

STUDENT MANUAL

GENERAL PLACEMENT

UPDATED AUGUST 2010



Broken Hill University
Department of Rural Health

For further information please contact the
Broken Hill University Department on 08 8080 1200

www.sydney.edu.au/medicine/drh

ACKNOWLEDGEMENTSACKNOWLEDGEMENTS

This guide was prepared by staff/members of:

Barrier Division of General Practice

Broken Hill Regional Diabetes Centre

Community Health Services, Broken Hill

Greater Western Area Health Service

Maari Ma Health Aboriginal Corporation

Maari Ma Primary Health Care Service

Medical Staff Council, Broken Hill Base Hospital

Menindee Health Service

Mental Health Services, Broken Hill

Population Health Unit, Broken Hill

Royal Flying Doctor Service (South Eastern Section)

University Department of Rural Health, Broken Hill

Wilcannia Health Service

Photography: Boris Hlavica, Images of Australia & Emad Tehrani

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The assistance and advice of the Department of Education Development and Evaluation is gratefully appreciated.
Barrier Highway towards Broken Hill



Dear Student,

Congratulations on choosing Broken Hill for your placement!

To make planning your trip to Broken Hill easier we have prepared the following information based on some frequently asked questions.

If you have a question, which is not answered in this booklet, please feel free to contact me by e-mail: hbeck@gwahs.health.nsw.gov.au OR you can telephone: 08 8080 1241 or 08 8080 1200 (BH UDRH Reception)

Yours sincerely,



Honor Beck
Manager, Student Placement Program

Included:

- Broken Hill Department of Rural Health background information
- Student Placement Information
- Information about the City of Broken Hill
- Placement Application Form (to be completed and returned)
- Prohibited Employment Declaration (to be completed and returned)



**Broken Hill University Department of Rural Health
Corrindah Court, Morgan Street**

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Broken Hill Department of Rural Health (BHUDRH)

The Broken Hill Department of Rural Health was established in 1997 and is located within the School of Public Health, in the Faculty of Medicine, University of Sydney. The Department has three academic streams, Clinical Medicine, Primary Health Care and Research and Development, that deliver a rural attachment program for medical and health science students and provide training for Aboriginal health workers, research training for general practitioners and primary health care workers, and other professional development and support for local health professionals in far western NSW.

The Department also contributes to developments in preventative and population health and the formulation of innovative service delivery models in remote NSW. To promote research in the region, the Department supports a network of active researchers in western NSW and has established research collaborations with local service provider organisations, within the School of Rural Health and with other research teams.

Student Placements organised by BHUDRH

Placements with Broken Hill Department of Rural Health provide a rich and varied exposure to rural medicine in a large remote centre which includes the Regional Health Service, General Practice, Royal Flying Doctor Service, Aboriginal Medical Service and Corrective Health Service.

Students will be part of a group that includes Sydney University and other university students. The University Department based at Broken Hill is a multidisciplinary department, which fosters an active interaction with other health workers including allied health disciplines and Aboriginal Health Workers.

Location of Clinical Placements in western NSW

The student program office at the Broken Hill Department of Rural Health can offer many exciting learning opportunities, with the co-operation of health service staff across the Greater Western Area Health Service. In 2006 we will be able to arrange a placement for you in health services in the following locations:

North Western NSW

Walgett
Lightning Ridge
Brewarrina

Western NSW

Bourke
Cobar

Far Western NSW

Broken Hill

Menindee } coordinated through Broken Hill

Wilcannia }

South Western NSW

Balranald

Dareton Primary Health Care Service & Wentworth Health Service

(7 kms distance between these two centres)



Map showing section of New South Wales included in Greater Western Area Health Service (55% of state)

A town package is available for the locations listed. Contact the Student program office for more information if you are interested in undertaking a placement in any of these locations. Placements are organised in collaboration with Health Service staff in each location. The Clinical placement is dependant on accommodation and appropriate supervision being available at the time of the placement.

How do I apply?

You will need to meet certain selection criteria before applying for a placement in Broken Hill or any of the locations listed above.

Medical: Senior Medical students are welcome to apply. Other Medical students are required to submit a 200 word paragraph outlining their interests and reasons for applying for placement in Broken Hill.

Nursing: Year 3 Nursing students are welcome to apply. All others are required to submit a 200 word paragraph outlining their interests and reasons for applying for placement in Broken Hill.

