



 **MUMUS**  
INCORPORATED

# **RURAL GUIDEBOOK**

**5TH EDITION**

# WITH CONTRIBUTIONS FROM



**MONASH**  
University

**MONASH**  
RURAL  
HEALTH



**WILDFIRE**  
RURAL & INDIGENOUS HEALTH CLUB

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## FOREWORD

### Monash School of Rural Health

Monash Rural Health (MRH) is proud to contribute to and to endorse the 5th edition of the MUMUS MBBS Rural Placement Guide. This guide gives the medical student perspective to rural clinical placements, complementing additional information contained on the MRH website, Facebook page and Moodle. Undertaking long-term placements through MRH at any of our regional clinical training sites will provide you with exceptional hands-on learning experiences that will provide valuable preparation for postgraduate training and professional practice.

The first rural health academic unit of its kind in Australia, the School of Rural Health was established in 1992. In 2002, through the Rural Clinical Schools program, it enabled the creation of dedicated rural clinical schools, with the establishment of significant tertiary infrastructure in rural Australia and the development of a strong network of academic rural clinicians.

All MRH sites have exceptional facilities, with provision for hosting students across Years A, Year 2, 3B, 4C and 5D. The school is committed to the delivery of excellent regional and rural health education and research programs across the healthcare sector in a vibrant and exciting regional and rural environment that leads to increased retention of healthcare workers.

All MRH regional clinical training sites are attached to a regional hospital and are partners with a range of general practices and community-based health services. In the north west MRH offers placements at the two major teaching sites at Mildura and Bendigo, with surrounding towns also involved in 4C placements. Similarly, in the south east MRH has teaching sites at Traralgon, Warragul, Sale, Bairnsdale and Leongatha as well as extensive placements in surrounding townships. The graduate entry medicine program commences at our MRH Churchill site and includes clinical placements in the south east at Warragul, Traralgon, Maryvale, Sale, Leongatha and Wonthaggi.

Feel free to contact our Rural Health Education Program Office at Clayton in Building 13A (37 Rainforest Walk) and introduce yourself to Laura Major and the team who will assist with any queries and questions you might have about the training experiences offered at MRH. We look forward to welcoming you to our School.

**Professor Robyn Langham, Head of School**



## Monash University Medical Students' Society (MUMUS Inc.)

I hope this guide assists you in your consideration of a rural placement, and provides you with a genuine student perspective of what medicine in the country is all about it!

To those who have chosen to go rural, I hope you enjoy your time as much as I have, and to those who have been allocated to the country, don't fret, many students are apprehensive at first, but grow to love the multiple academic and non-academic benefits that rural life offers.

So, what have I enjoyed about rural placement?

- The surgical opportunities, being automatically expected to scrub in and first assist during my general surgery rotation in Leongatha.
- The additional trust and responsibility afforded to you by your seniors, being the first responder to acute medical issues during my aged care rotation at Warragul/Trafalgar
- The individual attention - with the smaller number of students enabling you to receive greater one-on-one teaching and career advice.
- The development of practical skills and simulation lab exposure, learning airway skills and advanced life support in Bendigo.
- The flexibility - being able to learn anaesthetics during a surgical rotation, and respond to emergencies at night if desired.
- The connectedness, amongst the treating team and also the local community.

How does MUMUS support rural students?

- Academic: Our revision lectures and academic seminars are now live-streamed and recorded, as are the faculty and PMCV information nights. We are striving to minimise 'technical difficulties' and implement contingency plans e.g. Facebook live videos, to ensure that rural students do not miss out on important information. The highly popular MUSIG workshops are now held rurally, and we are exploring a 'rural hub' of online resources to compensate for reduced specialist education in some areas.
- Social: Our major events such as MedBall and the Monash Leadership Development Seminar will be held on Saturdays in 2017 and we hope to continue this in future years, to ensure rural students have enough time to travel to and participate in central events. The WILDFIRE Bendigo Ball and MUMUS x WILDFIRE Gippsland Ball specifically cater to rural students, and many clinical schools also organise dinners and social events for their staff and students on placement.
- Community & Wellbeing: The MUMUS Get-a-GP guide [[mumus.org/item/679-get-a-gp](http://mumus.org/item/679-get-a-gp)] contains a list of rural GPs that bulk bill medical students, and our new initiative, MUMUS Death Café, invites metropolitan and rural students to participate in online debrief about grief and death in the hospital.
- AMSA: AMSA ThinkTanks are now run across multiple rural sites, ensuring you are able to contribute to MUMUS' stance on advocacy and policy issues prior to AMSA Council.

I encourage you to take on the rewarding challenge of a rural placement at some point in your medical training, and hope that you can reap the rewards of all things rural. All the best!

**Julien Nithianandan, MUMUS President**





## WILDFIRE Rural Health Club

WILDFIRE is Monash University's Rural Health Club and is one of the biggest in Australia with over 1,000 student members from medicine, nursing and allied health. We aim to support students who are passionate about rural and Indigenous health and promote a rural working lifestyle. With support from the National Rural Health Students' Network (NRHSN) and Monash Rural Health we are able to run several social and academic events throughout the year. Some of the big ones to look out for include:

- Matthew Campbell Memorial Evening (MCME)
  - o Sophisticated forum offering an opportunity to discuss the issues facing Indigenous Australians with spectacular food and entertainment
- Clinical Skills Weekends
  - o An experience, highly sought after, to develop clinical skills such as cannulation, suturing and intubation in state-of-the-art facilities
- Bendigo and Gippsland Balls
  - o Premier social events of the year with fantastic locations, food, music and company; a night not to be missed
- Careers Day
  - o An exposition of rural health industries with practical information on applying for graduate positions

In addition to these big events, we also have six dedicated sub-committees who work hard to put together amazing events across:

- Bendigo
- Clayton
- Gippsland
- Mildura
- Parkville
- Peninsula

From trivia nights, to social gatherings, to rural high school visits and much more we hope to provide students with a positive experience of rural health and lifestyle and hopefully inspire passion for working in these areas of need. We also provide support for students wishing to further their professional career with placement opportunities through organisations such as the Rural Workforce Agency Victoria and conference funding.

For students with a keen interest in rural and Indigenous health, WILDFIRE offers the ability to develop leadership, teamwork and communication skills. Beyond your potential to network with leading rural and Indigenous ambassadors, it is the chance to make a meaningful impact on the health disparity between rural and metropolitan Australians.

Please visit our website (<http://www.wildfirerhc.org/>), check out our Facebook page (<https://www.facebook.com/WildfireRHC/>) or email us ([wildfire@wildfirerhc.org](mailto:wildfire@wildfirerhc.org)) if you have any questions or would like to get involved.

**Michael Barclay, WILDFIRE President**



## PLACEMENT INFORMATION

### General Information

Thank you all for taking the time to read this year's rural placement guidebook. This guidebook is produced annually to give students the latest information regarding rural placement and first-hand perspectives of what it's like to live and study in the country.

Monash has many rural health sites spanning across Victoria. At every site, you will have the advantage of smaller, tutorial style learning, greater hands-on clinical skills learning and direct contact to clinicians offering a wealth of knowledge to your learning experience. Each site has something different, but equally valuable, to offer and I hope the information enclosed will be valuable in helping you find the site that will be the best fit for your rural placement.





## PREFERENCING AND SITE ALLOCATIONS

Each year when clinical site placements are released there are always questions regarding the exact system used to allocate students, so this year we decided to include an overview of how exactly the faculty decides who goes where.

Due to some rural sites being more in demand than others, not everyone will get their top preference/s and some will be disappointed with the outcome. Hopefully, with this information, come preference time, students will be able to make the most informed choices for the following clinical year.

### For ERC students

- For those students going into Year 3B there is only a 50/50 choice – Bendigo or Mildura. As an ERC student, there is an expectation that you will spend time in both Mildura and Bendigo across Years 3B and 4C.
- If you are placed in Mildura for Year 3B – unless you choose to stay on for 4C – you will be guaranteed a spot in Bendigo for one semester when you are on your hospital placement in 4C.
- In regard to 4C rural hub GP placements – Murray, Highlands, and Goldfields (Kerang, Swan Hill, Woodend, Gisborne, Maryborough, and Castlemaine) – these are all hubs managed by Monash Rural Health in Bendigo. Even though the Murray region is, geographically, closer to Mildura, it is still considered a Bendigo hub, just as the more proximal Highland and Goldfields hubs are. As such, students who were placed in Mildura in 3B – although they are guaranteed (if they wish) a spot in Bendigo – they have an equal likelihood (preferences taken into consideration) of being allocated to the Murray hub, as they are to be placed in the Highlands or Goldfields hub.
- Regarding both ERC and non-ERC students in the NW, Faculty approved special consideration cases are allocated first and foremost manually with the remaining spots then allocated via a computer sorting process based on the basis of student preferences.

### For all students preferencing rural placements

- Before submitting your preferences, please be aware that there is still a relatively high likelihood that you will be allocated to a lower preference. Before submitting your preferences familiarise yourself with the information in this guidebook as you may be allocated to a placement that is not in your top 3-4 preferences.
- For both 3B and 4C, Monash Rural Health may ask students to preference 'site' or 'friend/s'. This is a privilege and not a right and has been withdrawn in the past. Unfortunately, with so many students, the likelihood of getting your first site preference with your friend or group of friends is unlikely. As such, when submitting your preferences, you need to consider which is in fact more important to you because getting both is probably not going to happen. If you decide to preference site, you may well be allocated without your closest friends and if you decide to preference friends, you may well be allocated to one of your lower site preferences due to capacity constraints.

Finally, some clarifications of common misconceptions.

There have been rumours over the years that special consideration cases have been approved that do not fit the criteria outlined by the faculty. Although students may submit **requests** that do not fit the guidelines, these are not approved for manual allocation. There is a chance that those with so called 'rejected' special





consideration will be allocated by the system to one of their top site preferences, but this is purely coincidental.

The **only** circumstances that will be considered in manually allocating students to clinical sites include the following Faculty approved criteria:

- Students who have significant health problem(s) requiring frequent and ongoing specialised treatment which is only available in certain locations
- Being a parent of a dependent child or children
- Being part of the Team Monash Elite Student Performer Scheme requiring location in a particular area
- Being a registered carer for a dependent

Examples of circumstances that cannot be considered:

- Lack of access to a motor vehicle or inability to drive
- Other transportation issues
- Relationships without dependents
- Ownership or rental of accommodation
- Other accommodation issues
- Employment
- Financial issues

At the end of Year 2A, your site preference submission for Year 3B will include a question related to whether you have an interest in spending up to 2 years at a rural site (ERC not included). If you select 'yes' to this question, when it is time to submit site preferences for 4C, if you wish to remain at the same site or in the same region, you will be guaranteed a spot there. However, if you did select 'yes' but change your mind and wish to preference a metro placement in 4C, you will need to clearly indicate this when initially selecting 'rural' or 'metro' via the central MBBS preference system.

