




**Flinders
University**

**Rural and Remote
Health SA**



Rural Student Placement Guide

Medicine, Nursing and Allied Health



Flinders University acknowledges the Traditional Owners and Custodians of the lands on which its campuses are located, these are the Traditional Lands of the Arrernte, Dagoman, First Nations of the South-East, First Peoples of the River Murray & Mallee region, Jawoyn, Kurna, Larrakia, Ngadjuri, Ngarrindjeri, Ramindjeri, Warumungu, Wardaman and Yolngu people. We honour their Elders past, present and emerging.

Artwork Credit:

Elizabeth Close

A Pitjantjatjara Yankunytjatjara woman and Flinders alumna, who graduated from the University with a Bachelor of Nursing in 2011.

CONTENTS

PREPARING FOR YOUR PLACEMENT	3
Subsidised accommodation	3
Student reimbursements	4
Internet Access	4
Placement scholarships	5
Rural campus access	5
Student Networking Interprofessional Sessions (SNIPs)	5
STUDENT SAFETY AND WELLBEING.....	6
Safety and security while on placement	6
When The Cowpat Hits the Windmill	6
Counselling Services	6
Bushfire Safety.....	7
Flood Safety	7
COVID-19	7
USEFUL RESOURCES	8
Flinders University Rural Health Society	8
Ride Along Program.....	8
Other university student clubs	8
Placement resources.....	8
Rural health textbooks.....	9
Rural health memberships	9
Free online short courses	9
Useful Links	10

Rural and Remote Health SA

Flinders University

Email: rrhsa.placements@flinders.edu.au

Website: <https://www.flinders.edu.au/flinders-rural-and-remote-health-sa>

Flinders University Rural and Remote Health SA is funded by the Federal Government's Rural Health Multidisciplinary Training (RHMT) program to support medical, nursing, midwifery and allied health students undertaking rural and remote health placements.

The RHMT program is a health workforce initiative seeking to positively influence health students to choose to work in rural and remote Australia.

PREPARING FOR YOUR PLACEMENT

Once your placement has been confirmed by your Work Integrated Learning Team, you will receive a welcome email from Rural and Remote Health SA. This email contains a link and log in credentials to our DVE placement management system.

You must complete the "To do" items on the DVE placement management system. Failure to complete these items may impact your placement. The information provided on the DVE placement management system will assist you in accessing the supports available including subsidised accommodation.

Before your placement, please ensure you have completed the following checklist:

1. Log in and complete the placement information questions in the placement system.
2. Prepare for how you will travel to and from, and during your placement. For a majority of rural placements, a motor vehicle will be required.
3. Ensure you have the relevant information from your placement supervisor. i.e. location to meet on first day, contact numbers, expectations whilst on placement etc.
4. If you require accommodation during your placement and have not been provided the link to book, contact rhsa.placements@flinders.edu.au
5. Read the Rural Student Placement Guide.

Cultural Awareness Training

Before the start of your placement, you are required to complete online cultural awareness training. Click the link below and follow the steps to complete the Your Mob Indigenous Cultural Awareness Foundations Course.

[Indigenous Cultural Awareness Foundations Course](#)

Subsidised accommodation

Flinders University Rural and Remote Health SA provides accommodation support for domestic students studying a health degree who undertake clinical placements of a minimum two weeks across South Australia.

Accommodation is in the form of shared houses, units or apartments, depending on your location, with single bedroom accommodation for each student. Kitchen, living areas, and bathrooms are shared spaces for all students staying in the property. All Flinders managed housing is fully furnished with Internet access.

- Accommodation may include students from other universities, and/or health disciplines.
- Housing may be shared by individuals of different genders.
- Accommodation is not routinely available for partners, family members or pets.
- Accommodation is heavily subsidised.
- A \$200 refundable security deposit applies to all bookings and is payable within 48 hours of accepting a booking.

When completing the placement questions in the DVE placement management system, you will be asked if you require subsidised accommodation. By clicking yes, you will be sent a link to the accommodation booking portal.

Being away from home poses different challenges for different people. One of the major challenges is financial hardship. Our priority is that the accommodation we provide be safe, secure, and accessible. By reducing the financial challenge of accommodation expenses while on placement, our hope is that each of our placement students has a greater ability to focus on learning, studying and participating in the communities they are living in.

Student reimbursements

Flinders University students studying in the College of Nursing & Health Sciences can apply for assistance for payment of accommodation fees and travel costs. For further information see the rural placement information under your relevant compliance area:

<https://students.flinders.edu.au/my-course/placements/compliance>

Domestic students not receiving any financial support via scholarship or funding from your own university/college, may apply for a predetermined funding amount from Rural and Remote Health SA to cover fuel expenses. This is the equivalent to one return trip from Adelaide to your placement town. Students are required to complete a student expense reimbursement form at the completion of the placement. Please note that receipts are not required to be submitted.

Please contact rhsa.placements@flinders.edu.au for further information and to obtain forms for reimbursement.

