



RUSTICA

Tas Uni Undergraduate Rural Health Society

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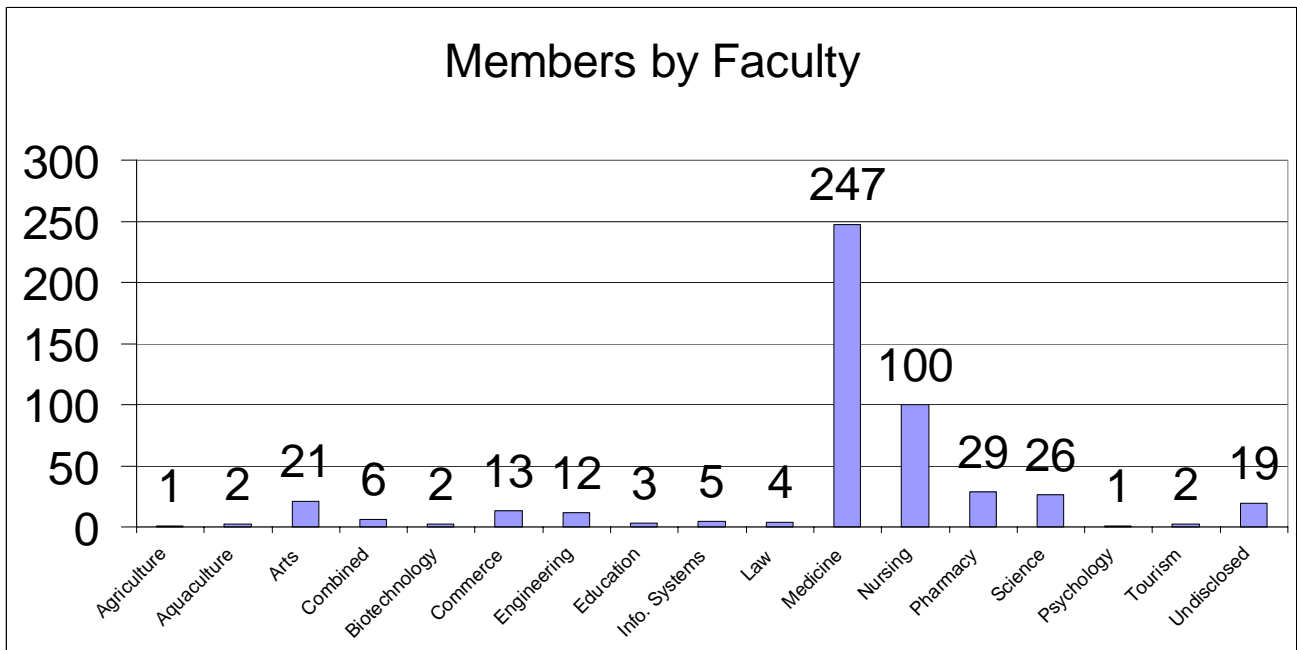
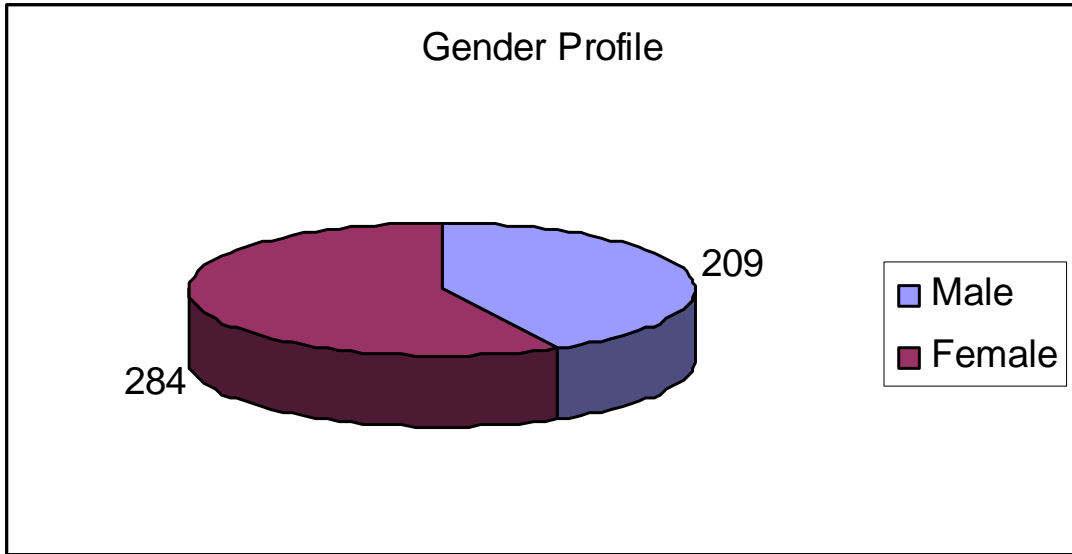
Mid-Year Report