Pre-preferencing or post-allocation meetings with the Rural Health Education Manager – or any other members of the faculty – do not influence the final result in any way. When allocating students to regional and rural sites, no favouritism is shown in any way shape or form to students that have arranged personal meetings over those that have merely submitted their preferences and are names on a computer screen. So, this being the case, once allocations are published, there is very little point in requesting a meeting to try and change your allocation. If you were not successful in obtaining one of your top preferences, you may be able to facilitate a 1 to 1 swap with another student in order to be allocated to a regional or rural site that was higher on your preference list. The online placement system algorithm is programmed to allocate students to their highest possible preference, notwithstanding manual special consideration cases, etc.

Once site allocations are published, a Google Drive spreadsheet (or similar) is usually made available via the year level Facebook page for you to enter your details including where you have been placed and where you wish to swap to. This system is purely student organised and nothing is guaranteed. Occasionally, one student's desired swap will be the opposite of the wants of another student and then the two students can correspond with each other and fill out the forms to submit to Monash Rural Health for approval.

**Laura Major (Rural Health Education Manager) and Gaby Bolton**



## Frequently Asked Questions

### **When will I found out my site placement?**

Provisional site placements are usually released via email in mid-late October. Site placement is confirmed following final Board of Examiners; usually mid-December.

### **Will accommodation be provided by Monash?**

As of 2017, Monash Rural Health acquired enough accommodation for all rural students. As such, all students will be offered Monash accommodation nearby to their placement site should they require it.

### **When can I move in?**

Following confirmation of site allocation, the site co-ordinators will be in contact with students with details of their accommodation, either in December or early in the new year. Students can liaise with their site co-ordinator to arrange a mutually suitable move-in date.

### **How much rent will I pay?**

Rental accommodation fees this year – Inclusive of fully furnished accommodation, WiFi, garden maintenance and all utilities – were \$103/week for long-term (i.e. half-year and full-year) and \$50/week for short term (i.e. 6-week final year) placements. Costs are reviewed annually and are likely to increase a few dollars in accordance with CPI increase.

### **Will my travel costs be compensated?**

All rural sites offer placement bursaries for travel for timetabled learning activities. These bursaries are designed to compensate curriculum based travel expenses only. The amount students are compensated will vary depending on site and the amount deemed appropriate relative to the travel requirements of the timetable.



## STAFF DESCRIPTIONS

### Churchill

Monash Rural Health Churchill delivers Year A of the four-year graduate entry medical program. Co-located with the Gippsland campus of Federation University, Monash Rural Health Churchill offers complete library services, a sophisticated clinical skills simulation environment and close ties with practicing clinicians. We also have partnerships with health and community support agencies throughout Gippsland. Students are expected to travel to the Clayton campus for compulsory classes, making their own travel arrangements.

The Campus is located at Churchill in the Latrobe Valley, just two hours from Melbourne at the foot of the Strzelecki Ranges. The town population at the last census was 4,750 in 2011. The campus is within easy driving distance to a number of popular tourist destinations; Victoria's Wilson's Promontory, Gippsland Lakes and Mt Baw Baw ski resort just to name a few.

#### Curriculum overview

Year A is the sole pre-clinical year in Monash's graduate entry medicine program. Basic professional, biomedical, social and behavioural concepts are introduced and developed. The content and learning is contextualised with clinical connections and there is an emphasis on rural medicine. Clinical and communication skills are developed. Students undertake early clinical placements in hospitals within a few weeks of starting the course and also complete a community agency placement during the year.

Several teaching styles are used in order to deliver and discuss content, including the use of the 'flipped' classroom. The approaches are a mix of didactic and discussion, online and face-to-face, large- and small-group learning. The timetable allows for self-directed learning and students are encouraged to form informal study groups to facilitate learning. Senior medical students in the region are keen to support Year A students in their learning through mentoring and student-led tutorials.

Students are required to travel to the Clayton campus 13-14 times during the year for classes in anatomy and histology, as well as other selected areas of content.

#### Accommodation

Students studying at Monash Rural Health Churchill have access to, and are strongly encouraged to apply for, accommodation provided by Federation University Australia at Churchill. A number of accommodation options are available.

FedUni living recognise that everyone has different living requirements, preferences and tastes. At the Gippsland Campus, a number of accommodation choices are available, with an option to suit everyone.

A wide range of facilities and common spaces are available for Gippsland residents including fitness, recreation and entertainment, tennis and basketball courts, vegetable gardens and fruit trees, recreation halls and so much more!

For more information contact FedUni living on +61 3 5122 6236 or via their email - [feduniliving@federation.edu.au](mailto:feduniliving@federation.edu.au)





For a list of “Items provided and what to bring list” please view the pdf located at;

<http://federation.edu.au/about-us/facilities-and-services/campus-life/accommodation/accommodation-options/gippsland/halls-of-residence>

### **Lifestyle**

In Churchill, a number of stores are available;

Woolworths Supermarket	Churchill Hot Bread
Ritchie’s IGA supermarket	Churchill Chinese
KFC	Churchill Noodle Bar
Australia Post	Churchill Pizza HQ
Commonwealth Bank	Churchill Chicken Shop
Chemist	Churchill Hotel
Hazelwood Health Service	Churchill (United) Petrol Station
News agency	Pooh Corner (Latrobe City)
Vintage Chill (Café)	Churchill Chinese
Zaniti Hairdressers	Lifeline
New Churchill Motors	Latrobe Community Health Service

### **Things to do**

Latrobe Leisure Centre: [http://www.latrobe.vic.gov.au/leisure/Latrobe\\_Leisure/Leisure\\_Centres/Churchill](http://www.latrobe.vic.gov.au/leisure/Latrobe_Leisure/Leisure_Centres/Churchill)

Mathison Park: Close to Churchill is Mathison Park, with walking tracks around Lake Hyland. Remote Control Model Power Boat Drivers Stand was built in 1996. A variety of trees and plants are being planted. This has now been enhanced with the walking path and fishing decks that were completed in 2005. The Lake continually has fish added to the eco-system for recreational fishing.

Churchill Football Netball Club: [http://websites.sportstg.com/club\\_info.cgi?client=1-6187-80803-0-0](http://websites.sportstg.com/club_info.cgi?client=1-6187-80803-0-0)

Churchill Senior Basketball Association: [http://websites.sportstg.com/assoc\\_page.cgi?c=1-10347-0-0-0&a=COMPS&seasonID=4349630](http://websites.sportstg.com/assoc_page.cgi?c=1-10347-0-0-0&a=COMPS&seasonID=4349630)

Federation University Sports Club: <http://federation.edu.au/current-students/life-on-campus/getting-involved/sport/sports-clubs>



## Bendigo

Bendigo is a large regional city (pop. 112,000) situated about 150kms from Melbourne. It offers a contemporary lifestyle with many cafes and restaurants, Bendigo Art Gallery, Ulumburra Theatre and a range of sporting clubs. There are two main hospitals, Bendigo Health and St John of God Bendigo. The new Bendigo Hospital opened in January 2017 with new facilities: 372 inpatient beds, 72 same-day beds, 11 new operating theatres, a regional cancer centre, an 80-bed integrated mental health facility and a mother-and-baby unit. A multi-story carpark and helipad will be built this year. St John of God have also undergone extensions and has increased capacity by 50%. There are also an extensive range of community health services too.

### Curriculum

#### Year 3B

Year 3B students with Monash Rural Health (MRH) Bendigo are based at the Bendigo Hospital for the full academic year. The program is integrated with the University of Melbourne's Year 2 MD program to form the NVRMEN (Northern Victoria Rural Medical Education Network) Foundation Clinical Year. Students undertake an orientation program incorporating intensive basic clinical skills refinement prior to four eight-week rotations through medicine, surgery, ambulatory care and specialties.

The emphasis of the program is the development and refinement of basic and procedural clinical skills, core clinical knowledge and clinical reasoning. Students participate in a mixture of individual, small group, ad hoc and whole group teaching sessions with direct interaction with senior clinicians across a wide variety of medical and surgical specialties. This is complemented by weekly teaching scenarios in the clinical skills and simulation centre

#### Year 4C

Year 4C in the north west consists of two parts: a semester-long rural rotation with our MRH Bendigo Hubs (Goldfields, Highlands & Murray) and a semester-long regional rotation in either the MRH Mildura or Bendigo sites. Bendigo hosts all Year 4C students for an orientation week.

During the regional rotation students have extensive exposure to the core disciplines of Year 4C: children's health, women's health and psychiatry. The platform for integrating and embedding specialist knowledge and skills is the one-day-per-week GP placement with parallel consulting alongside the student's GP supervisor. This allows for consolidation and integration of these disciplines. Students have learning opportunities with paediatricians, obstetricians and gynaecologists, psychiatrists and general practitioners, and the teams of practitioners, nurses and allied health professionals who work with them.

During the rural rotation, students are allocated to hubs either in the Goldfields (Castlemaine or Maryborough), the Highlands (Gisborne or Woodend) and Murray region (Swan Hill or Kerang). Students are immersed into a busy and intensive general practice setting where they will have the opportunity to see their own patients both in the general practice and with clinicians in the hospital and community setting. This longitudinal experience provides the opportunity for students to gain continuous hands-on experience in primary care practice while reinforcing their learning in children's health, women's health and psychiatry in a different health care setting



## Year 5D

MRH Bendigo offers the core Year 5D rotations (emergency medicine, aged care, general medicine and general surgery) as well as a range of specialties and electives at Bendigo Health.

### **Accommodation**

We have a 48-bed accommodation block with shared bathrooms and six communal kitchens. You need to bring your own linen (sheets, doona, pillow and towels) and personal items. The kitchen equipment supplied varies depending on your length of stay (students staying for a short time tend to have more things supplied). We also accommodate students in rental properties around Bendigo. All of our accommodation is within 30 minutes' walk to the Bendigo hospital (parking around the hospital can be difficult). An accommodation rental fee is charged weekly.

### **Lifestyle**

Bendigo's location in Central Victoria means that it has prime positioning to all that the state has to offer. It is two hours' drive to Melbourne or the beach or the snow. Within Bendigo itself are a range of cultural organisations (such as the Bendigo Symphony Orchestra) and sporting clubs (including hockey, netball and soccer). Bendigo's size means that it can support more eclectic interests as well including Lion dancing, archery and yachting. The city has festivals or activities on most weekends, and you can always find a great place for coffee or to eat.

### **Things to do**

Considering joining a club? Consult the City of Greater Bendigo's community or ask any staff member what is available locally. Many of the faculty and the clinicians who are your teachers also belong to community organisations and will be happy to share contact details.

[https://www.bendigo.vic.gov.au/Things\\_to\\_Do/Community\\_Directory#.V3tikOt97q4](https://www.bendigo.vic.gov.au/Things_to_Do/Community_Directory#.V3tikOt97q4)





## Mildura

Monash Rural Health Mildura has earned an excellent reputation for providing hands on clinical experiences to medical students, as well as excellent student outcomes in terms of assessment.

MRH Mildura is located adjacent to Mildura Base Hospital, allowing easy access to clinical placements for students. The hospital itself has 145 beds, with recent upgrades to ED & midwifery services and has over 30,000 admissions per annum. It provides a wide range of specialty services including:

General Medicine	Mental Health	Geriatrics
General Surgery	Chemotherapy	Intensive Care
Orthopaedics	Dialysis	Anaesthetics
ENT	Vascular Surgery	Radiology
Obs & Gynae	Urology	Allied Healthy
Paediatrics	Cardiology	

Mildura Base Hospital is a training site for interns and registrars, and runs a comprehensive education program for these doctors. Medical students are encouraged to participate in these sessions that include weekly teaching in radiology, ECG interpretation, Grand Rounds, Intern tutorials and discipline-specific meetings.