Internet Access

All Flinders managed housing includes internet connection. Where students are on a rural placement and staying in hospital accommodation where internet is not provided, students may hire a wi-fi modem. The cost to the student is free. However, failing to return or damaging the modem will incur full replacement costs. Any unreturned modems will be cancelled and rendered unusable.

Eligibility:

- Domestic students from Flinders University only.
- The placement duration must be of a minimum 2 weeks.
- The student must be undertaking a health degree.
- Accommodation arranged through the hospital for placement duration.
- Not residing in a Flinders University Rural & Remote Health SA owned/leased house.

Please contact rrhsa.placements@flinders.edu.au to request a loan form.

Placement scholarships

Scholarships listed below are relevant to Medicine, Nursing and Allied Health students undertaking a rural placement as part of a health degree:

<https://www.flinders.edu.au/content/dam/documents/colleges/cmph/flinders-rural-health/scholarships-rural-health-placements.pdf>

Students may be eligible for other scholarships offered by Flinders University:

<https://www.flinders.edu.au/scholarships> or through other organisations:

- <https://www.myhealthcareer.com.au/university-scholarships/>
- Student Associations.
- Contact your university student association - they often offer financial support for students who are struggling.
- Flinders University students please refer to the FUSA website: <https://fusa.edu.au/>
- Flinders University Financial Support.

There are a wide range of support and services available for Flinders University students - please visit <https://students.flinders.edu.au/support#finance>.

Rural campus access

Flinders University Rural & Remote Health SA has campuses in Mount Gambier, Murray Bridge, Nuriootpa, Renmark and Victor Harbor. Facilities on campus include computer labs, internet access (eduroam), printing and student support.

See <https://students.flinders.edu.au/uni-life/regional-sa-locations> for information about accessing our rural campuses. Please contact your local campus for a site orientation.

Student Networking Interprofessional Sessions (SNIPs)

SNIPs are informal gatherings where students from different universities and healthcare disciplines come together to learn, network and share placement experiences. These sessions emphasise interprofessional collaboration, and person-centred care, welcoming students from any university and any area of health. They provide a relaxed environment conducive to fostering connections and exchanging insights among peers. Please look out for invitations to local sessions during your placement.

STUDENT SAFETY AND WELLBEING

Prioritising your health and wellbeing not only enhances your personal experience but also contributes to your effectiveness as a healthcare professional. Here are some tips on how to look after yourself on placement:

- Good nutrition promotes good learning - eat healthy food to fuel your brain.
- Incorporate exercise into your placement routine (join a local gym if one is available).
- Connect with other students also on placement at the same time.
- Stay in contact with family and friends via phone and social media.
- Don't forget to take some time out and rest while on placement e.g. read a book or do some sightseeing.

Academic and Professional support staff across our campuses are trained to recognise and assist students in difficulty, coupled with established links to central and local support services for appropriate referral. If at any stage you are struggling, please reach out to us via rrhsa.placements@flinders.edu.au

Safety and security while on placement

Flinders University has resources available to help you manage any incidents you may encounter while on placement. Please follow these steps in the event of an emergency or incident:

- In the event of an emergency, please call '000'.
- Once help is on the way, or if the situation is not an emergency but you still require assistance, notify **Flinders 24-hour Security** and they will contact your local student support team. Their number is **(08) 8201 2880** (*please program this number into your phone*). This applies to all students, regardless of their home university.
- For matters relating to Flinders University rural and remote accommodation, please follow procedures provided in your welcome information.

Please report all accidents, incidents or hazards that occur on Flinders University Rural & Remote Health sites including campuses and student accommodation in [FlinSafe](#).

When The Cowpat Hits the Windmill

This special publication produced by the [National Rural Health Student Network](#) focuses on how to stay mentally fit while on placement or working rurally. It contains tips on ways to maintain good mental health, how to adjust to life in a new town and a helpful checklist when preparing to go on placement. There is also a comprehensive list of contacts for national helplines and university support services.

Download a copy [here](#).

Counselling Services

Your university may have counselling support services available to you even if you are not on campus - check with your university before commencing placement.

Flinders University Students Counselling can be provided in person in Adelaide, or via phone or Skype. If you are studying in rural or remote areas and would like a face-to-face service, contact the counselling team and they will provide you with local options.

Information can be found at: <https://students.flinders.edu.au/support/hcd/counselling>

University of Adelaide: <https://www.adelaide.edu.au/student/wellbeing>

University of South Australia: <https://i.unisa.edu.au/students/student-support-services/counselling>

Other support services available are:

BUSH SUPPORT SERVICES 1800 805 391 Bush Support Services is a 24-hour confidential telephone support and debriefing service for multi-disciplinary remote and rural health practitioners and their families. It is staffed by qualified psychologists with remote and cross-cultural experience, is toll free and available from anywhere in Australia. For more information <https://crana.org.au/mental-health-wellbeing/call-1800-805-391>

SA Regional Access 24/7 <https://saregionalaccess.org.au/> At this link there is information about SA Regional Access, a 24 hour 7 day a week telehealth online counselling service that offers free professional and online counselling for anyone who live or works in regional, rural or remote South Australia or have a rural connection. You do not require a medical referral to initiate contact. This means you can access free professional counselling anywhere, at a time that is convenient to you.

