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: john.walker2@health.nsw.gov.au OR you can telephone: 08 8080 1241 or 08 8080 1200 (BH UDRH Reception)

Yours sincerely,

[Signature]

John Walker
Manager, Student Placement Programs
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The Broken Hill University Department of Rural Health (BHUDRH) was established to improve health care in far western NSW by providing high quality support, education and training for rural and remote health workers.

Its focus is to establish relevant teaching and support environments promote opportunities for student placements in the region, encourage experienced academic staff to spend time in the bush and foster partnerships to improve the quality of health care for rural Australians.

Since 1997 the BH UDRH has worked closely with the Far West Local Health District (FWLHD), Maari Ma Health Aboriginal Corporation, the Royal Flying Doctor Service (South Eastern Section) and the Primary Health Care Network (previously Medicare Local) to deliver a successful rural attachment program for medical, nursing and allied health students. It also provides research training for general practitioners and primary health care workers, and professional development support for local health professionals.

More recently BH UDRH joined forces with the Population Health Division of the FWLHD to expand the existing capacity of population health research and development in the region. Together they operate the Broken Hill Centre for Remote Health Research, which undertakes epidemiological research and surveillance and other research relevant to population health and the delivery of health services in far western NSW. The centre also aims to enhance national expertise in rural and remote health research and translate research into policy and practice.

BH UDRH has a strong population health focus and supports existing health providers to improve health service development especially in public health and primary health care.

**Student Placements organised by BHUDRH**

The student program of the Broken Hill University Department of Rural Health provides opportunities for students in the health sciences to undertake rural and remote clinical placements in a variety of settings in Far West New South Wales.

The Broken Hill UDRH organises each student’s clinical placement, provides accommodation and access to library and Internet facilities. Staff ensure that every student has appropriate support for the duration of their placement. Academic teaching, close supervision by highly trained health professionals and regular clinical skills training enhance student learning. Close liaison with the student’s home university ensures that each student can meet the assessment requirements for their particular clinical placement.

As the Broken Hill University Department of Rural Health has a multi-disciplinary focus, there are many opportunities for students to be exposed to Inter-professional Learning contexts.

Students can experience placements within a busy regional hospital, or community-based activities within a primary health care framework. Students are also able to work within health services in various small isolated communities which provide a rich indigenous health experience. Communities within far west New South Wales welcome students from a range of health sciences disciplines and placements are undertaken in a variety of settings.

The BHUDRH hosts students undertaking courses in medicine, nursing, pharmacy, dentistry, physiotherapy, occupational therapy, speech pathology, dietetics and nutrition, pathology, veterinary medicine, podiatry, medical imaging and pre-hospital care, from universities in every state of Australia.
The Broken Hill University Department of Rural Health student program functions through partnerships with a number of major health service delivery agencies including the Far West Local Health District, The Royal Flying Doctor Service (South East Section), Maari Ma Health Aboriginal Corporation, the Ambulance Service of New South Wales and the Primary Health Network.

In addition close links with non-government agencies in the welfare and social services fields provide extended opportunities to broaden the students’ understanding of rural and remote health. Patients provide a diverse and interesting mix of clinical challenges. The remote setting requires different management and treatment options allowing students to develop a richer understanding of rural health within a broader social context.

Of course, non-clinical activities are equally important so there are plenty of opportunities to get out and about in the far west, to visit national parks, to enjoy the slower pace of life and learn what it is like to live and work in the bush. The people of the far west are generous, hospitable, the climate is pleasant during the academic year and every student will learn something new and enjoy a rewarding experience here. So visit the far west and see for yourself.
Location of clinical placements in Far West LHD

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 Far West Local Health District and Western New South Wales Local Health District.

Map showing Far West Local Health District

How do I apply?