### Curriculum

#### Year 3B

Year 3B at Mildura is a small cohort of up to 14 students. Students participate in a range of small group learning activities that include clinical skills and bedside teaching, ward and operating theatre experience, modified PBLs, didactic and theme based teaching.

Year 3B is the first opportunity for students to work continuously in the clinical environment where they can consolidate the basic and clinical science knowledge that has been developed in Year 1 and 2 (or Year A) in a real context.

The cohort is split into two groups with each group rostered alternatively to the disciplines of general surgery and general medicine at Mildura Base Hospital for a dedicated 4 half days each week throughout the entire year. This provides students with a great deal of 'up close and personal' clinical experiences, embedded into teams and allows them to develop clinical and decision-making skills while under the direct supervision of interns, registrars and consultants. The 'hands on' learning experience at MRH Mildura and Mildura Base Hospital is second to none!

The clinical experience is complemented by 2-4 hours per week of skills-based training in the simulation laboratory, incorporating both a procedural skills mastery program and small group simulated scenarios with Sim-Man 3G. The skills program offers students exposure in the simulated setting to become familiar with equipment and its use to improve safety and mastery of procedural skills leading to an increased confidence to take advantage of clinical opportunities and improve assessment performance.



## Year 4C

Tutorials are predominantly provided by MRH Mildura academic staff, while specialist consultants also provide teaching in the areas of surgery, cardiology, general medicine, radiology, nephrology, pathology, dermatology, endocrinology, and rheumatology.

We host a maximum of nine Year 4C students per semester. Students spend blocks of 6 weeks in psychiatry, women's health and children's health, and will spend one day per week for most of the 18 weeks in a general practice.

Students undertaking psychiatry are primarily based at Mental Health Services, Mildura Base Hospital. This is a 12-bed inpatient unit and also oversees community-based services. There are 4 hours of lectures and tutorials per week provided by consultant psychiatrists.

Students undertaking women's health spend their time in birth suites, theatres, and outpatient clinics with both public and private practitioners. They will also attend antenatal and post-natal clinics and will undertake a mentor week with a designated consultant obstetrician/gynaecologist. Students will also have the opportunity to participate in outreach clinics to the smaller towns of Robinvale and Dareton. Two hours of didactic lectures are provided each week by a variety of registrars and consultants. Students will also participate in up to 15 hours of skills-based sessions in the simulation laboratory, including the PROMPT program.

Students undertaking children's health will spend the majority of time in the 10-bed paediatric ward and the 6-cot special care nursery at Mildura Base Hospital. They will participate in daily ward rounds and outpatient clinics under the guidance of consultant paediatricians. All students will participate in comprehensive clinical skills sessions in the simulation laboratory, using our high-fidelity mannequins. The skills program may involve up to 16 hours in the skills lab.

General practice placements are completed in 2 different practices, and also include time at Mildura District Aboriginal Service (MDAS). A clinical reasoning tutorial occurs each Tuesday morning and other GP tutorials occur each Tuesday afternoon.

Mock OSCEs are held at the end of each semester and are useful in providing feedback on students' performance prior to end of year summative assessments.

## **Accommodation**

Students at Mildura live in modern fully furnished housing. All houses are within easy walking distance of the MRH Mildura and the hospital. Secure off-street parking and wireless internet access is available at all houses. Everything is supplied, you only need to bring your own bed linen including towels and doonas.

## **Local Matters**

Students are supported by our Community Liaison Officer (CLO) whose role is to help the student settle into the community. The CLO can put you in touch with local sporting clubs, groups of interest and assist with part-time job opportunities. A network of local businesses provide discounts to students by ways of discount offers etc. so shopping local is an even better experience.



Student feedback about their experience at Mildura has been excellent. The stand out feature of the Mildura experience is the small group size that means lots of hands on clinical exposure, whichever year you are in. As a bonus, student results in assessments are also excellent.

Although Mildura is physically 550km from Melbourne and many students are initially worried about being so far from home, quite soon into their placement they have settled into the brilliant accommodation and have formed many enduring friendships and consider Mildura their home away from home.

### **To Find Out More**

For more information of things to do in Mildura, visit <http://www.visitmildura.com.au/>

Visit the MRH Mildura website <http://www.med.monash.edu.au/srh/mildura/> or follow us on Facebook <https://www.facebook.com/monashuniversitysrh/?fref=ts>.





## Latrobe Valley & West Gippsland

Monash Rural Health Latrobe Valley and West Gippsland includes the clinical schools at Latrobe Regional Hospital (LRH) in Traralgon and West Gippsland Healthcare Group (WGHG) in Warragul, and 15 general practices throughout the region. LRH is located 150km east of Melbourne and is Gippsland's regional specialist referral and trauma centre. LRH provides general and acute medical, surgical, orthopaedic, paediatric, obstetric, gynaecological, rehab, cancer care, mental health, emergency, high dependency, sub-acute, aged care and allied health services. West Gippsland Healthcare Group (WGHG) includes an 80-bed hospital, two aged care facilities, and four community health centres. WGHG provides acute medical, surgical, paediatric, obstetric, emergency, high dependency, sub-acute, aged care and community based health services.

### Curriculum

#### Year 3B

The 3B curriculum in Traralgon and Warragul focuses on the fundamentals of medicine and surgery. The timetable includes structured learning opportunities such as PBLs, pathology & pharmacology tutorials, bedside tutorials, clinical skills sessions and specialist masterclasses with physicians and surgeons; as well as time for study and self-directed learning in the hospital. Students are encouraged to spend as much time as possible on the wards, consolidating their clinical skills. Year 3B students from Traralgon and Warragul often participate in activities together at either site, and videoconferencing is utilised where possible.

#### Year 4C

The 4C curriculum is a hybrid model where students are allocated to a general practice for the full year, and complete 6 week intensive rotations in women's health, children's health and psychiatry. Teaching occurs in both Warragul and Traralgon with structured tutorials, videoconferences and specialist teaching complementing the hands-on opportunities offered by the hospitals. Small numbers in each rotation means that students have ample opportunity to hone their clinical skills and complete their hurdle, formative and summative assessment tasks.

### Accommodation

Clean and comfortable fully furnished 4-bedroom share houses are available for 3B and 4C students. Located in close proximity to the hospitals or general practices, students need only to supply their own linen and food. 200GB of Wi-Fi / month is provided for each house.

### Things To Do

Traralgon and Warragul are vibrant growing towns with the full range of dining, social, sporting, entertainment and community facilities. There are many award-winning wineries in close proximity to the towns and the region is renowned for its easy access to the snowfields, wilderness, rainforests and beaches. For more information visit:

[www.bawbawshire.vic.gov.au](http://www.bawbawshire.vic.gov.au)

[www.experience.gippsland.com](http://www.experience.gippsland.com)

[www.destinationgippsland.com.au](http://www.destinationgippsland.com.au)



## East & South Gippsland

Situated in the southern and eastern corner of Victoria, East and South Gippsland boasts natural landscapes and unparalleled beauty. Travel either 2 hours south or 3 hours east from Melbourne and you will be met with unspoilt beaches, farm-fresh produce and picturesque lakes, rivers and mountain ranges.

Monash Rural Health East and South Gippsland has three main teaching sites situated within this magnificent region at Bairnsdale (est. population 13,240), Sale (est. population 14,716) and Leongatha (est. population 3,322). All three sites are within the grounds of their rural hospitals. Placement sites outside the main teaching sites such as Wonthaggi, Foster, and Orbost also have direct access to the rural hospital in these towns allowing easy access to clinical placements for students, the hospitals are also training sites for Interns and Registrars.

The hospitals themselves provide a broad range of specialty services including but not limited to:

General Medicine	Dialysis	Oncology
General Surgery	Geriatrics	Ophthalmology
ENT	Radiology	Urology
Obs and Gynae	Allied Health	Orthopaedics
Paediatrics	Anaesthetics	
Mental Health	Cardiology	

All of these hospitals support a mix of specialist and procedural rural general practitioner services, with obstetric and anaesthetic care provided predominantly by GP obstetricians and GP anaesthetists respectively.

### Curriculum

#### Year 3B

Year 3B at Sale is a small cohort of 10 students. Students participate in group learning activities at Central Gippsland Health Service that include clinical bedside teaching, ward and operating theatre experience, anaesthetic rotations, PBL tutorials and theme-based teaching. Students additionally rotate through Bairnsdale Regional Health Service under direct clinical supervision of the surgeons and general physicians in that hospital.

Students spend nine weeks in each discipline rotating over the two semesters, and attend ward rounds and clinical teaching within the hospital on a daily basis. This provides students with lots of hands on clinical exposure that allows development of their clinical and decision-making skills whilst under direct supervision of interns, registrars and consultants.

The students' clinical experience is complemented by skills-based training in the simulation laboratories at the school's sites.

The opportunity to undertake research projects is available for interested students and will be supported by local research staff.



## Year 4C

In Year 4C we place 10 students in Bairnsdale, 8 students in Sale and 10 students in South Gippsland (Leongatha); from these main teaching sites, some students are then allocated to the local communities of Lakes Entrance, Orbost, Paynesville, Heyfield, Maffra, Foster, Korumburra and Wonthaggi. These local allocations are decided by student preference.

Students will undertake the disciplines of women's health, children's health, psychiatry and general practice in a fully integrated program. On average students spend up to four days per week rotating through clinical placements (including their supervising practice in which they are based for either half or the full academic year), with one or two days involved with peer learning tutorials, skills sessions and case discussions at their teaching sites. By being based in the same practice for the full academic year (exception is Leongatha, Korumburra and Wonthaggi where students spend first semester in one practice then swap for second semester), you have the opportunity to build up your confidence, get to know the local clinicians and practice staff and become an integral part of the practice team.

### **A typical week**

Lectures, tutorials and clinical skills covering all four disciplines are conducted in tutorial rooms at each of the teaching sites. Bedside tutorials are conducted in the hospitals and students undertake the initial consultation of patients presenting to their general practice, under a "parallel consulting" model with their supervising GP. Your roster will include rotations in children's health, psychiatry, women's health, general practice, on-call duties and independent study days.

The program also includes rostered placements in the acute psychiatric ward at Latrobe Regional Health Service and with local community mental health services.

### **Accommodation**

Student accommodation is modern 2-4-bedroom shared house/units close to the hospitals, training sites or clinics in your designated town.

Houses are fully furnished (BYO all bathroom and bedding linen to suit a double or single bed, depending on location) and include gardening, house maintenance, capped utilities with more than adequate internet for a low weekly charge. (Unlimited wireless internet is available at all Monash education sites)

Travel is a consideration when choosing any rural placement and can be difficult without a reliable vehicle.