All other applicants are welcome to apply, however a short paragraph about your interest in Broken Hill and rural and remote health would be appreciated. For more information, or if you are unsure if you are eligible, please contact the Rural Attachment Programs Coordinator on (08) 8080 1241.

Placement Options

The following placements are available:

Broken Hill Hospital

Medical ward/team: The Medical ward is a 32-bed unit primarily catering for patients with medical conditions such as asthma, diabetes, cardiovascular disease, including stroke and mental illness. Two physicians provide medical care in conjunction with medical registrars and residents on rotation from Concord Hospital.

Surgical ward/team: Surgical Ward has 25 beds catering for patients admitted for elective and emergency surgery and other associated surgical conditions. The most common of these include trauma, skeletal pain, abdominal pain and cellulitis. The ward uses resident and locum surgeons and a number of visiting specialists and sub-specialists including ENT, Plastics, Urology, Ophthalmology and Orthopaedics.

ICU: The Intensive Care/Coronary Unit is situated within the Surgical ward and contains 5 beds, including one ventilated bed.

Accident & Emergency: A&E provides a general practice service as well as emergency care to the community, using locum medical officers and career medical officers. Additional medical support is provided by a part-time Director of Emergency Services. The Department is an 8-bed unit including 3 monitored bays and 3 beds for general use.

Primary Health Care

Community Health: This includes Women's Health, Sexual Health, Community Midwife, Genetic Counselling, Child and Family Services including school health and Chronic Diseases. Outreach clinics for some services are held in the smaller communities around Broken Hill on a regular basis.

District Nurse: Providing care for aged and disabled patients in their homes, this placement includes working as part of a multidisciplinary team.

Paediatrics: Two paediatricians provide paediatric services to Broken Hill and surrounding communities (inpatients, outpatients and community). This also includes blood lead level screening and Audiology clinics.

Diabetes Centre: Established in 1996 to integrate Diabetes care, this service enhances patient education services, has a major complication screening service and provides training opportunities for general practitioners and other health care providers.

Aboriginal Health: The multi-disciplinary team at Maari Ma Primary Health Care Service includes a medical practitioner, primary health care nurses, Aboriginal health Workers and community development officers. A range of services are offered including community care, GP clinic, primary care clinics, prison health, community development and client transport.

Mental Health: A 24-hour crises management service, ongoing case management for the mentally ill, as well as counselling and prevention services to Broken Hill and surrounding services are all offered through the Mental Health Service. The Hospital also operates a Special Care Suite for people requiring inpatient care. Counselling services also cater for sexual assault, domestic violence, corrections service and drug and alcohol.

General Practice

GP Clinic: Placement is available in three general practice clinics within Broken Hill. This placement is only available to medical students.

Remote Health

Royal Flying Doctor Service: The RFDS is a not-for-profit charitable organisation providing aeromedical emergency and primary health care services to people living in Australia's remote outback. It provides a 24-hour medical on-call and emergency service as well as running general medical practice, selected primary care and specialist clinics throughout their network. The RFDS also transports patients between Broken Hill Hospital and city-based tertiary referral hospitals. **This placement is only available to Australian medical students.**

Wilcannia Health Service: Located two hours north east of Broken Hill, Wilcannia has a population of 688, mostly Aboriginal. The health team operates out of a multipurpose service providing 24-hour primary health care (including emergency care). The RFDS also runs a General Practice Clinic four days a week.

Menindee Health Service: The township of Menindee has 400 people and is located 100kms east of Broken Hill. About one third of the population is Aboriginal. The local primary health care facility is open 9am to 5pm Monday to Saturday and provides an emergency service after hours. The RFDS also runs a General Practice Clinic three times a week.

Where Do I Stay?

The Department of Rural Health has an eleven-bed student accommodation complex situated a short walk from the campus as well as rooms in the Staff Quarters. At present, accommodation is free of charge for students on UDRH placements in Broken Hill. Once your placement in Broken Hill has been confirmed, we automatically book your accommodation for you. ***Your room will be available from 10.00am on the Sunday prior to your placement. You will be required to vacate your room by 10.00am on the Friday of your last week.*** If you arrive prior to the first Sunday or intend to stay in Broken Hill after your last Friday, you will need to advise the Student Coordinator prior to travel to the placement.

On occasion it may be necessary for you to stay one night in alternative accommodation (eg. motel) until your room is available in the student accommodation.



Three weeks prior to your arrival

Please ensure that you contact the student coordinator three weeks prior to your placement to confirm your dates for placement and arrival times as well as to discuss arrangements for arrival, keys and orientation.