Please visit our website, [www.sydney.edu.au/medicine/drh](http://www.sydney.edu.au/medicine/drh) to complete an online application for placement. All students wishing to undertake placement within the Far West Local Health District must be compliant with NSW Health legislation and show verification proof for the following;

- Criminal Record Clearance
- Immunisation
- NSW Health Code of Conduct

NSW Universities frequently undertake bulk compliance drives for students seeking placement in NSW Health Facilities, cross border universities may need to seek the support of the student placement team to ensure compliance is reached. For more information please visit, [http://www.health.nsw.gov.au/careers/student_clearance/Pages/default.aspx](http://www.health.nsw.gov.au/careers/student_clearance/Pages/default.aspx)
Placement options

The following placements are available:

**Broken Hill Health Service**

**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.

**Sub-Acute Rehab:** The Sub-Acute Rehab Unit has 10 beds and provides a recovery service in a purpose built rehabilitation environment to patients recovering from surgery, stroke and similar conditions.

**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 Counseling, 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.

**Ambulatory Care Services:** Providing care for aged and disabled patients in their homes, this placement includes working as part of a multidisciplinary team.

**Paediatrics:** Four 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 Educator:** 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 counseling 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. Counseling 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 participating in the Broken Hill Extended Clinical Placement Program.
Remote health

Royal Flying Doctor Service (South Eastern Section): 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.

The RFDS, based in Broken Hill, provides medical and nursing students with opportunities to work with and observe Medical Officers and Flight Nurses. Medical students are offered an opportunity to fly to a more remote location and observe how the RFDS provides GP services to community members. Nursing students have the opportunity to attend a transfer flight with a stable patient from the Broken Hill Hospital with a RFDS Flight Nurse. Please contact the student placement team for more information.

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.

Wilcannia Health Service
Inter-professional education

ENRICH: ENRICH (Enhanced Rural Inter-professional Cultural Health) is an inter-professional learning opportunity for students which provides a varied program of weekly teaching and learning sessions that focus on clinical and non-clinical topics. It is designed to stimulate students to gain a broad understanding of being a health worker in a rural and remote context. The program is guided by the following objectives:

1. To understand the challenges posed by rural and remote communities and how this impacts on health outcomes.
2. To understand the positive aspects of living in rural and remote locations and how to avoid professional isolation.
3. To understand aspects of culture in Far West New South Wales.
4. To explore the history and health determinants of indigenous populations.
5. To experience the value of learning in an inter-professional environment.
6. To learn emergency medical techniques through clinical simulation in a multidisciplinary team.
7. To explore non-clinical learning opportunities.

Students participating in the ENRICH program crash simulation event

Where do I stay?

The BH UDRH has several residential accommodation complexes available to students on placement in Broken Hill. Accommodation is also provided for students placed in remote communities at Menindee, Wilcannia, Wentworth (Dareton), Bourke and Brewarrina.

What to bring

Student accommodation facilities are fully self-contained. However, students are advised to bring their own towel/s as towels are not provided.

The accommodation is provided with a starter kit containing washing powder and toilet paper. Once these items have been utilised, students are to provide their own toilet paper and washing powder.

Departure

On departure, deposit keys either in the ‘key return’ box located adjacent to the main entrance of selected facilities or to the Receptionist at the BH UDRH.
All students must vacate their rooms by 9am on the Friday of their last placement week. Students are not permitted to extend their accommodation period.

Examples of Broken Hill Student Accommodation

Three weeks prior to your arrival

Please ensure that you contact the student placement services team 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 main 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 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 or double 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?

A placement administration fee of $25 per week is applicable and payable at orientation.

There may also be some travel costs involved if your placement includes Wilcannia or Menindee. Please see the student program team for further information.
When and where is orientation?

Orientation is held at the University Department of Rural Health on the first Monday of your placement, or Tuesday if the Monday is a public holiday. Orientation commences at 8.30am (Central Standard Time), Corrindah Court, University Department of Rural Health. This is the red rooved building, with large verandahs, 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 may be given a tour of the town, hospital, learn about the area health service and be provided with a week to week overview of your placement.