### **Things To Do**

Geographically East and South Gippsland is varied. As a key nature based tourism destination, the region offers exceptional access to popular visitor destinations from the snow fields at Mt. Hotham, the largest inland Lakes system in the Southern Hemisphere in East Gippsland, to the rugged Coastline of Wilsons Prom and everything in between. Students have the opportunity to experience a variety of activities like:

Canoeing, Kayaking & Rafting  
Horse Riding  
Bushwalking

Arts, Culture & Heritage  
Food & Wine  
Snow Sports

Caving  
Motorcycling  
Water Sports





Boating & Sailing

Golf

Cycling

Camping

Fishing

Touring (Driving)

4WD – AWD

Shopping

Parks and Wilderness

Tours and Cruisers

Iconic Destinations

When venturing into East and South Gippsland's Mother Nature you may spot, kangaroos, koalas, seals, dolphins, wallabies and many unique bird and reptile species.

<http://www.visitvictoria.com/Regions/Gippsland/Events>

<http://www.southgippsland.vic.gov.au>

<http://eastvicevents.com.au>

### Summary

Feedback from past students highlights the advantages of our program: hands-on clinical experience, community involvement, opportunities to follow pregnant women from first antenatal visit through to delivery, no competition in the hospital environment, unprecedented access to tutors and clinicians, small group tutorials and the development of long-term friendships and professional relationships with peers, supervisors and hospital and practice staff.

It's interesting to note the most common comment from our students after the first month is *"I am so glad that not everyone knows how good this place is or I may not have had the opportunity to come"*; our program has also achieved assessment results at least equal to if not better than, other faculty programs.

All our programs are supported by a number of highly experienced local clinicians; students are supported by an academic coordinator and an experienced administration team at each of our sites, to ensure that all students have a supported and positive learning experience.

To find out more, visit our website: <http://med.monash.edu.au/srh/eastgippsland/index.html>



## YEAR A STUDENT DESCRIPTIONS

### Churchill (Year A)

#### Curriculum

Year A at Churchill is a comprehensive adventure. With a focus on self-directed learning, Monash School of Rural Health delivers the majority of its learning material through the flipped-classroom model via 'lectorials' and tutorials. To elaborate, a lectorial is a condensed online video posted by the professors and lecturers as part of the pre-class activities. Students are expected to watch the lectorial and complete the pre-class activities before coming to the tutorial in order to facilitate efficient consolidation of the central topics.

The course is segmented into four major pillars. Theme I underpins the personal and professional skills demonstrated by competent medical practitioners. Topics such as self-health hygiene, law and ethics are explored. This is supplemented by Theme II, which probes the social and behavioural determinants of health and medicine geared towards rural and remote settings. Subjects include epidemiology, population health, and health and society that provides students with a deeper insight into the humanistic elements of medicine. This is in sharp contrast to Theme III and its overarching scientific foundation delivered through integrated elements of anatomy, biochemistry, cell biology, genetics, histology, immunology, microbiology, neuroscience, pathology, pharmacology and physiology. Lastly, Theme IV is tailored towards developing clinical communication, examination and procedural skills through clinical skills days and hospital placements. There are eight hospital placements in Year A where students have the opportunity to apply their integrated knowledge and practise clinical skills.

#### Accommodation

Monash School of Rural Health Churchill shares its facilities with Federation University Australia – Gippsland Campus. As such, the student housing falls under Federation University. There are four residences – North, South, West, and Halls. The residence houses are shared by both medical students and Federation University students. There can be between 4 to 23 students in one residence building. Monthly base rent can range anywhere from \$680 - \$820 depending on whether the room has an ensuite. Nevertheless, all residences possess furnished kitchens, common living spaces and bathrooms. Students can also opt to live off residence by looking into share houses in Churchill, Morwell, and Traralgon. It is highly recommended that students bring extra doonas/quilts and layered clothing as the temperature can drop to single digits overnight during the winter and the personal heaters supplied on residence run on a timed basis. Students should also bring extra personal cutlery and utensils. Latrobe Regional Hospital is the closest large hospital and Hazelwood Health Centre (a GP clinic), is only walking distance from the university.

#### Living in the Area

- Latrobe Leisure Centre is free for all students living on residence – facilities include: gym, swimming pool, basketball stadium, squash courts and various fitness classes and competitive sports teams
- Soccer and field hockey stadium where local teams compete
- Library (walking distance from FedUni)



- Shopping Plaza (10-minute walking distance) – Includes Woolworths, IGA, KFC, Pizza HQ, barbershop, Commonwealth Bank, and a few other take-away eateries. However, the shops have limited working hours.
- Churchill Hotel is a nearby pub that features amazing burgers and chicken parmigiana
- Morwell and Traralgon are nearby towns that have major shopping centres, various restaurants, and quaint cafes like 'Three Little Birds'

### **Travel**

There are classes at Monash's Clayton campus fortnightly on Fridays. It is approximately a 90-minute drive to Clayton and two-hour drive from Churchill to Melbourne. A car is recommended, but it is not a must. Many students carpool to the city for classes together.

### **Events**

- Every year, students in the years above plan a 'Med Camp', a fun orientation weekend for Year As. It is recommended that Year A students attend this weekend to connect with colleagues and form bonds before the start of classes.
- Clinical case VESPA nights at LRH are a chance to meet some of the senior students, engage in collaborative learning and eat free pizza!
- Year A Social and Academic representatives plan events, such as barbeques, for the students throughout the year.
- ResBall and MedBall are formal events hosted by FedUni Living and MUMUS, respectively.

**Dion Paul, reviewed by Christina Kim**





## YEAR 3B STUDENT DESCRIPTIONS

### Bendigo (Year 3B)

#### Curriculum

The 3B cohort is comprised of Monash and Melbourne University students as part of the Northern Victoria Regional Medical Education Network (NVRMEN). As such, most of our tutorials and placements take place alongside second-year post-graduate MD students. A typical day would comprise of spending mornings on placement at the newly built Bendigo Hospital followed by 3-4 hours of tutorials or lectures in the afternoon. There are four sets of 8 week rotations in Surgical, Medical, Ambulatory and Speciality.

The Sim Centre at the School of Rural Health also provides lots of opportunities to practise procedures, and is available to book any time that it is not in use. Once a week there is the opportunity to have ward visits with clinical educators to chase up any elusive log book items.

There is also a relatively long orientation period of 3 weeks, but this ensures that the main procedural skills are taught, and revision of history taking and examination of major systems occurs before hitting the wards.

#### Accommodation

Most 3B Monash students stay at Lister House which is a dorm-style accommodation with individual rooms but shared common room, laundry, bathrooms and kitchens. There are ~50 other students, including 5Ds on 6-week rotations and some allied health students. Lister House is a leisurely 20-minute stroll from the hospital.

Rooms are fully furnished with a bed, study table, chair, wardrobe, and armchair. Kitchens have basic supplies in terms of cutlery, plates/cups, pots and pans.

Coles and Woolworths are only a 5-minute drive away, or a 15-minute walk. Aldi and Kmart are a 10-minute drive away.

#### Living in the area

Bendigo is well known as a regional centre for arts and culture, some must visits include the Bendigo Art Gallery located just 2 blocks away from Lister House, the Chinese Museum and the Sunday Showgrounds market. Every April/May the music festival, Groovin' the Moo is held in Bendigo, with tickets often in hot demand. The Bendigo Theatre Company is also welcoming of new members for its annual plays and musicals.

In terms of food and drink, some great brunch places include the Cornerstore Café on View St for a Chai Latte, or the Old Green Bean for some cold-drip coffee. The Rifle Brigade Pub is a 4-minute walk from Lister and provides a good pub meal and a pint, Piyawat for Thai and Borchelli for Italian are also mentionable.

Universal and the Metropolitan are also good places to spend a night out, for a boogie or karaoke. On Wednesdays, there is trivia at the Golden Vine, with free jugs up for grabs.



Fitness wise, there are a multitude of gyms of offer including D-club, Doherty's and Snap fitness. Lake Weeroona is also nice spot for a run. The Bendigo outdoor pools are 3 blocks away and Crusoe Reservoir is a nice place to go for a dip.

Melbourne is only a short 2 hours away on V-line to Southern Cross (\$20 return on concession) with Bendigo Station a 15-minute walk from Lister. Driving takes around same time, or a bit longer if travelling during peak period.

Overall, Bendigo has a great community of medical students, and living together with other students in a rural area enables plenty of opportunities to socialise including the WILDFIRE Bendigo Ball!

**Kathleen Chow, reviewed by Dayle Howlett**



## Mildura (Year 3B)

If you're a fan of warm weather, great wine and long walks along the river; Mildura is the place for you! This quaint little town buried away at the top of the state is full of fantastic people and surrounded by unique natural treasures abound. It has everything you need; well except for maybe an ALDI.

### Curriculum

As there is only a small group of students placed here, all the classes are structured as tutorials. This provides an open learning environment where it's practically impossible to avoid participating in the discussion. The staff onsite are extremely approachable and are happy to help in any way, whether it's to add extra classes to cover any topics of interest that have been missed, or making sure your assimilating well.

Most matrix topics are covered in PBLs and well as didactic tutorials from 5D students, Monash staff and hospital consultants. There are also weekly skills sessions in the simulation lab and bedside tutorials, which help to develop clinical reasoning abilities as well as overall confidence and competence in a clinical setting.

The Rural School itself is located right next to the Mildura Base Hospital. Throughout the year, students rotate through General Medicine (including Renal, Oncology and Geriatrics) and General Surgery/Orthopaedics. Most mornings are allocated to attending ward rounds with a consultant and their team (registrar, intern, and maybe a 5D student) at the hospital. The teams are quite small which means they always have time to teach you about conditions you come across on the rounds. The small team sizes also means that students have ample opportunity to actively engage and participate in various capacities, whether that's scrubbing in and assisting during theatre or getting to do basically any cannula/venepuncture that pops up.

There is also an opportunity to experience extra placements, such as the Methadone clinic and Rheumatology clinic with visiting clinicians as well as in Indigenous and community health services.

### Accommodation

Students are provided with modern, spacious, and fully furnished 3-4 bedroom houses. Some of the houses are within walking distance of the hospital, where as others are only a 5-minute drive away.

Pretty much every basic thing you will need to survive the year comes with the house; the only things you'll need to bring with you are your own linen, clothes and maybe some decorations to brighten up your room.

### Things To Do

The 3 F's

Food: The food scene in Mildura is surprisingly good with a variety of nice cafes and restaurants offering a diverse array of cuisines. Some popular places include: Blk.Mlk, Nash Lane, The Wooden Door, Stefano's, The Pizza Café and anywhere on feast street (Langtree Avenue between 7<sup>th</sup> and 8<sup>th</sup> Street)

Field Trips: Besides the river, most of the local attractions are actually found in the smaller towns surrounding Mildura. Some places to add to your bucket list include: Trentham Winery, the Perry Sandhills, Mungo National Park, Woodsies Gem Shop, Red Cliffs, The Inland Botanical Gardens and Orange World.





Fun: There's something to suit everyone. All of the numerous local sporting clubs are always happy to welcome new members. There are also markets held almost every weekend. Trivia and karaoke at the local pubs are always a hit. And believe it or not, there is a selection of three nightclubs to choose from if you're looking for a night out.