On arrival in Broken Hill

You will need to go to the Reception Desk in the foyer of the Broken Hill Hospital on Thomas Street. The receptionist will issue you with an envelope containing your room keys, a letter telling you about orientation (which is held on Monday) and a small map showing you how to get to the accommodation complex.

If you arrive late in the evening, you will need to go to the reception desk at the Emergency Department to receive your envelope.

What do I need to bring?

Rooms: You will be provided with clean linen, blankets and pillow. Each room has a single bed, table, chair, wardrobe and a clock radio/alarm. As towels are not provided, **you will need to bring your own towel.**

The student accommodation has full cooking, bath and laundry facilities. However, food is not included. You may purchase food at local supermarkets. There is a kiosk and cafeteria within the hospital, and they are open from 9.00am – 3.30pm daily.

What will it cost?

While accommodation is free of charge, you will need to purchase groceries etc. There may also be some travel costs involved if your placement includes Wilcannia or Menindee. Please see the Rural Attachment Programs Coordinator for further information.



Where & When Is Orientation?

Orientation is held at the University Department of Rural Health on the first Monday of your placement. Orientation commences at 8.30am, Corrindah Court, University Department of Rural Health. This is the red rooved building, with large verandah, situated on the hill behind the hospital. It is across the car park from the four-storey building on the hill. You may wear neat casual clothes for orientation on the first Monday.

During the day you will be given a tour of the town, hospital, learn about the area health service and be provided with your rosters. You will also be required to present your photo ID badge, your Criminal Record Clearance and your Immunisation letter of compliance.

Please note: if you do not have these items you will NOT be able to commence placement.

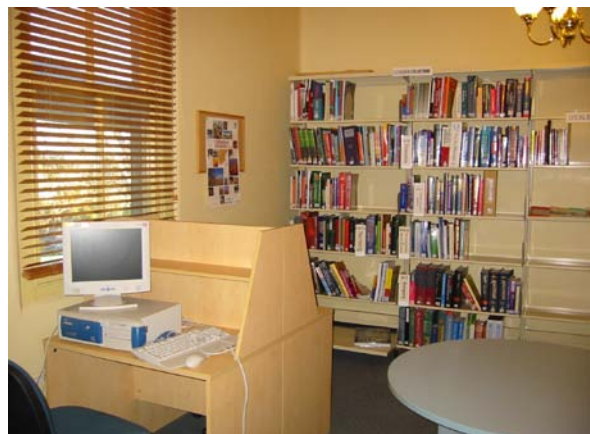
Will I Have Access To Study Facilities?

The University Department of Rural Health has a dedicated rural and remote health library that provides resources and research facilities for students and staff. The following services are available through our library:

- Free Membership and borrowing privileges
- Access to computer lab after-hours (a fully refundable deposit of \$20.00 is required for the access key card)
- Inter-library loans and document delivery
- Computer facilities & Internet Access
- Free Printing & Photocopying

International Students

Please see International student guide (separate file)



About Broken Hill

Where is Broken Hill?

Broken Hill is located in 'outback' far western New South Wales. Coming from the east coast and Sydney it is approximately a 1200km (or 12hr) drive through some amazing countryside and interesting outback towns. The town is located 30mins drive from the border of South Australia and approximately 500km from Adelaide.



BROKEN HILL

How Do I Get There?

- **Bus & Train combination** running daily from Sydney, via Dubbo through Countrylink. Student concessions apply. See their web site at <http://www.countrylink.nsw.gov.au>
- **Bus only** – Adelaide to Broken Hill return four times a week with student concessions available. Call Buses R Us on (08) 8262 6900.
- **Train only** – The Indian Pacific leaves Sydney for Perth twice weekly and stops in Broken Hill. The trip is approximately 15hrs and options are sitting or a first or second-class sleeping car. See their web site at <http://www.gsr.com.au>
- **Plane** – Regional Express (REX) Airways flies from Sydney and Adelaide seven days a week. No student concessions apply for either of these flights, however there are often special prices and advanced purchase tickets available. See their web site at <http://www.rex.com.au>
- **Driving** – If you are considering driving to Broken Hill, please contact the Rural Attachment Programs Coordinator for further information including routes and distances.

What Is The Weather Like?