You will also be required to present photo ID, e.g., current drivers licence, passport. **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

BH UDRH Library and Computer Lab
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.
How Do I Get There?


- **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](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](http://www.rex.com.au)

- **Driving** – If you are considering driving to Broken Hill, please contact the Student Program Team 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° C overnight during winter with the average daytime temperature around 19° C, to very hot in summer with maximum temperatures of 40° 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 Programs Support Officer.

There are two local taxicab services, “Broken Hill Yellow Radio Cabs”, and “Independent Taxi’s”, both operate 24 hrs.

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 approximately a 20 minute walk from to the main street (i.e. Argent Street) or main shopping precincts.

The UDRH has mountain bikes for hire; please ask the Student Programs Team for more information.

Shopping

Broken Hill has three major shopping areas - the Central Business District area of Argent Street, Centro Westside Plaza, and Coles Shopping Centre. The Centro Plaza houses Woolworth’s and Big W, as well as specialty shops. The Coles Shopping Centre houses Coles grocery store, Target, as well as specialty shops.

Eating out

Broken Hill has several cafes, most of which are situated on Argent Street and offer a range of food.

Restaurants can be found in local clubs, hotels, motels, local galleries and on Argent Street. Broken Hill has four major fast food chain outlets as well as Chinese restaurants and several local takeaway shops.

Banks

Broken Hill has most major banking services, including CommBank, Westpac, ANZ, NAB, and St. George Bank.
**Staying active**

There are many gyms and health clubs across Broken Hill to accommodate everyone’s different styles and tastes. These include the YMCA Broken Hill, YMCA at Aquatic Centre, Anytime Fitness, CrossFit Broken Hill, ESTR Personal Training Studios, Temple of Fitness and PCYC.

YMCA Broken Hill offers many options to students on placement, including a well-equipped gym, group fitness classes, squash and racquetball and many indoor team sports including soccer, netball and volleyball.

The Broken Hill Aquatic Centre on McCulloch Street is also managed by the YMCA and provides high-quality aquatic and recreation facilities and programs. Facilities include:

- Heated indoor 25 metre pool
- Heated outdoor 50 metre pool (open seasonally)
- Heated indoor hydrotherapy pool
- Boutique gym
- Water slide (open seasonally)
- Kiosk / cafe

![Broken Hill Aquatic Centre](image1.jpg)

**Broken Hill Aquatic Centre**

Temple of Fitness offers a fully equipped strength training and cardiovascular studio suitable for anyone looking reach their health and fitness goals.

Anytime Fitness on Argent Street offers 24-hour access to state-of-the-art resistance and cardiovascular equipment, including access to any of its 3,000 gyms worldwide.

Broken Hill also caters for dancers with several dance academies.

Running groups, bushwalking groups, horse-riding schools and many more fun and exciting activities await you in Broken Hill.

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 ukulele, 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), Silver City Races, 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.

Radio/ TV
Broken Hill is serviced by AM band stations; 2BH (567), ABC 2NB (999), FM band stations include; Hill FM (106.9), Hype FM (87.6), Triple J (102.1), ABC National (102.9), ABC Classical (103.7), 2KY Racing (100.5), Christian (87.6) and Tourist channel (88.0).

The following free to air TV stations are available;

- ABC1, ABC2, ABC3, ABC News 24
- SBS ONE, SBS Two
- Southern Cross GTS/BKN
- Southern Cross Ten
- Southern Cross Nine
- Eleven
- Nine
- One
- GO!
- GEM
- 7Two, 7Mate

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, Saltbush Evangelical Church, and an Afghan Mosque.

Useful websites
Broken Hill University Department of Rural Health
http://www.sydney.edu.au/medicine/drh

Far West Local Health District

Travel and Tourism details on this area

History of Broken Hill

Aboriginal Health
More questions

If you require any further information about any aspect of your placement please feel free to contact the student program manager:

John Walker  
Manager, Student Placement Program 
Department of Rural Health  
PO Box 457  
Broken Hill NSW 2880

Email: john.walker2@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