June, 2004

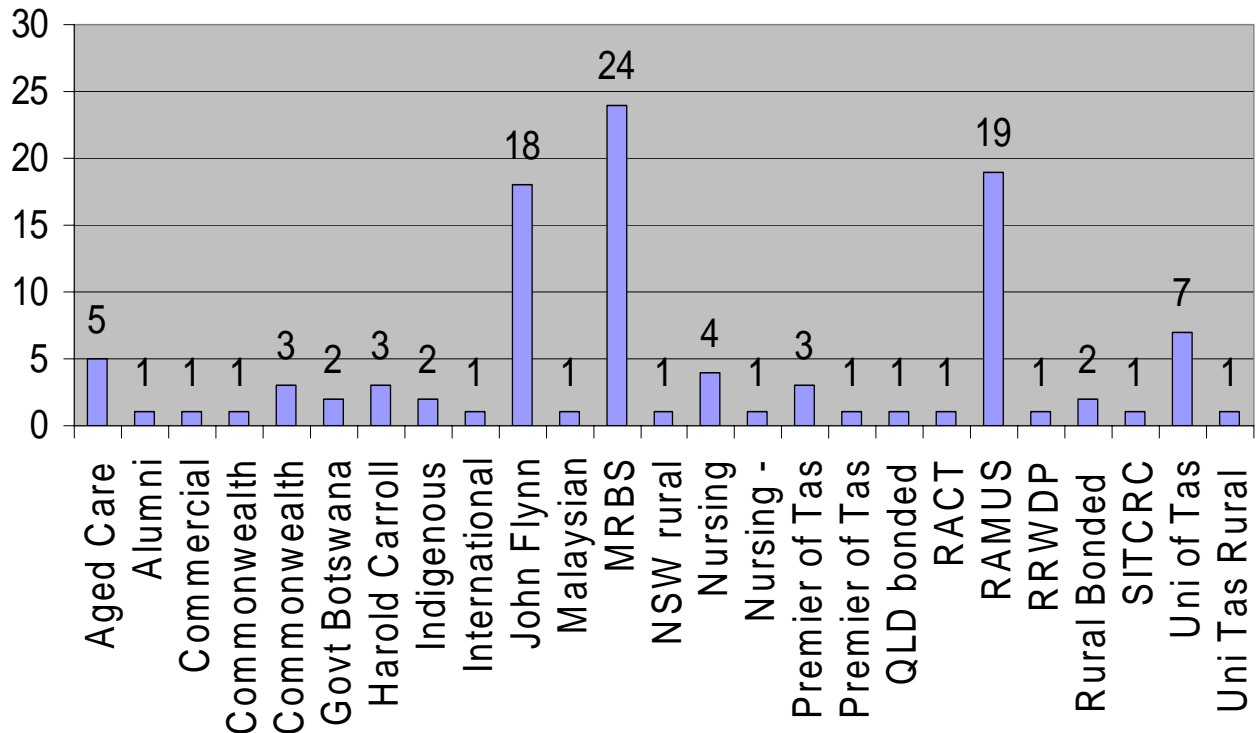
Rustica Executive & General Committee

President	Edward Vergara
Vice-President	Caroline Mooney
Treasurer	Tone Levang
Secretary	Wendy Henderson
ATSI Rep	David Lowman
NRHN Rep	Edward Vergara
Publications/Media	Joanne Ambrose/Leigh Beveridge
TUU Societies Rep	Lenore van der Merwe
RHSV Rep	Sarah Donoghue
Pharmacy Rep	Alannah Smith
Nursing Rep	Mike Yeandle