### **Time to Melbourne**

There are basically only three ways to get between Mildura and Melbourne: Drive (~6 hours), bus to Swan Hill and then train to Melbourne or bus straight to Melbourne (~6-7 hours) and plane (~45 minutes)

**Tanzina Kazi, reviewed by Noel Ravindranayagam**



## Traralgon (Year 3B)

Traralgon is a wonderful place to do Year 3B. With only 24 medical students, you get the benefit of small class sizes and low student to doctor ratio. However, you don't sacrifice quality teaching with state-of-the-art clinical skills facilities and structured course teaching.

### Curriculum

#### Rotations

Each eighteen-week semester is divided up into three six-week blocks – surgery, general medicine and the miscellaneous group (everything else!). In your surgery rotations, you'll have the opportunity to go into theatre and observe, and sometimes even scrub in to, surgeries such as orthopaedics, specialist surgeries (e.g. urology, plastic surgery), general surgeries and endoscopies. You'll spend your general medicine rotation interacting with patients and performing countless procedures such as taking blood and putting in cannulas. In the miscellaneous group, you'll be able to experience many different specialties, including anaesthetics, oncology and critical care. As there are only one or two students per team, there are plenty of opportunities to interact with patients, perform procedures and learn from the senior doctors.

#### Teaching

A typical day in Traralgon involves ward rounds in the morning and formal teaching in the afternoon. The structured classes are similar to pre-clinical years – clinical skills tutorials, PBLs and lectures from senior consultants. The main thing that's different is the small class sizes – either in groups of 6-8 for tutorials and only 24 for lectures. Traralgon also has great clinical skills facilities with simulation labs, Sim-Man, and dummies for every clinical procedure you can imagine.

### Accommodation

Monash supplied accommodation to all students who requested it this year. The four-bedroom houses are clean and fully furnished with all utilities included in the weekly rent. The houses are located in Traralgon, and the hospital is only a ten-minute drive away, situated between Traralgon and the next town Morwell. Although there are a few students who manage without a car, it is advisable to have your own car while spending the year in Traralgon (think zero time sitting in traffic, and free parking everywhere!).

### Things To Do

Gippsland has heaps of activities to offer. There are amazing national parks, alpine regions and beautiful countryside to explore, and there's always a local market on somewhere in Gippsland. There are plenty of options for brunch and coffee in and around Traralgon, and the op shops are not to be missed. There are also heaps of mid-week and weekend sporting opportunities if you're keen to get involved in the community that way.

If you're ever missing your friends and family in Melbourne, it's less than a two-hour drive away. There are also V/Line trains running every hour from Traralgon to Melbourne which make it easy to head back to the city whenever you want to.

Kate Drummond, reviewed by Mary Crabtree



## Warragul (Year 3B)

### Curriculum

Ward rotations are typically between surgical and medical wards, occurring each week from between 7:30am and 10:30am, with the option to spend time in the afternoon back on your respective ward. Additional one week rotations in areas such as palliative care, haemodialysis, radiology, ED, surgical theatre, oncology, observation in the pre-op surgical consulting suites, endoscopy and at Maryvale private hospital in Morwell are provided throughout the year. There is also a scheduled day to travel to Drouin (15-20-minute drive) to a spirometry clinic.

There are 2 PBL sessions, 2-3 weekly bedside tutorials with local GPs or hospital consultants as well as between 3-5 specialist tutorials each week. Several additional lectures are at Traralgon/LRH which we can video conference for. Once every few weeks there are also clinical skills workshops. You will need to travel to Traralgon at least once a week, occasionally twice, for classes such as pathology, pharmacology, ethics, and law. Public transport is limited so it is advised to either have your own car or to car pool with others (a travel bursary is available from Monash each semester).

The administrative staff are all friendly, helpful, and very approachable. Larissa Attard (site administrator) has consistently gone above and beyond. John Scarlett (academic co-ordinator) is also incredibly helpful and friendly and always willing to help should you have any questions, medical or non-medical. Getting your logbook requirements signed off is easy as there are plenty of opportunities, especially if you are proactive and ask to follow the pathology nurses around. Clinical educators are always happy to help you perform or improve your clinical skills and are generally only a call away.

### Accommodation

Subsidised accommodation is available for all students from Monash University at \$103 p/w. This includes rent, bills, internet (50GB pp), yard care, and furniture/appliances. Almost everything required was provided by Monash excluding linen/bedding (blankets/sheets/pillows) and towels. You may need to pick a few other things up through the year. The houses are all around a 5-minute drive from the hospital and nothing in Warragul is generally more than 10 minutes away. Comparably, private rentals are ~\$320p/w for a 3-bedroom house but you will also need furnishing, bond, bills, internet etc. on top. All beds this year were doubles but this is worth clarifying before buying anything.

### Things To Do

The hospital offers free instant coffee and black tea, and the Monash SRH often has tea (green and black) and milo. There are several cafes in the area: Viva Latte (who do morning deliveries to the medical, surgical and emergency wards, speak to the NUM/interns), Frankie's (a Melbourne style café, but wait times can be lengthy), and Courthouse café (not open Mondays, doubles as a bar at night with live music on weekends and has the best coffee loyalty program).

There are plenty of local sport clubs with a lot of people playing football, netball, and golf as well as farmer's markets and fresh produce stores. There are also a plethora of walks and mountains in the area, speak to one of the locals at the hospital for the inside scoop.





Regional chain gym Voyage offers the best deal for gyms with 24/7 access and plenty of group fitness classes along with free weights and machines. Get in early in the year for their New Year special, with short-term hospital staff specials just \$9.95 p/w. Snap also has a gym in the main part of town so if you already have a membership, you can access the one in Warragul!

It's normally between 1-1.5-hour drive back to the CBD depending on the day and time. Be warned that there are often delays due to accidents on the M1 and frequent roadworks. The train from Warragul takes between 1.5-2.5 hours.

**Beau Wilson, reviewed by Maaz Khalil**



## Sale (Year 3B)

### Curriculum

Sale covers every PBL (we were told it was the only site to do so this year) in the guide and provides weekly pathology and clinical skills tutorials. There are also occasional bedside tutorials with consultants.

Pathology is taught in alternating face-to-face and teleconferencing sessions. The PBLs are facilitated by a large variety of GPs and consultants from the hospital and surrounding area, with some sessions being held at the practice in Maffra. The procedural teaching is covered early in the year allowing for an early start on logbook tasks, and there is free access to the clinical skills lab if you feel the need to touch up on your technique. A number of additional tutes cover content not integral to the course but nonetheless useful to learn, some of which are streamed from Traralgon. Students also have the chance to attend Grand Rounds, Intern teaching sessions, radiology meetings and a host of other hospital-based learning opportunities.

Almost all the organised teaching in Sale occurs on Monday and Tuesday, with Wednesday to Friday being largely self-directed. This can result in long days early in the week, but it then frees up the rest of the week allowing you to take short days (very useful if you want to head back to Melbourne early on Friday) or to spend as much time as you in the hospital seeing patients. There are several Fridays throughout the year spent at Latrobe Regional Hospital where you join with the Traralgon and Warragul students for a day of tutes and lectures. There are also a few miscellaneous one-day placements that students get to experience, including consulting room hours and a visit to the Cath Lab at St. Vincent's hospital.

Each semester is broken into two major rotations; general medical and general surgical. Each of these lasts for 8 weeks, and 2 weeks of each rotation is spent on a sub-rotation (ED for medical and anaesthetics for surgical). Additionally, each student spends three days a week (Wednesday to Friday) for four weeks of each semester in Bairnsdale. One semester this will be during your medical rotation and the other will be during your surgical rotation. The rotations in Bairnsdale have only one or two students per ward, so there is a good ratio of staff to students; a great opportunity to make headway on your logbook, to receive directed teaching, and to feel part of a more tight-knit team.

Throughout the year you will need to be able to attend teachings in Sale, Bairnsdale, Traralgon, and Maffra.

### Accommodation

Monash provided accommodation depends on the number of people opting in. This year there was a house of 5 students and a unit of 2. The house is very close to the hospital (5-minute walk), but further from town (25-minute walk). Conversely, the unit is in the middle of town, but a longer walk to the hospital. In the same vicinity as the house is another for the 4C students.

The houses come fully furnished with kitchen appliances (no dishwasher) and a washing machine. There is heating, but no air-conditioning, so a fan would be useful. There is a spacious backyard and ample parking space in the driveway and the street. Each room has a bed and mattress, study table and chair.

Accommodation is provided for the Bairnsdale rotations at a 6-bedroom house that is a 3-minute walk from Bairnsdale hospital. All students are given electronic passes that allow access to all the areas of the hospital and Monash buildings. The library and student lounge are therefore accessible 24/7.



### **Living In the area**

Sale is a 2.5-hour drive from Melbourne. There is a V-line service, although the Myki system ends in Traralgon so a ticket should be pre-booked. Sale is a great area to be in for access to nature with beaches, national parks, lakes, and alpine regions (including ski mountains) easily accessible. There are a number of markets in the area that run depending on weather and season, especially if you look in surrounding towns. The Star Hotel hosts a trivia night on Thursdays which is often attended by various groups from the hospital, and is a great opportunity to go out and socialise with other students and staff. Good coffee can be found in town at Wild Honey, The Hunting Ground, and Coffee House 138. Within the hospital there is free coffee in the cafeteria and barista coffee at the kiosk, both of which are mediocre.

**Ari Mushin, reviewed by Sachintha Senarath**





## YEAR 4C STUDENT DESCRIPTIONS

### Bendigo (Year 4C)

#### Curriculum

The Year 4C program in Bendigo consists of three rotations, consisting of Children's Health, Medicine of the Mind (MoM), and Women's Health. Each of these rotations lasts for 5-6 weeks, and has their own timetable to ensure each student gets adequate exposure to all the different areas and disciplines within that rotation. Whilst on Children's Health and MoM, Fridays are spent at your allocated GP practice, which is an excellent opportunity to see patients on your own and do some procedures!

The timetable provided by Monash includes both inpatient and community placements; the inpatient placements may be in a group or on your own depending on the rotation, but the community placements tend to be individual or in pairs. This combination of hospital and community environments helps to provide a cohesive and authentic experience of what care is provided for patients. At some stage across all the rotations, there is facilitated learning in student-run clinics, consultant clinics, teaching meetings, radiology tutorials, bedside tutorials, theatre time, and attendance to private and community clinics.

There are no 'lectures' as such in Bendigo, but every evening there are a series of tutorials delivered by registrars and consultants. These tutes are compulsory and are every evening from 4-7pm. This year, we covered MoM on Mondays, GP on Tuesdays, Children's Health on Wednesdays and Women's Health on Thursdays. This ongoing teaching of all disciplines helps to keep all the different rotations fresh in your mind regardless of your current rotation.

#### Accommodation

Year 4C students are able to stay in Monash accommodation consisting of several student houses in Bendigo. These houses are furnished and are within a 15-20-minute walk to the hospital.

In each bedroom, there is a bed, desk and chair provided, but all bedding and storage supplies need to be brought with you. The kitchen consists of all basic cooking supplies including a kettle, toaster, an electric frypan, pots and pans, crockery, and cutlery. Unless you want to bring some baking trays and cake/muffin tin, there isn't really anything extra you need to bring.

#### Living in the area

Bendigo has a multitude of activities and attractions; including local football and netball clubs, cafes and restaurants, art galleries, shopping centres and gardens! There are markets and this year there has been a beer festival, a food truck festival and of course, Groovin' the Moo!

