

Interview Information



GRAMPIANS
MEDICAL TRAINING



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Introduction

The **Grampians National Park** (also known as **Gariwerd**) is located 260 kilometres west of Melbourne between Stawell and Horsham on the Western Highway.

Named Gariwerd by one of the local Australian Aboriginal languages, the ranges were given their European name in 1836 by Surveyor General of New South Wales Sir Thomas Mitchell after the Grampian Mountains in his native Scotland.

Proclaimed as a national park on 1 July 1984, the Grampians National Park features a striking series of sandstone mountain ranges and is one of the richest Indigenous rock art sites in south-eastern Australia with painted motifs depicting humans, human hands, animal tracks and birds visible at several locations throughout the park.

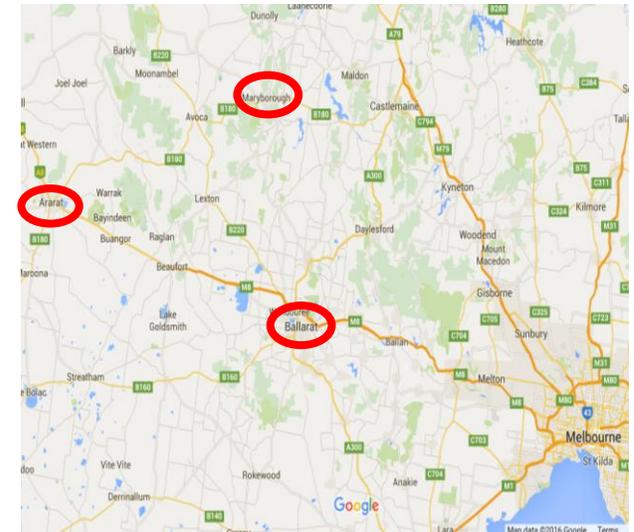
Region

The Grampians Region extends from Bacchus Marsh to the South Australian border. The region, some 48,000 kilometres, is home to more than 230,000 people.

Ararat is a city in south-west Victoria, Australia, about 198 kilometres west of Melbourne, on the Western Highway between Victoria's Western District and the Wimmera. Its urban population according to Ararat Rural City Council Website is 8,076 in a region of 11,752 residents.

Ballarat is a city located on the Yarrowee River and lower western plains of the Great Dividing Range, approximately 105 kilometres west-north-west of Melbourne. It is the third most populous urban area in the state, with a population of 85,935.

Maryborough is a small city located on the Pyrenees Highway, 58 kilometres north of Ballarat and 168 kilometres north-west of Melbourne, in the Shire of Central Goldfields. At the 2011 census, Maryborough had a population of 7,630.



Partnership

The Grampians Medical Training program is a partnership between East Grampians Health Service (Ararat), St John of God Ballarat Hospital and Maryborough District Health Service. It is a community based intern program where the intern can gain a relevant and thoroughly hands on experience in the roles and procedures of the rural doctor. The Grampians Medical Training program provides the opportunity for career progression from undergraduate to general practitioner or specialist registrar. The program is designed to create a strong basis for a rural medical career whilst also developing skills transferrable to metropolitan practice.

This is an innovative model which provides participants exposure to both public and private health services and regional and rural locations.

Interns complete the rotations of General Medicine, Surgery, Emergency and General Practice. For their 5th rotation, interns repeat one of these rotations. Where possible the intern has the opportunity to chose which rotation they repeat.



St John of God Ballarat Hospital (SJOG)

St John of God Ballarat Hospital is the largest private not-for-profit hospital in regional Victoria. Since opening in 1915 it has grown to 196 beds and provides an extensive range of health care providing city services to residents living in Ballarat and Western Victoria. St John of God Ballarat Hospital is a division of St John of God Health Care one of Australia's largest health care providers.

The hospital is equipped with six wards, an emergency department with 13 treatment rooms for the management of acute illness and injury which treats around 16,000 patients annually, six operating theatres, a cardiac and vascular angiography suite with the latest angiography equipment and interventional angiography services and day procedure centre.

There is a full suite of diagnostic imaging modalities, including ultrasound, CT, MRI and PET Scanning.