The climate of Broken Hill is usually dry, with temperatures ranging from a chilly 1-2^o C overnight during winter with the average daytime temperature around 19^o C, to very hot in summer with maximum temperatures of 40^o C or higher. So pack your woollies in winter and your sunscreen, hat and swimmers in summer!

Transport in Broken Hill

Having your own transport is a distinct advantage when coming on placement to Broken Hill, however it is not essential. Broken Hill has a local bus service, which goes to the main shopping areas around the town. A timetable is available from the Student Coordinator. There is a local taxicab service, “Broken Hill Yellow Radio Cabs”, which operates 24 hrs; Ph: 131 008 or 08 8087 2222.

There are also car hire firms that include 4 wheel drives for hire. Be aware, however, that they will require deposits and excess payments for drivers under 25 yrs of age. The Student Accommodation is located 20 minute walk from to the main street or shopping precinct.

The UDRH provides mountain bikes for student use. Details about these are provided during the Orientation session.

Shopping

Broken Hill has two major shopping areas - the Central Business District area of Argent Street and Westside Plaza. The Plaza houses Woolworth's and Big W, as well as specialty shops. There are three Discount supermarkets, an Everybody's mini mart and a number of corner stores.

Eating Out

Broken Hill has several cafes most of which are situated in the main street (Argent Street) offering a range of food.

Restaurants can be found in local clubs, hotels, motels, local galleries and in the main street. Broken Hill has four major fast food chain outlets as well as Chinese restaurants and several local takeaway stores.

Banks

Broken Hill has most major banking services except for National Australia Bank.

Working Out

North Pool - McCulloch Street, 25 m heated

Aerobics classes are available at GUOOF Hall Blende Street, St. Mary's Hall Gypsum Street and the YMCA in Cobalt Street.

Major sports include AFL, soccer, gymnastics, cricket, tennis, motor cycling, shooting, harness racing, indoor cricket, indoor/outdoor hockey, baseball, golf, basketball, indoor/outdoor volleyball, indoor/outdoor netball, speedway and bowling/ bocce.

Hobbies and activities

Broken Hill caters for a wide range including gardening, outdoor adventure, quilting, rostrum, music groups, dance, cake decorators, family history etc.

Most weeks of the year there are other students here and you will probably spend most of your off- duty time socialising with them and local health professionals.

Events

The Silver City hosts a number of large events including the St. Patrick's Races (2 weeks before Easter), Ag Fair (May-biennial), the Silver City Agricultural Show (September). There are a number of social functions throughout the year, such as the Royal Flying Doctor Service Gala Ball or the West Darling Pastoralists Association Dinner Dance, which are a great night out!

Attractions

There are more than 40 art galleries, sculpture symposium, Living Desert Reserve, a heritage trail (includes Mario's Palace Hotel and Trades Hall), Silverton, mine tours, National Parks, film-making, Royal Flying Doctor Service, School of The Air and the Menindee Lakes. The Tourist Information Centre is located on the corner of Blende and Bromide streets Tel 8087 6077. More details are provided during Orientation about after- hours activities.

Radio/ TV

Broken Hill is serviced by AM band stations; 2BH (567), ABC 2NB (999), FM band stations include; Hill FM (106.9), 2DRY FM (107.7), Triple J (102.1), ABC National (102.9), ABC Classical (103.7), 2KY Racing (100.5), Christian (87.6) and Tourist channel (88.0). There are four TV channels: Central Television (7), Southern Cross Ten (10), SBS and the ABC (2).

Churches

Broken Hill has Anglican, Baptist, Catholic, Broken Hill Christian Fellowship (Churches of Christ), Assemblies of God- Outback Church, Crusade Centre, Seventh Day Adventist, St. Paul's Lutheran, Uniting Church, Church of Jesus Christ Latter Day Saints, Jehovah's Witness and an Afghan Mosque.

Useful Websites

Department of Rural Health, Broken Hill

<http://www.sydney.edu.au/medicine/drh>

Greater Western Area Health Service

<http://www.qwahs.health.nsw.gov.au>

Travel and Tourism details on this area

<http://www.visitbrokenhill.com.au>

<http://www.outbacknsw.com.au>

<http://www.planbooktravel.com.au>

State NSW, Region Outback

<http://www.murrayoutback.org.au>

<http://www.seeaustralia.com.au>

History of Broken Hill

<http://www.geocities.com/bhhsi/>

Aboriginal Issues

<http://pandora.nla.gov.au/pan/41033/20060106-0000/ATSIC/default.html>

Go to the section "Visit other indigenous website", look in particular at the HEALTH listings.