The local favourite coffee shop is called Old Green Bean, great coffee and excellent service - honestly some of the friendliest staff you'll ever meet! Other noteworthy mentions include Percy & Percy and Brewhouse Café & Coffee Roasters. There are plenty of restaurant options along Pall Mall for a nice evening meal, and even a Grill'd!



Travelling to Melbourne is a simple 2-hour drive from the heart of Bendigo, and public transport options are readily available. The train to Melbourne runs every couple of hours most days, and is accessible with Myki (about an \$8 trip for a concession).

**Emma Widdicombe, reviewed by Teagan Thompson**



## Mildura (Year 4C)

### Curriculum

Mildura SRH has a very structured curriculum for 4C; if you're the kind of person who needs plenty of hands on and structured learning opportunities this is the site for you! Timetables are usually choc-a-block Monday to Friday with hospital based activities and GP placement on a Tuesday during Medicine of the Mind and Children's Health rotations. Timetabled activities are all compulsory and Mildura are quite strict on this aspect, but generally flexible enough if you approach them early with specific requests for time off.

Tutorials are run Monday to Wednesday 4-6pm, Thursday 5-7pm and Friday 1.30-4pm. Attendance to tutorials is compulsory. These tutes are very well run and structured; the clinical school is very receptive to feedback on their usefulness and quality, which can be brought up in the weekly review meetings or in private with staff.

Additionally, Mildura are pioneering clinical competency checks. These are OSCE style formative assessments of proficiency in clinical procedures. These include venepuncture, cannulation, neonatal resuscitation, and neonatal heel prick testing. While it may seem like an unnecessary addition to an already busy workload, they are run in a relaxed way and provide a great opportunity to practice for potential OSCE stations – particularly as these aren't easy setups for student run OSCE prep.

GP locations are all in town, less than 2km from housing, except for Wentworth GP, which is across the border in NSW, approximately 35km from Mildura. However, It's an easy drive and only 1 student is placed here per rotation.

### Medicine of the Mind

MoM at Mildura is a fantastic rotation with excellent teaching from all clinicians, particularly the famous Dr Pham. The psych team is quite relaxed when it comes to attendance and this rotation has more free time than the others should you wish to sneak in some private study. This rotation is very helpful for your assignment and Dr Pham freely and enthusiastically gives advice to help you write up the biggest assignment of the year.

### Women's Health

Obs and Gynae in Mildura is by far the best rotation ever!! Plenty of opportunity for hands on and the team LOVE teaching and having students involved in everything possible. You'll spend time in birth suite, have plenty of opportunities to watch and scrub in for caesarean sections, major vaginal/laparoscopic surgery and you'll also have clinic placement in Ramsay specialist clinic (public) and Mildura O&G (private). Dr Nicole Edge runs most women's tutorials and is always more than happy to teach at any moment should you have questions. 11/10.





### Children's Health

Paediatrics is probably Mildura's downfall but it's more than outweighed by the amazing Mom and Women's Health rotations. At the moment MBH is quite understaffed in the paediatrics department so there are often locums on the wards. This rotation includes community placement days down the road at Sunraysia Community Health to see occupational therapy and dentistry clinics. The consultants who teach tutorials can be long winded so coffee is recommended prior to Friday afternoon tutes.

### **Accommodation**

Mildura 4C students are placed in houses of 2-3 people and may be placed with rotating allied health students from other universities. Houses are located varying distances from the hospital, some 500m and others 1-1.3km. The houses are well supplied and in excellent condition. Really the only things you need to bring are a mattress topper and pillow (supplied, but also gross) and a blender if you like smoothies.

### **Things to do**

Mildura is full of fun activities and the weather is always lovely (but it can get down to 0°C overnight in winter so bring a heavy doona or flannel pyjamas for May-September) so take advantage of it for some day trips to Trentham Winery, Perry Sandhills or Lake Mungo. There are great farmer's markets on each weekend with cheap local produce available and you can buy a delicious hot breakfast and coffee.

- Pre-ward round coffee/Sunday brunch can be found at Nash Lane coffee, Blk Milk and Stefano's Café.
- For dinner head to Thairiffic, Brass Monkey, Cider Tree or Ms Lucy.
- Trivia at Setts on Wednesday night is always a good night out particularly at the start of the year to get to know other students and the rotating interns and registrars.
- On a Friday/Saturday night head to Corporate Moose or the Office for cocktails before sticking to the floor at Dom's or Heaven.

### **Getting to Melbourne**

The easiest way is by air. Mildura has an airport 10min out of town (\$25 cab, parking on site for \$10/day or ask a mate to pick you up – it's so close there's always someone happy to help you out). Virgin fly once daily at 11am and Qantas run 2-4 flights/day depending on days. Flight specials start at \$89 each way but for busy periods on late notice you can pay up to \$250 each way, so book in advance! There's also an overnight bus (\$50 return) which can get a bit uncomfortable, especially if you don't like to sleep next to strangers or if you like a lot of room to nap. Lastly, you can drive the 6.5-hour trip by yourself or carpool and split the drive with other students who might be heading back at that time.

**Olivia Wells, reviewed by Vishal Ramesh**



## Goldfields (Year 4C)

Year 4C students based in North-West Victoria can undertake their semester-long General Practice placement in one of three rural hubs; the Goldfields hub encompasses the towns of Castlemaine and Maryborough and can be best described as a “choose your own adventure” placement.

### Curriculum

The majority of students (about 5) are based in Castlemaine (1.5 hours from Melbourne) and 2-3 students are based in Maryborough (2 hours from Melbourne). The structure between the two sites is largely the same – two full days in a GP clinic and one day of community placement (until Week 8) plus a centralised teaching day on Wednesday. The teaching curriculum covers many matrix conditions (GP/Women’s > Children’s/MoM) and is usually delivered didactically by local doctors.

Whilst structure exists, there is a lot of room to move and seize opportunities of your own accord. The unallocated days are what rural medical training is all about. The opportunity for hands-on learning experiences is forever evident– anaesthetics, surgery, antenatal clinics, ward work, and even urgent care – whatever takes your fancy. The Maryborough placement is known to be notoriously practical, but many of these opportunities exist in Castlemaine as well. There has been good feedback about all of the general practices and Jen, the hub coordinator, can help you work through any issues that may arise.

### Accommodation

The accommodation in Castlemaine is on the hospital grounds and very close to excellent food at The Mill and lovely walking tracks at the Botanical Gardens. The housing consists of 2 identical 4-bedroom, fully-furnished houses; single beds and shared bathroom with separate toilet. Described in the past as “ugly but adequate”.

The accommodation in Maryborough is considerably newer. A 3-bedroom, fully-furnished townhouse, within walking distance of town and placement locations; double beds, a shared bathroom with separate toilet and a 2-car garage.

### Things To Do

The region of the Loddon-Mallee is gorgeous and well worth exploring on your weekends and days off. Should you find yourself preferring to stay in town there is a multitude of things to see and do.

Castlemaine embraces the rural Brunswick vibes and has cafes, shops and markets galore – all of which are worth investigating. Particularly The Mill which includes possibly the greatest Viennese Café outside of Vienna. It is easily accessible by train and is only a 30-minute drive from Bendigo.

Maryborough has less to offer in the way of brunch (though try the Daily Dose) but has a Coles, Woolworths, IGA and Aldi! It also has a rich history and there are plenty of community organisations – including sporting clubs and the local St Johns Ambulance - that are very keen for new signups. One of the local GPs kindly treats us to dinner every couple of weeks. It’s no surprise that this placement is always in high demand – with its proximity to Melbourne and the excellent clinical opportunities, why preference any other site?

**Adam Bisiani, reviewed by Katie Blunt**



## Highlands (Year 4C)

### Curriculum

Most of your time is based at your GP clinic (2 days a week), with one day of tutorials in Woodend and the rest of the time filled in with community placements in the Macedon ranges. On average, you have one day off per week, which is perfect for study/sleep/engaging in non-medicine activities and staying sane.

Most formal teaching happens on hub days in Woodend, but some clinics engage students in extra tutorials or impromptu teaching opportunities.

There are 4 GP clinics in the area that take students:

- Brooke St Medical Centre (Woodend); 3 students
- Campaspe Family Practice (Kyneton); 1 student
- Gisborne Medical Centre (Gisborne); 2 students
- Ranges Medical Centre (New Gisborne); 1 student

All the clinics are great, and love having students. Expect to become very involved in the clinic, and take time to get to know the people you're working with. In all clinics, you get the opportunity to see patients on your own, formulate diagnoses and report back to supervisors. It's very independent, and a great opportunity to test the limits of your knowledge as well as gain incredible experience in examination and procedural skills. It's easy to get everything you need signed in the logbook, just be proactive early on.

### Accommodation

There are two houses, one in Kyneton and one in Gisborne. The Kyneton accommodation is a 6-bedroom house near the hospital, each room has its own ensuite and double bed, with a communal kitchen and living space. The Gisborne house is a 3-bedroom (one room with an ensuite). Desks, beds and all furniture are provided at both locations, as are pots/pans/crockery/cutlery. Bring along your own linens and personal belongings. The accommodation is modern, and whilst there isn't any air-con, there is great heating (and in the Macedon Ranges, it's freezing in winter!). Wi-Fi is provided at both homes.

Kyneton is just over a 1-hour drive from Melbourne, whilst Gisborne is around 45 minutes away, and both are on the Bendigo train line with regular services throughout the day and late on weekends.





The Gisborne house is close to the local GP clinics, and Campaspe Family Practice is a quick 5-minute walk from the Kyneton house. However, there is a fair bit of driving required with this placement. Brooke St Medical Centre students must drive 15 minutes each day from Kyneton to their clinic in Woodend. Community placements also involve some travel to Kyneton for the Gisborne residents, and some travel to Gisborne for Kyneton based students.

## **Lifestyle**

### **Food**

- Literally anything along Piper Street in Kyneton. All the food is amazing but special mentions to Little Swallow Café, Ruby Café, Duck Duck Goose and Larder, and Monsieur Pierre. There are some very beautiful (but a bit fancy) restaurants in Kyneton as well, so keep in mind for family visits!
- Woodend has Holgate Brewery for sneaky tute-day lunch/drinks, but again lots of beautiful cafés on the main street. Special mention to Milko, the Village Larder and Maloa House
- Macedon is gorgeous, and the mountain region is stunning. Mr. is a great café in Macedon itself, and for the best pub meal in the region, head to the Mt Macedon Pub
- Gisborne has heaps of great coffee and food; of note are Three Little Pigs, Mini Mr (same people as the Macedon one) and The Corner.

### **Activities**

- There is a farmer's market on every weekend somewhere in the region, it's all on the Macedon ranges website. While you're there, check out the wineries!
- Lots of super keen sports clubs around; football, netball and hockey especially
- Both Gisborne and Kyneton have beautiful walking, running and cycling tracks
- Small hikes around Mt Macedon and Hanging Rock, but probably only in the warmer months unless you're really adventurous

**Nadia Bogatzke, reviewed by Katia Maccora**



## Murray (Year 4C)

The Murray region only includes Swan Hill, and it's definitely the best location for your GP placement. Under the lead of Dr Hession, the GPs, nurses, and clerical staff at the clinic are super welcoming and really look after you. The V-line train to Melbourne takes 4 hours.

