupational risks, geographic isolation and the need for long-distance travel are a part of life for many rural communities. Fewer resources and lower socioeconomic status than urban populations add to these challenges (Department of Health and Ageing and Standing Council on Health 2012). These challenges have been balanced by better social networks and connectedness than metropolitan communities, and therefore higher individual and community resilience. Yet rural communities face also challenges, particularly economic and environmental changes (including drought, salinity and fire), which have tested that resilience and which have been reported to lead to increased family breakdown, social isolation, and changing demographics from out-migration”.***

(Government of South Australia 2013, p. 9)



# Socioeconomic Disadvantage:

- 26.3% of Australia's population live in regional through to very remote areas (ABS 2016).
- 1991 Census - the further away people are from a major urban centre, the higher the socioeconomic disadvantage.
- These communities also have a larger proportion of children in comparison to metropolitan areas.
- Rural and remote citizens have less access to health care - exacerbated by access difficulties due to distance, time, cost, transport and shortages or uneven distribution of facilities and professionals.

# Activity Reporting

**PARAMETER 1** - ASKS US TO REPORT BACK HOW WE DELIVER EFFECTIVE RURAL TRAINING EXPERIENCES TO NURSING AND ALLIED HEALTH STUDENTS PRIOR TO PROFESSIONAL REGISTRATION

**PARAMETER TWO** - ASK US TO DESCRIBE HOW OUR RURAL TRAINING EXPERIENCES ARE OF A HIGH QUALITY

**PARAMETER THREE** - IS ABOUT STUDENT SELECTION AND RURAL RECRUITMENT

**PARAMETER FOUR** - IS HOW WE ENGAGE WITH OUR LOCAL COMMUNITY TO SUPPORT THE DELIVERY OF TRAINING

**PARAMETER FIVE** - ASKS US TO DELIVER RESEARCH ACROSS SIX AREAS – next slide

**PARAMETER SIX** - IS ACTIVITY AIMED AT IMPROVING ABORIGINAL AND TORRESS STRAIT ISLANDER HEALTH

**PARAMETER SEVEN** - IS OUR ROLE IN PROVIDING REGIONAL LEADERSHIP IN DEVELOPING INNOVATIVE TRAINING SOLUTIONS TO ADDRESS RURAL WORKFORCE RECRUITMENT AND RETENTION.

# DRH Core Research Activity

Rural Health Workforce  
Development

Rural Training Strategies

Innovative Rural Health Service  
Delivery

Workforce Outcomes

Aboriginal Health and Wellbeing



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## Rural Placement Support

# Support For Students

## We know that Students:

- probably have to take extensive time off from paid employment.
- may have higher costs (for travel and accommodation) on a limited income.
- may have more limited facilities being away from home.
- may be going to an unfamiliar location.
- may need to be away from loved ones.

**BUT, the Department of Rural Health can help....**





# DRH Student Accommodation



<p>Student support matrix valid 1st January - 30th June 2017.</p> <p>Support is provided to students who are enrolled in a Program that requires them to complete a health clinical placement within a rural setting</p>		Free UniSA DRH Accommodation (if available)	Travel Allowance capped at \$150 for a return trip from place of residence to placement location	Accommodation allowance of \$100pw (conditions apply)	Internet access if residing in UniSA DRH accommodation (where available)	Access to local education sessions (where available)	Clinical Placement Outreach Trip Allowance
University of South Australia	Residential Students (If you live in or within 25 Kilometres of the placement town/city)	x	x	x	x	✓	✓
Nursing, Midwifery & Allied Health disciplines including Social Work and Pharmacy	Domestic Students 2 weeks or greater	✓	✓	✓ #	✓	✓	✓
	International Students 2 weeks or greater	✓	x	x	✓	✓	x
Other Universities & Vocational Education Training organisations	Domestic Students 2 weeks or greater	✓	✓ +	✓ +	✓	✓	✓
Nursing, Midwifery & Allied Health disciplines including Social Work, Pharmacy & Optometry	International students are required to contact the DRH directly to discuss availability and booking of UniSA DRH accommodation as charges will apply.						



## Become part of the Community

What can you do in these locations?

What facilities are there?

# Become part of the Community

Join the local walking,  
running or orienteering  
group

Go for a bike ride and  
explore the attractions

Join a local sporting  
club

Attend a local event

Join the Young  
Professionals Network

Join the local gym

Meet other students

Visit local cafes

# DRH Student Professional Development Opportunities

## **An insight into cultural competency**

- This 3 hour workshop is an opportunity for participants' to build on their knowledge of cultural competency and reflect on the critical role they have as health professionals in improving health outcomes
- Topics covered include: Australia's history, Aboriginal health, exploring culture, social determinants of Aboriginal health, cultural competency and working with Aboriginal peoples.

## **Hearing voices that are distressing**

- This 3.5 hour workshop is an opportunity to gain a better understanding of the everyday challenges for people who hear voices that are distressing.

## **Summer Scholarships**

- UniSA DRH work with community organisations to offer a number of scholarships for students to undertake community development project work in the region during the summer vacation period
- Students apply for projects that will 'add value' to the organisations current projects, and benefit the health and well-being of the wider community

# DRH Professional Development Opportunities

- Rural health improvement profile
- Adherence therapy
- Beating the blues in the bush
- Provide support for local initiatives – contact us!





- The Professional Certificate in Practice Education aims to increase your understanding, skills and expertise in supervising learners in the workplace through reflection on your current practice and applying new models, approaches, tools and instruments, in line with your organisation's goals and priorities.
- This certificate is offered online
- Topics include: practice education models, supervision strategies, managing difficult strategies, personal development planning, and coaching skills
- Rural participants may be eligible for a fee concession

[unisa.edu.au/health/pcpe](https://unisa.edu.au/health/pcpe)