Look at also at sections titled Heritage, Land Title, Reconciliation, Stolen Generations,

Women

<http://www.daa.nsw.gov.au>

Go to the section "Publications", look at the range of fact sheets available in PDF. They include Health, Stolen Generations and An overview of History. 15

More questions:

If you require any further information about any aspect of your placement please feel free to contact the Rural Attachment Programs Coordinator:

Mrs Honor Beck
Manger, Student Placement Program
Department of Rural Health
PO Box 457
Broken Hill NSW 2880

Email: hbeck@gwahs.health.nsw.gov.au

Tel: 08 8080 1241 or 08 8080 1200

Fax: 08 8087 5240

From outside Australia

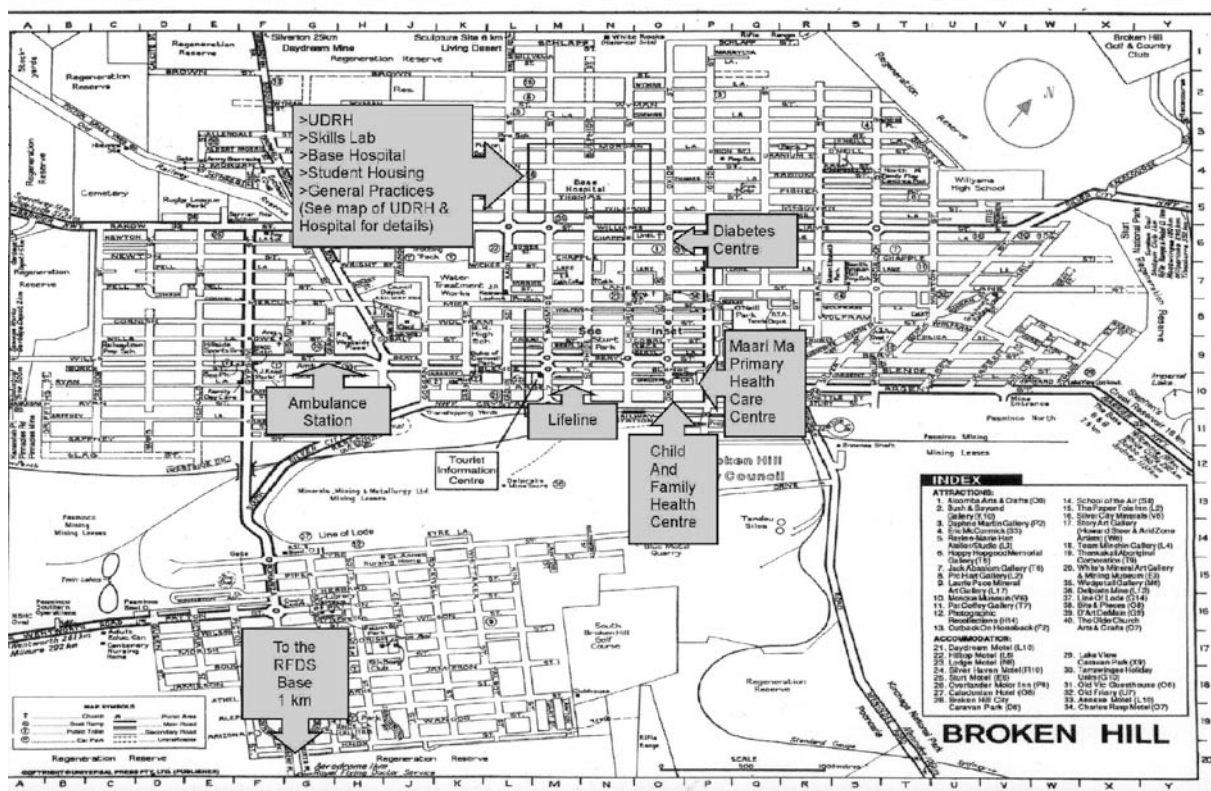
Tel: + 61 8 8080 1241

Fax: + 61 8 8087 5240 or + 61 8 8087 0051



Placement Checklist:

- Submit application with photo and 200 word paragraph (if required).
- Once a letter of offer is received, sign the acceptance and return by fax or post to the Student Coordinator.
- 3 weeks prior to placement contact the Student Coordinator to confirm accommodation, arrival and departure dates.
- Photo ID badge
- Criminal Record Check
- **Immunisation Letter of Compliance**



Map of Broken Hill