NRHN Jnr Rep	Alice Downie
Year 1 Med Rep	Ashley Hill
Year 3 Med Rep	Adele Zito
North-West Rep	Matthew Spotswood
Launceston Rep	Bich-Thu Duong/Conor Calder-Potts
International Officer	Ana Phillis
IT Support/Advisor	Melanie Wuttke

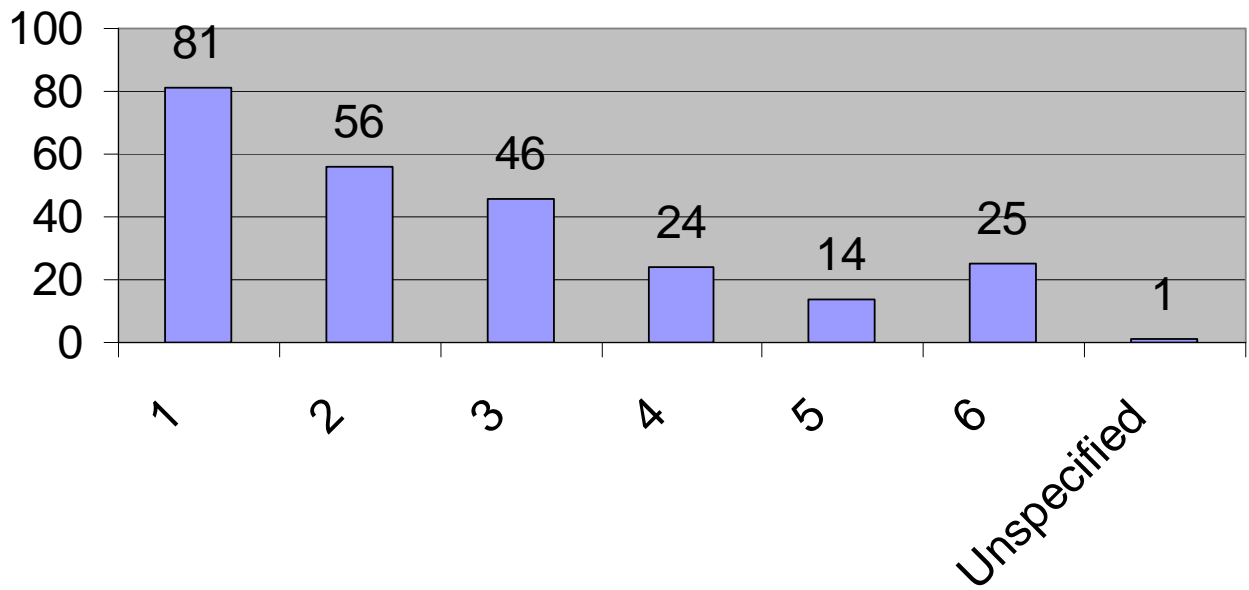
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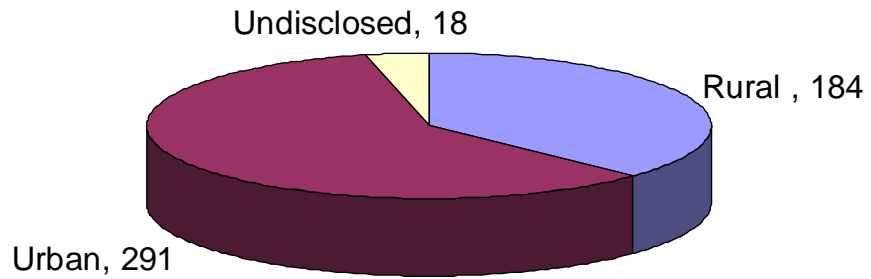
Scholarship Held By Members