### Curriculum

Eight students are placed in Swan Hill, and you will rotate through GP, midwifery, and ED.

GP: Most of the week is spent parallel consulting with a supervising GP. Students rotate around under the different GPs, seeing a broad patient base. The GPs are very happy to let you perform skin excisions and other procedures. Free time can be used for study or community placements.

Midwifery: There are usually a couple midwives, a midwifery student, the visiting obstetrician, and yourself. Two weeks in the 'midblock' and you will most likely have all your births signed off, and if you help out the midwives they will call you in for births.

ED: See Cat 4 & 5 patients first up and report to the senior ED doctor, or follow whichever doctor, you choose. A great time to revise everything year 3.

Hub day occurs every Tuesday, it includes the weekly Hession Session, followed by a range of tutes from the other doctors and allied health professionals. Each of the clinic GPs has a special interest area (women's, paediatrics, ophthalmology, dermatology, and orthopaedics) and are very willing to teach; you will cover most of the year 4 matrix topics during semester.

### Accommodation

The hospital/Monash have two houses accommodating 4 students in each. These houses are fully furnished with appliances, cutlery, furniture etc., but be sure to bring your own (warm) bedding. 64 McCrae St is the newly acquired and renovated Monash house, and it is literally a 30 second walk from the clinic. 3 of the 4 bedrooms are spacious with plenty of wardrobe space, and the master bedroom has its own ensuite. All beds are king single. The house does get cold in winter, so be sure to bring warm bedding up with you. At 40 Coronation Ave, the house is a little dated, but all bedrooms are large with double beds, including the master suite. It is about 1.5 km from the clinic.

### Things to do

On the Murray River, there is a riverside park and walking track. On the weekends, there is usually one of the few markets (farmers market, rotary group market, and others). A range of nice lakes are located nearby for water sports in the summer. Become best friends with Dr Coshan's dog, Marley. A very excitable pal, he loves to go on walks down by the riverside park.

A very multicultural community, Swan Hill has many restaurants of a range of cuisines, especially Asian. There are several coffee and brunch places. There is a Woolworths, Coles, and Aldi for food. Target is here (no Kmart), with a main street with a few other clothing stores.



Exercise-wise, there is the leisure centre, Voyage fitness gym, and a Cross fit group. Different discounts may be available for students/hospital employees. There are many local sporting clubs in the region, with past students playing footy and netball.

**Alexandra Casanova Clarke, reviewed by Jessica Paynter**





## Traralgon (Year 4C)

### Curriculum

Year 4C encompasses the four specialties Women's Health, Children's Health, Medicine of the Mind and General Practice. The year is divided into six blocks of six weeks, in which you alternate between an intensive specialty at La Trobe Regional Hospital and your general practice clinic.

Overall, you will get great clinical experience and opportunities after spending three blocks in general practice. Most clinics are open to students conducting private consults with patients, and the supervising general practitioner will provide assistance through this learning process.

Teaching sites include La Trobe Regional Hospital (Traralgon) and West Gippsland Hospital (Warragul), and you are expected to transport yourself between sites for Women's Health and Children's Health tutorials. Intensive specialty classes run in twelve-week blocks, and you will attend these while on general practice as well. The teaching format is mainly small group tutorials, conference calls and bedside teaching, but be prepared for a lot of self-directed learning.

### Accommodation

Monash provides affordable, subsidized house accommodation either in Traralgon and Morwell. It will definitely be within 10-20 minutes driving distance from the hospital and your clinic. Houses are well furnished and stocked with kitchen and laundry appliances. You will need to bring your own pillow, bed and doona covers, tea towels, towels, bathmats and an extension cord. A desk and desk chair is provided for each bedroom; however, you can bring your own as they can be of questionable quality.

### Living in the area

Gippsland has plenty of nature to explore if you are ever sick of studying, which will undoubtedly happen. The Tarra Bulga, Baw Baw and Morwell National Parks are within a 45 to 90-minute radius from Traralgon. There are also beautiful scenic cycling trails, such as the Moe-Yallourn Rail Trail and Grand Ridge Rail Trail. The local farmer's market runs on the fourth Saturday of the month, providing fresh seasonal produce, hot food to keep your belly full and hours of enjoyment!

If you are looking for a nice café to enjoy a lazy weekend morning, Three Little Birds and Stellina are fantastic options! Little Prince Eating House is a great tapas restaurant and Dark Horse has rave reviews and a menu that will not disappoint! The best nightlife locations in Traralgon definitely include House of Frank, a local pub that has Wednesday night trivia and drink specials from Wednesday through till Saturday, and 3844 is a relaxing place to sip on cocktails. Inferno/Saloon is Traralgon's nightclub, which usually gets rowdy on a Saturday night!

Melbourne is approximately 1 hour 45-minute drive. The V-line train takes around 2.5 hours to get into the city, but can be replaced with buses which takes even longer.

**Thirushi Ganeshanathan, reviewed by Kate Brotherton**



## Warragul (Year 4C)

### Curriculum

Warragul is a fantastic place to be for year 4C. You are able to get a lot of hands on experience in all of the four specialties. The rotations are spilt into six week blocks - you do six weeks each of Women's Health, Children's Health and Medicine of the Mind and three six week rotations of GP. On your intensive rotations, you will spend five days a week on the wards or in clinic and you will have classes in the afternoon 1-3 times a week, depending on your rotation. On the wards, you will have the opportunity to experience a mix of procedural and consultant based practice. GP is two days a week at your clinic and other three days may be filled with classes or nothing at all. The GP placements are spread across several clinics in the area, including practices in Drouin, Warragul, Neerim South, Yarragon and Trafalgar.

The curriculum is spilt into twelve-week tutorial blocks for Women's, Children's, and MoM, as well as separate tutorials for general practice during your GP rotation blocks. The tutorials are spread across both Warragul and Traralgon sites and are delivered to a mixed cohort of Warragul and Traralgon students. Sometimes you will be able to videoconference in and other classes you will need to travel to Latrobe Regional Hospital (Traralgon) for. An example of the timetable of an intensive student is below:

	7 - Week 2	7 - Week 2	7 - Week 2	7 - Week 2	7 - Week 2
7am					
8am	8 - 3p CH - Intensive students on wards	8 - 3p CH - Intensive students on wards	8 - 12p CH - Intensive students on wards	8 - 5p CH - Intensive students on wards	8 - 1p CH - Intensive students on wards
9am					
10am					
11am					
12pm					
1pm			1p - 3p CH/GP - CBT 1 MNHS-SRH Tute Room 1 Warragul		
2pm					2p - 3p CH/GP - MNHS-SRH Tute Room 2
3pm			3p - 4p CH/GP - Seizures/Febrile MNHS-SRH Tute Room 1		3p - 4p CH/GP - Asthma delivery MNHS-SRH Tute Room 2
4pm	4p - 5p CH/GP - Newborn MNHS-SRH Tute Room 2	3:30p - 5p CH - Case Discussions (Intensive students only) - MNHS-SRH Tute Room 2 Traralgon, MNHS-SRH Tute			4p - 5p CH/GP - Consultant LRH Wards
5pm					



### **Accommodation**

Accommodation is offered in and around Warragul, with the farthest accommodation being in Trafalgar (15-minutes' drive away). They are all furnished, with no need to bring beds, mattresses, desks, chairs, tables, or couches. The accommodation costs include bills, quite fast internet, and gardening costs.

The only things you need to bring are bedding, towels, toiletries, and some pots and pans.

### **Things To Do**

Gippsland is perfectly situated near a number of wineries and is within driving distance of some of the best skiing in Victoria. There are incredible restaurants in town and in the surrounding areas (Warragul Thai is a must), with Yarragon being one of the cutest little towns this side of Melbourne! There are also a number of gyms, swimming pools, and activity centres to keep you active and healthy for those long days on the wards. The nightlife is also surprisingly good for a regional centre, with Friday and Saturday nights going off at a number of night clubs in the area. Finally, trivia on Thursday nights at Bank with the other medical students, interns, registrars, and even consultants providing some friendly competitiveness to end the week!

**Chris Hardy, reviewed by Lauren Wainwright**





## Sale (Year 4C)

### Curriculum

Sale is one of only three rural locations that run as a fully integrated program. Throughout the year students do no more than one week at a time on each of the four 4C rotations. Students are attached to a GP clinic for the year, at which they spend on average 2 days per week. After two or three days of GP orientation and sitting in watching consulting, students are given their own room and are scheduled with patients to see throughout the day. Every GP in Sale, Maffra and Heyfield does wave consulting, in which the student sees the patient and runs through an entire consult, and then the supervisor comes in at the end to check the student has covered everything and to sign paperwork and prescriptions. It can feel quite overwhelming at the beginning of the year to be thrown into all the specialties at once, but after a few months it feels much more comfortable and it's clear how much you've learnt in all areas, especially when a psychiatric, paediatric or women's case comes in to GP for a consult.

All the 4C rotations are available in Sale, except for acute psychiatric. For acute psychiatry, students spend a week on Flynn ward at LRH (Traralgon). Accommodation is provided in Traralgon for this week.

Most classes are held in Sale, however approximately once a fortnight a full-day of class – mostly in Children's Health – is held in Bairnsdale. They're long days, but the teaching is fabulous.

### Accommodation

There are a few houses supplied by the university in Sale, and one each in Maffra and Heyfield. The usual 4C house in Sale is quite large with generously sized bedrooms and an open living area. The Maffra house is quite new and modern, with two bedrooms and two bathrooms. The Heyfield house is spacious and has a fireplace.

In each room a bed, desk, and bedside table is provided. The kitchens in all houses have everything you'll need to cook. Couches and TVs are in every house, as well as a dining table and other miscellaneous furniture. Bring bedding and anything else you need to make it feel like home, because you'll be living here for a whole year.

Students are allocated to a house in the same town as their GP placement and each house is no more than five minutes from the GP clinic. Maffra is about 20 minutes from Sale while Heyfield is about 30 minutes away. Students placed in these locations need to travel to Sale for hospital based placements and classes – however there is a fuel reimbursement for everyone depending on how far they have to travel.

### Things to do

Despite being a relatively small country town, with a population of about 15,000 people, there are a surprising number of things to do around town.

Sports: There are multiple local gyms, and park run takes place every Saturday around the beautiful lake. There are a range of sporting teams to get involved in, including soccer, football and netball. Maffra also has a gymnastics club which offers casual adults gymnastics lessons twice a week so you can learn to handstand, flip about and swing from a bar no matter your starting level. There is also a tennis club, squash and racquet club and a swimming club all within 1 minute radius of each other in the centre of Maffra – so take your pick! A lot of the local GP's also do weekly bike rides of about 20kms on the weekends on the railway track trail so there is definitely something for everyone.



Food: There are many wineries in the local area that have tours and tastings, and if you like wine the Tinamba Food & Wine Festival is a must-attend event. It feels like stepping onto the set of a movie as you taste local wines and food, listen to live country music and feel the sense of community. There are more restaurants and cafes than you could try in a year which offer a range of different styles of food and drink.