Bushfire Safety

Information regarding bushfire safety for Flinders University Rural & Remote Health Campuses and students undertaking placements can be found [here](#).

Flood Safety

Information regarding flood safety, particularly in areas along the Murray River, can be found [here](#).

COVID-19

For the latest COVID updates please refer to the following websites:

- [Flinders University](#)
- [SA Health](#)
- [Department of Health](#)

USEFUL RESOURCES

Flinders University Rural Health Society

The Flinders University Rural Health Society (FURHS) is a unique society that offers you an opportunity to network and socialise across colleges and the university.

FURHS hosts a range of social and formal events aimed to give you a taste of all the fantastic opportunities and lifestyle rural Australia has to offer and give you the opportunity to meet some amazing people.

FURHS is proud to be one of the amazing South Australian Rural Health Clubs. We work closely with Flinders University Rural & Remote Health SA to promote rural health and to offer you some amazing events:

- Royal Flying Doctor Service Flights (Ride Along Program – see below)
- Wilderness Health Evening
- Interstate Conferences
- Rural High School Visits
- Indigenous Community Engagement Activities
- Allied Health & Nursing Dinner
- Tri-club events with other SA universities and more!

Whether you're looking to have fun at Uni or would like to find out a bit more about working and living rurally, we're here to accommodate you. What are you waiting for? [Sign up for free](#)

Information about their events including club meetings can be found on their social media pages: <https://www.facebook.com/FURHS/> & <https://www.instagram.com/furhs>

Ride Along Program

The Ride Along Program is a partnership between the Royal Flying Doctors Service and the Rural Doctors Workforce Agency. It allows medical and nursing students to 'ride along' with the RFDS for a one-day observational attachment. Applicants must be a member of Flinders University Rural Health Society. [Learn more.](#)

Other university student clubs

Most universities have a Rural Health Club. Visit the National Rural Health Student Network website to find a club to join: <https://nrhsn.org.au/rural-health-clubs/>

Placement resources

National Rural Health Student Network (NRHSN) [Rural Placement Guide](#): A guide to rural placements written by health students for other health students.

National Rural Health Student Network (NRHSN) [When the Cowpat Hits the Windmill Guide](#): written by students for students and focuses on how to stay mentally fit while on placement or working rurally.

Australian Rural Health Education Network (ARHEN) [Student Placement Guide](#): If you're undertaking a rural placement outside of South Australia – check here for useful contacts at

other University Departments of Rural Health. Subsidised accommodation and localised information may be available.

Rural health textbooks

A Textbook of Australian Rural Health, ST Liaw & S Kilpatrick 2008 – free download: https://www.farmerhealth.org.au/sites/default/files/2008_Textbook_of_Aust_Rural_Health.pdf

[Australia's Rural, Remote & Indigenous Health, Janie Dade Smith](#) 2016 - a fantastic resource available from university libraries or to purchase online.

Rural health memberships

Free membership with your university student health club. See: link to our page.

Free membership for allied health students to Services for Australian Rural & Remote Allied Health (SARRAH): <https://sarrah.org.au/membership-individual>

SARRAH is the peak body representing rural and remote allied health professionals working across all sectors: <https://sarrah.org.au/about>

Free membership for any Undergraduate Health Student with CRANaplus: <https://crana.org.au/membership/individual>

CRANaplus is the peak professional body for the remote and isolated health workforce: <https://crana.org.au/about-us/who-we-are>

Free online short courses

- Indigenous Cultural Awareness Foundations (Your Mob Learning): https://www.yourmoblearning.org/enroll/2520786?th__ug=749daa81
- CRANaplus: Becoming a remote area nurse: essential knowledge: <https://crana.org.au/learning-opportunities/online-courses/becoming-a-remote-area-nurse-essential-knowledge>
- CRANaplus: Adapting self-care practices during clinical placement: <https://crana.org.au/learning-opportunities/online-courses/adapting-self-care?productId=2481>
- CRANaplus: Critical conversations: <https://crana.org.au/learning-opportunities/online-courses/critical-conversations>
- Question, Persuade & Refer (QPR) Online Suicide Prevention Training: <http://lifespan.qprtraining.com/setup.php> (Log in using the organisation code CSA)

Useful Links

- [How to prepare yourself psychologically for work placements](#)
- [Tips to succeed while on placement](#)
- [Placement problems or concerns](#)
- [Student Health & Wellbeing blog](#)
- [Student Support & Services Directory](#)
- [Student Health, Counselling & Disability Services](#)
- [Flinders Student Support Network](#)
- [Beyond Blue - Get Support](#)
- [Beyond Blue – Work & Mental Health](#)
- [Lifeline Crisis Chat](#)
- [RUOK?](#)
- [The 7 types of rest you need to actually feel recharged](#)
- [Get the latest news from Health, Counselling & Disability Services](#)
- [Managing your mental health online - useful apps, forums & self guided programs](#)
- [Health Direct: General health information](#)
- [Smiling Mind](#)
- [Moodgym](#)