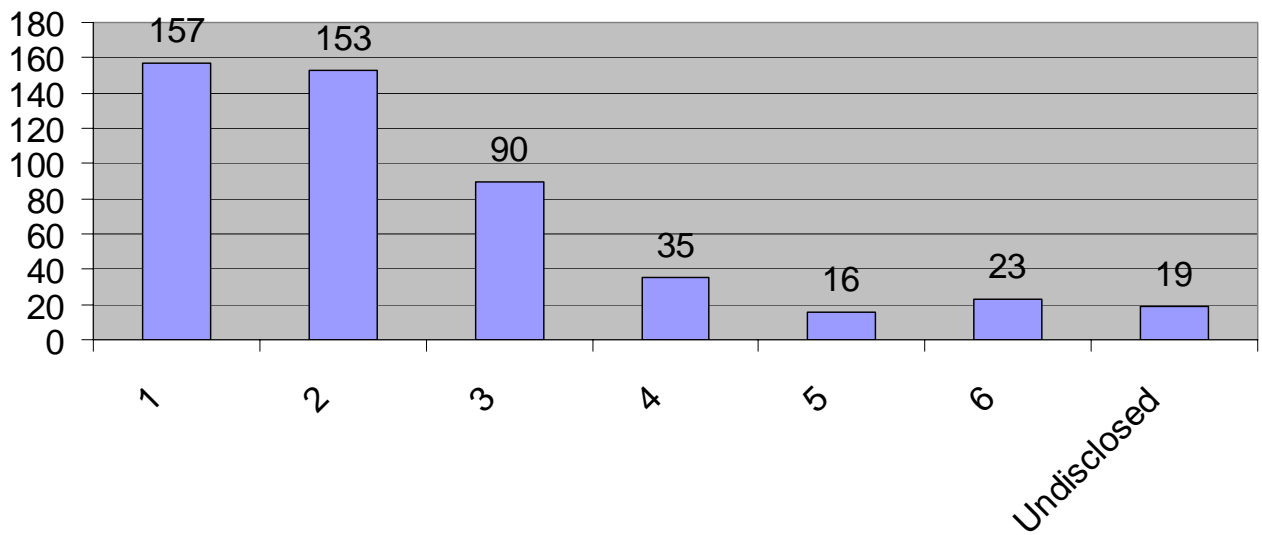
Medicine By Year



Rural or Urban Origin



Year of Study



Activities Summary – Semester 1, 2004

Overview

With the injection of a very enthusiastic first year medical students and a very busy nursing front at Newnham, Rustica has grown just that little bit again. With just under 500 members on our list, we are steadily growing due to a very exciting and relevant curriculum. The year thus far is seeing membership from varied backgrounds, making Rustica a truly multi-disciplinary rural health club.

The executive has aimed this year to push for more involvement from the non-medical fields and this has proved to be successful thus far. Nursing students at Newnham, under the leadership of Mike Yeandle the Nursing representative, has shown some successful events up north. A slower start over at the North-West but the second half of the year will prove to be full of activities. Rustica's relationship with Pharmacy has seen a resurgence this year with talks between clubs to try and increase the relevance of the club to pharmacy students.

Second semester will be all about consolidating on the hard yards traveled thus far by the club. We are aiming to take Rustica further than it has ever been before, with innovative and exciting events and activities in store.

First Year Orientation Day – 20th of February

The start of another year saw the dedicated crew of Rustica being very busy with the organization of welcome events and information evenings. Firstly was the 1st Year Orientation and Welcome, which was a joint effort between Rustica and TUMSS (our local Med Society). This was a successful day, which involved 115 first year medical students. The Executive Committee gave a presentation to these students and this was followed by a BBQ and sign up session. Concurrently, saw our Pharmacy Rep, Alannah Smith; present a similar talk to the 1st Year Pharmacy students.

Societies Day – 25th of February

On Wednesday the 25th of February, Rustica participated in the University of Tasmania's annual Clubs and Societies day at the Hobart campus. The day was a great success, with many people enjoying the sunny weather while they had a few drinks and checked out what all the clubs had to offer them. All the committee members helped out where they could to sign up new members and ensure a smooth, problem-free day. Showbags with Rustica's upcoming dates and lollies were given out, as well as Rustica information. For those members that signed up for the duration of their course, T-shirts were also given out. At present, there is a backlog of t-shirts, which are being redesigned and made for members.