A cohort favourite is the Gippsland Palace, a Chinese restaurant in Sale - it's gaudy, it's cheap but it is absolutely delicious (definitely try their sweet and sour pork!).

Entertainment: The local movie theatre provides a very cheap night of entertainment compared to city prices. Entry plus popcorn and a drink will only cost about \$20. "The Wedge", as it's referred to by locals, is a theatre that regularly hosts touring and local musicals, plays, and other performances. Local schools also put on performances of a high standard fairly regularly. Believe it or not, despite being over 30 km from the beach, Sale has a port which links to Lakes Entrance via a network of man-made and natural waterways. The port offers a historical boat tour which takes passengers all the way to the historical swing bridge while providing information on historical aspects of the area. Kazbah is a nightclub which hosts a fun-filled karaoke night once a week which can provide a much-needed distraction from study. The local pub in Sale also has a weekly trivia night – it's a fun way to break up the week and a lot of the other medical staff go along too.

Outdoors: 90 Mile Beach is a picturesque, 30-minute drive away and is the perfect place for beach dance parties with your small class. There are gorgeous hiking trails nearby, including a short hike to Blue Pools - a popular deep swimming hole in a gorge surrounded by trees and rocks. Right in the centre of Sale is the fauna and flora park which provides an amazing 5km walk around Lake Guthridge. The gardens are stunning, but the main attraction is an enclosure of peacocks which includes two or three albino peacocks. The enclosure doesn't keep them in very well, so it's not uncommon to see a few peacocks strutting down the street as you drive from the Sale house to the hospital in the morning.

#### Best coffee shops

Coffee is a hot topic in Sale. There are dozens of coffee shops and restaurants in town and everyone has an opinion on which one is the best. Many people claim you can't go past Hunting Ground which has a hipster Melbourne feel about it and sells paleo and vegan baked goods. Another competitor for best coffee is Centre Bakery, housed in a converted Sunday school building right in the centre of town. Centre Bakery has friendly staff who soon know your regular order and serve a fabulous Eggs Benedict. Other good coffee shops include Redd Catt, Wild Honey and Mr Raymond. Try them all and decide for yourself.

In Maffra, there are also several cafes – the best being Coffee House, who serve the most delicious pumpkin coconut soup and their coffees are on par as well.

#### **Getting to Melbourne**

It takes about three hours to drive to Melbourne, straight down the Princes Highway. The V-line train also takes three hours and runs three times a day on weekdays and twice a day on weekends. It costs probably less than you'd spend on petrol to drive to Melbourne and means you can sleep or study while traveling. You can also take a coach to Traralgon then a train which takes a little longer, but runs more frequently through the day.

**Mia Cooper, reviewed by Jenny Wang**



## Bairnsdale (Year 4C)

### Curriculum

East Gippsland runs an integrated program where you learn GP, Women's Health, Children's Health, and Medicine of the Mind all at once. Tutorial days are on Mondays and Fridays in first semester and only Fridays in second semester. On tutorial days, you will receive small group tutorials and lectures on all four disciplines; some of these are video conferenced from Sale. Our base is in GP practices, with one-off days or weeks spent in the other specialties.

Women's Health is divided between weeks on labour ward and gynaecology. On labour ward, you can do baby checks, follow women through labour, watch and assist with births and attend antenatal clinic. Gynaecology is split into surgical and clinic days in both Bairnsdale and Sale.

Children's Health is in Sale and you stay for the week in provided accommodation. In the morning, you attend hand-over with the resident then interview and examine one of the patients to present to the consultant. Other things to do on paed's include performing baby checks, attend caesarean sections or going to clinic.

Medicine of the Mind placement is in community mental health in first semester where you sit in on clinic and go on site visits with the case managers. Second semester is one week on Flynn ward in Traralgon.

GP is where you spend the majority of your time. Most of the GPs run 'wave consulting' - where the student sees the patient first and presents back to their supervisor to discuss investigations and management. In most clinics, you'll be paired with a different GP every day – all the GPs are lovely and happy to get you involved.

### Teaching

All of the tutors are great and the teaching is very engaging with such small class sizes. The clinical staff are so helpful and really take care of you – both for university needs and anything else!

### Accommodation

In 2017, all students opted for the university provided accommodation. There are 3 share houses based on the location of your GP clinics. The Bairnsdale and Lakes Entrance houses have 4 rooms each and all rooms have double beds. The Orbost house also has 4 rooms, with 2 double beds and 2 single beds. All the houses have 2 bathrooms. In all the houses, we found the TVs were quite old and brought our own in to use for the year. In 2017, we paid \$103/week with utilities included. There was also adequate room for everyone to park their cars. In East Gippsland, because the accommodation is based on the location of your GP clinic, students placed in Lakes Entrance or Orbost have to travel back to Bairnsdale for tutorial day but here is accommodation for those students in Bairnsdale when they have full week placements in Bairnsdale, such as obstetrics.





## Things To Do

Bairnsdale has heaps of things to do. Of the local restaurants and pubs – we would recommend the Wy Yung, Metung pub, the Waterwheel and the Marlo pub for a good night out and the Stables, Little Alice, Six Sisters, Wooden Squirrel and Sparrows Nest for good breakfast or lunch.

There are lots of social or competitive sports teams depending on what you're interested in. These include netball, soccer, football, touch football, badminton, rowing, running, tennis (run through the GP), volleyball, basketball, surfing, and horse-riding. It's a great way to meet new people and get involved in the community.

In summer, the beaches and rivers are good for swimming and there's lots of places to camp and hike close to Bairnsdale. There is also plenty of good spots for fishing. In winter, skiing is an option as Mt Hotham is only a 2-hour drive and all equipment and chains can be hired in the nearby towns. Other things to do include exploring the Buchan caves or going on many of the nice nature walks. There are also local farmer's markets, a cinema and lots of op shops.

**Holly Fox, reviewed by Amy Martin**



## South Gippsland (Year 4C)

South Gippsland students are based out of three sites - Leongatha, Wonthaggi, or Foster. This year there were nine students (4 in Wonthaggi, 3 in Leongatha, 2 in Foster).

### Curriculum

The curriculum is delivered as an integrated program, with tutorials in all four specialties throughout the year. Students spend the majority of the year in GP clinic, with some intensive rotations; 1 week of psychiatry on Flynn ward in Traralgon, 4 weeks of paediatrics in Warragul and 2 weeks of women's health in Warragul. While these intensives are relatively short, you still get plenty of experience in the specialties in your local hospital and GP clinic.

In an average week, students have:

- 1.5 days of consulting at the GP: generally, this means consulting patients yourself with a supervising GP coming to review you at the end and sign any scripts or referrals.
- 1.5 study days/other placements: on study days, you can follow doctors/nurses around, get involved in procedures in the clinic, go to the local hospital or study in the clinic. Other placements can include community mental health, paediatric clinics, gynaecology clinics and surgery. Students this year also had the opportunity to complete training programs with staff at their local hospitals and work nights in the ED.
- Tutes on Tuesday afternoon and Wednesdays: these tutes cover all four specialties (GP, Women's Health, Children's Health and Medicine of the Mind) throughout the year. They are usually in Leongatha and occasionally in Foster.

Students in South Gippsland complete the obstetric part of their logbook in their local town with the support of GP obstetricians. This provides a unique opportunity to follow women from early pregnancy to delivery, which is very rewarding.

### General Practice

Students based in Leongatha swap clinics mid-year. The Leongatha clinic is only a few hundred metres from the hospital, whilst the Korumburra clinic is a 15-minute drive away.

Students based in Wonthaggi also swap clinics mid-year, however both clinics are very close to one another.

Students based in Foster spend the whole year at the one clinic.

### Accommodation

The accommodation is fully furnished with single/double beds and has heating, air-conditioning, washing machines and cooking equipment. The Foster and Wonthaggi houses also have dishwashers. You will need to bring your own bedding and towel. The Leongatha accommodation consists of two 2-bedroom units about 1km from the hospital. Wonthaggi accommodation is a 4-bedroom house about 3km from the hospital. Foster accommodation is a 2-bedroom unit across the road from the GP clinic and hospital.



### **Living in the area**

South Gippsland is a lovely area and a fantastic place to be if you like the beach. The staff at the hospitals are keen to involve students in activities such as bike riding, kayaking, surfing and paddle boarding. There are plenty of local sports clubs worth getting involved with in all of the towns.

### **Leongatha**

Leongatha is a 1.5-hour drive from Melbourne. There are farmer's markets every weekend in the surrounding towns, and plenty of cafes showcasing the local produce – a particular favourite being the Rusty Windmill. For those who prefer outdoor activities, the closest beach is only a short drive away in Inverloch, whilst the Great Southern Rail Trail begins just across the road for the student housing providing a great spot to cycle or jog. There is also a cinema for movie lovers, and plenty of shops to keep you busy. The McCartin Hotel also offers weekly poker and trivia nights.

### **Wonthaggi**

Wonthaggi is 1.5 hours from Melbourne. Being the largest of the three towns, it has the most stores and services. It is very close to Cape Paterson, Inverloch and the scenic Bunurong coastal drive. It is also not too far from Philip Island, which would make a great day trip.

### **Foster**

Foster is a 2-hour drive from Melbourne. The nearest beach, Sandy Point, is a great place to walk, swim or surf. The picturesque Wilson's Promontory is only a half hour away and provides many hikes, beautiful views and several beaches. Biking along the Great Southern Rail Trail is a favourite of many of the local doctors.

Wherever you are, the local sports teams are keen for new members and many students – past and present – have been involved with the local football clubs as players and trainers

**Dan Archer, reviewed by Muirin Healy**





## APPENDIX: MONASH RURAL HEALTH PLACEMENT MATRIX

	North West		Latrobe Valley & West Gippsland		East & South Gippsland		
	Bendigo	Mildura	Traralgon	Warragul	Sale	South Gippsland: Leongatha, Foster, Korumburra, Wonthaggi	Bairnsdale
<b>Location</b>							
Distance from Melbourne	151 km	542 km	164 km	105 km	214 km	135 km	280 km
Driving Time	2h	6h 30min	2h	1h 16min	2h 30min	1h 42min	3h 19min
Public Transport Travel Time	90min V/Line train	1h (plane)	2h 30min V/Line train	1h 30min V/Line train	3h V/Line train	2h Bus	4h V/Line train
<b>Cohort information</b>							
Year A students	No	No	Yes	Yes	Yes	Yes	No
Year 2 students	Yes	Yes	Yes	Yes	Yes	No	Yes
Year 3B students (ref p6, capacity)	Yes	Yes	Yes	Yes	Yes	No	No
Year 4C students (ref p6, capacity)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
GRC 2 year option	N/A	N/A	Yes	Yes	Yes	Yes	Yes
Non ERC 2 year option	Yes	Yes	N/A	N/A	N/A	N/A	N/A
Year 5D students	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Placement (Year 3B)</b>							
Gen Med / Gen Surg	Yes	Yes	Yes	Yes	Yes	N/A	N/A
Placement Type	Full year	Full year	Full year (some learning activities undertaken in Warragul)	Full year (some learning activities undertaken in Traralgon)	Full year (additional Bairnsdale Hospital rotations for surgery and gen med placements)	N/A	N/A