From 11am until 2:30pm, approximately 200 members were signed up, all from various schools and faculties. All in all Societies day was a terrific event which allowed many people to join up to Rustica and enjoy the festivities. Rustica committee members were seen wearing cowboy hats and the ever so popular Rustica T-shirts. This was a good chance for the new and not so new members of the committee to see how much they could answer about Rustica and its operations. Although the club has been around for a little while we are still being asked what we are and what we stand for. It was also a good chance to liaise with the respective club executives from affiliated societies such as the pharmacy and med societies. Overall, a very good day, with sunscreen being splashed about the stall as we were positioned without any sun cover.

Scholarship Information Evening – 9th of March

March 9 saw our first information evening launched by two relatively new committee members. A great job was done by Joanne Ambrose and Anna Phillis in organising this important event. More than 60 students from all year levels attended this night to hear about current scholarships being offered to health science students from all areas including rural, university specific, Defence Force, statewide and RFDS scholarships and grants. The night was finished off with Pizza in the hospital med common room, a chance for individuals questions to be answered by the respecting representatives. Although the John Flynn Scholarship was presented in this evening, a separate presentation will be held for the medical students in Years 1 to 3. This would allow for the presenters to go into further detail about the scheme, especially since applications are due soon. This was scheduled for the 23rd of March. The scholarship night was held in CSLT 1 at the Clinical School.

The following scholarships and issues were showcased by:

- * Joanne Ambrose - John Flynn Scholarship
- * Sarah Donoghue - RAMUS and rural high school visits
- * Caroline Mooney - MRBS support
- * Australian Defence Force - ADF cadetships
- * Leigh Beveridge- University Scholarships
- * Lenore van d Merwe- QLD rural scholarships
- * Ana Phillis- NSW cadetship

Material regarding the ADF cadetships, John Flynn Scholarships and NSW cadetship information were also distributed. Following the presentations drinks and pizza were served in Club Med. After the formal part of the evening students attending were given the chance to interact with presenters and ask any questions they may have had. A great night was had by all!

Welcome Bash – 10th of March

March 10 was the official Rustica Welcome Bash, held in the newly renovated UniBar. This year, held on a Wednesday night, an intimate turnout of mixed years arrived for an evening of fun and frivolity. With nibbles aplenty, things were set to bubble along nicely. This was a great night to meet and chat with new and old members about their expectations of Rustica. Occasional discussions on rural issues were also done over finger food and drinks. A lot of enthusiasm was expressed by new members for upcoming activities and events. Unfortunately, the live entertainment was a notable absence, owing to a slight memory lapse on behalf of the bar staff. In spite of this, the Rustica-ites showed good cheer, moving into the general bar at around 9pm, to continue the festivities, to around midnight. Whilst the turnout was a little down on previous years, those who attended thoroughly enjoyed themselves, and had the chance to cruise and schmooze like professionals do.

Scholarships & Body Worlds Presentation Night – 25th of March

The night was launched by a presentation by Rosalie Maynard on Remote and Aged Care Scholarships. This was followed by a viewing of the “Body Worlds” DVD, which contained graphic images of the Exhibition by Gunther von Hagens. A lively ethical discussion on Body Worlds and von Hagens’ other work eg. public autopsy ensued. The ethical questions of body acquisition and informed consent, amongst many other aspects were debated. A total of 85 people attended this informative night at Newnham.

Continuing Professional Development – April 2 – 4

Held in the picturesque Cradle Mountain, the CPD weekend was another very popular activity with 15 Rustica members invited to attend. The first day saw dermatology for general practice be the main topic. This was a very hands-on session, which involved Dr. Frances Watkins holding a workshop on the use of a dermatoscope and taking biopsies. The afternoon was spent exploring Cradle Mountain and the lakes, as well as going through the art gallery at the venue. The evening was spent at a formal dinner with the remaining delegates and the night was a success with the 3-course meal being supplemented with quizzes and activities. The second day saw the delegates go through Infertility with an endocrinologist and fertility expert. This included IUD demonstrations. The afternoon was capped off by a presentation on detecting fraud in general practice, before our delegates headed back to their respective homes.

Rustica North Rural Bash – April 17 -18

Held in Carnaroo, Paper Beach in the Tamar Valley, the rural bash in the northern part of the state saw a massive event filled with fire shows, light shows, a band and music until the cows came home.

An event that raises the bar for future events up north and one that required a recovery breakfast and guided walk the following morning.

Tasmanian GP Atlas Launch – 20th April

The Launceston Launch of the Tasmania GP Atlas had a big media attendance. It aimed to give exposure to the birth (in the North of the State) of the Tasmania GP Atlas, a website which has the main thrust of aiding with recruitment and retention of General Practitioners to remote and rural areas of Tasmania. It also wishes to assist in the retention of Practice Nurses currently working within the state.

Peter Barnes from the Tasmanian Rural Workforce Agency sees the new website as acting like a "Lonely Planet Travel Directory" for Health Professionals. Along with the "Lonely Planet" aspect of the Atlas is a detailed community directory shown on an area specific basis. This directory can put prospective workers in touch with schools, banks, financial institutions and other services, which would facilitate a much smoother transition to relocation. The website has been linked to Google and other search engines which will make it more readily accessible.

Senator Guy Barnett attended the opening and spoke of the government's drive to provide an additional 1500 Doctors and 1600 Practice Nurses Australia-wide. Hopefully this new electronic ambassador will stimulate General Practitioner, and other Health professional, interest from within Australia and from overseas, helping to fill medical service provision short-falls in rural and regional areas of Tasmania. The Tasmania G.P Atlas can be viewed on: www.gpatlas.org.au

Clinical Skills Night – 21st April

Over 100 students participated in the clinical skills night for semester 1. Students attended the skills night from both the Hobart and Newnham campuses. A big turnout including new members attended and on the night the traditionally popular activities such as suturing, venipuncture, and plastering had to offer additional places. The sessions offered were:

- **Sexual Health** *Barbara Lennox (Sexual Health, Collins Street)*
- **Plastering** *Edi Vergara and Melanie Wuttke*
- **Venipuncture** *Jon Lane and Tim Starkey*
- **Suturing** *Tim Marshall and Leigh Dahlenberg*
- **Methadone Program** *Cindy Clayton (Alcohol and Drug Services)*

Adventure Weekend – April 24 – 25

On a weekend that was cold and wet, one would be forgiven to think that the very popular adventure weekend would have been miserable. Reports from the excited 35 members proved otherwise. Given that abseiling was cancelled as it was too dangerous and given that everyone got wet and spent a lot of time indoors, this did not dampen the spirits of our adventurers. Sea kayaking was still on offer and many took advantage of this and everyone who wasn't wet already got so by the end of the session. The indoor sessions were also a hit with many activities and bonding sessions on offer. Reports had it that "you had to be there". Everyone is excited about another one being organised for next semester.

Caroline and Mel started off with wonderful plans for the adventure camp. The weather had been beautiful all week culminating in a freakily hot night on the Thursday but turned to being completely ordinary with both of us being woken by the rough weather on the Friday morning. We optimistically packed up the KIA and trailer and headed up the coast to set up.

Saturday turned out to be even worse. The group arrived at 1 and after a quick warm in front of the fire and some lunch, headed off on a walk around the foreshore to glance at where the hazards normally dominate the scenery but they were obscured by cloud. We then hired out the local community centre and had a mini-badminton tournament before firing up the BBQ for dinner. We'd taken a heap of board games and cards with us which entertained the masses until reasonably late into the night.

The next morning, the group was up and about early to take part in the activities run by Aardvark adventures. We had originally planned to go abseiling and rock climbing but the granite had become very slippery with all the rain and 2m waves were hitting the spot we were meant to abseil down into. That left sea kayaking which was a heap of fun in the gentle waves and the water proved to be warmer than being out of it. Some of the group then went for a bushwalk and a bit more exploring around the area.

Gunshot Wounds & Medimate Presentation Night – 27th April

The first part of the evening was held by Danielle Truscott from the National Prescribing Service who gave an insightful talk on Medimate, Radar and other services provided by NPS. From a nursing perspective the main interest was on Home Medication Reviews which is a free service provided to the consumer.

After a coffee break the Presentation on Gunshot wounds and a glimpse into the life of an army medic in tempestuous East Timor, was very ably presented by one of our own students Katie Walker. Graphic slides of Gunshot wounds, both inflicted and self-inflicted served to open the presentation. She then talked through ballistic information with regard to both high and low velocity weapons and their associated projectiles. Temporary and permanent cavities were discussed and demonstrated, with the use of slides of course! A case study, which involved an accidental shooting, was used to good effect to demonstrate procedural information both from military and clinical points of view. Katie concluded her presentation by giving an insight into the life of an army medic posted to East Timor in times of civil unrest. For part of her time there Katie acted in the capacity of forensic pathologist, helping to ascertain cause of death for many East Timorese exhumed from mass graves. We signed up 30 new members on the night and the presentation was enjoyed by a total of 80 students and a few of their guests.

Advanced Study & Electives Information Night – 13th May

We had a really good turn out this year, with around 100 eager members showing up to hear about the experiences and adventures had by fifth and sixth year med students on their advanced study and elective placements. Placements included in the presentations varied from Central Australia, the Top End and Groote Eylandt on the closer side to home, to places as far flung and exotic as India, Thailand, South Africa and the Caribbean. Students who had undertaken research projects and rural Pharmacy placements were also amongst the presenters. Everyone there had a great time, and went home with truckloads of inspiration and ideas to start planning their own elective placements.

Rustica All Branch Meeting – 24th June

It feels good when a meeting sparks creativity and enthusiasm in people. This was what happened when committee members from all branches and disciplines sat together at the Launceston General Hospital to discuss the future directions of Rustica. Ideas were shared and many of the newer committee members benefited from the experiences of the more senior members. The formal part of the discussions went on for over four hours and some more as discussions were continued over dinner. Plans for the following Semester were finalized and planning for Rustica's involvement at the 2004 AMSA Convention and the NURHC were well underway.

Rural High Schools Visit

Sarah Donoghue, Rustica's Rural High Schools Visit Rep had a busy time this year organizing a number of high school visits. A lot of the work has been done in conjunction with the University

Department of Rural Health and so many thanks to them, in particular Ms. Rosalie Maynard. Rustica is also proud of its yearly contribution to the health stand at AGFEST.

Proposed Activities for Semester 2, 2004

Semester 2 Kickback – a Rustica welcome to members for Semester 2

Travel & Tropical Medicine Presentation – Prof. Goldsmidt will be asked to present a talk on this topic, proposed for the 3rd of August

Clinical Skills Night – More of this ever popular skills night, incorporating the favourites as well as new stations.

First Aid on the Run Competition – With the help of Dr. Edi Albert, we hope to kick start this annual event with a rural twist.

NURHC, Tanunda SA – Ten with potentially more Rustica members will head north-west to South Australia for the 8th National Undergraduate Rural Health Conference, the peak conference of the NRHN. It's time to make a difference by putting all rural health club members together for a mixture of policy and decision making as well as networking. It's all about getting involved.

General Practice versus Specialists – Is one better than the other?

Indigenous Camp – A north-west based camp that will involve statewide participation in learning more about Tasmania's Indigenous Culture and how the health care team fits into it.

Annual General Meeting – This year scheduled for the 20th of October.

Newnham/Launceston Skills night – Medical and Nursing students working together? Believe it or not!

Bachelor Of Medical Science Graduation Dinner – Organised in conjunction with the Tasmania University Medical Students' Society. An all branch affair.

CPD Weekend – Semester 2

Clinical Skills Night in the North-West

Scholarship Feedback Session – What can Rustica do to further support those with Rural Scholarships?

Rural High Schools Visits

University Open Days

Edward Vergara (President)
Rustica