Services include inpatient and out patient rehab, oncology, most surgical specialities and a range of other medical specialities. It is supported by an Intensive Care Unit. There is also a busy obstetric unit.

A wide range of clinical training takes place in nursing, medicine and allied health. Current relationships exist with Australian Catholic University, University of Notre Dame Australia, Melbourne University, Federation University and Deakin University.

Specially trained staff, the latest medical technology and the facilities of a new hospital combine to ensure medical care of the highest standard for everyone.

www.sjog.org.au/hospitals/ballarat



Rotations – Emergency Medicine (SJOG)

Overview - Acute Medical and Surgical hospital with 196 beds.

The Emergency Department sees approximately 16000 presentations per year.

Clinical casemix is mostly triage category 2, 3 and 4, with some Category 1 and 5 patients. (Complexity ranges from very high to moderately low). We do not receive multi-trauma.

Paediatric presentations constitute 15% total presentations. Patients aged over 65 constitute 35% of presentations

Average of 38 presentations per day, with an average of 8 admissions per day. (Approx admission rate of 25%)

The department has 13 designated treatment areas, including a major resuscitation room. 11 bays have full monitoring.

We have an interventional cardiac catheter lab which operates 24 hours, 5 days per week. We do not have cardiothoracic surgery or neurosurgery.

Rostered Duties would include assessment and management of emergency department patients under supervision of FACEM or SMO at all times. There would be no expectation to work unsupervised nor to perform duties of the Admitting Officer.

Typical duties would involve:

- Taking patient histories
- Performing examinations
- Interpreting common investigations including ECG, X-rays, Blood tests
- Documenting each consultation
- Developing a management plan and follow-up if relevant
- Presentation of more complex patients to a senior doctor before commencing treatment.
- Participation in all MET Calls during rostered hours

Supervision - The term supervisor will be the Director of Emergency Services, Dr Vincent Russell, who is also the Director of Medical Services. When the Director of Emergency Services is unavailable for supervision, the intern will be supervised by another Emergency Department Senior Medical Officer. This will include the Supervisor of Intern Training, Associate Professor Andrew Dean. Supervision will be provided appropriate to the intern's needs.



Rotations – General Medicine (SJOG)

Overview - Acute Medical and Surgical hospital with 196 beds.

Inpatients - Excluding oncology & interventional cardiology, but including inpatient rehabilitation, the medical patients admitted for overnight admissions to this hospital in 2013 numbered 3750 (Medical 3166, rehabilitation 584). They are a mixture of all sub-specialities with a bias to older patients, who generally have many co-morbidities.

- **Medical** - average inpatients per day – 47 patients (range 37 – 58), average length of Stay – 5.4 days
- **Rehabilitation** – average inpatients per day - 20 patients, average length of stay 11.1 days
- Bed allocation is a total of 43 medical beds, plus 20 rehabilitation beds
- **Outpatients** - Same day Medical attendances, excluding Oncology and outpatient rehabilitation = 492. Of these 274 were endoscopic examinations. There is a small number of medical patients who attend the ED for ongoing dressings and review, who would be included in the above total figure. The only “outpatient” medical services where the intern will be involved are in the Rehabilitation Outpatient clinic and Medical Admissions via the Emergency Department.
- **Emergency & Elective Medical Admissions** - The vast majority of medical overnight admissions are emergency admissions via our Emergency

Rostered duties would include assessment and management of medical department patients under supervision of a Physician or Senior Medical Registrar at all times. There will be a daily ward round of the patients of the nominated Physicians. Emergency patients are admitted under different Physicians each day, as there is no admitting day per Physician as occurs in public hospitals. The Intern will be involved in, but not responsible for, the admission of those patients.

There were 900 outpatient rehabilitation Physician/Registrar consultations last year, with the Registrar attending one clinic per week. The Intern will undertake the same timetable. Typical duties would involve:

- Taking patient histories
- Performing examinations
- Interpreting common investigations including ECG, X-rays, Pathology results
- Documenting the findings
- Developing a management plan and follow-up if relevant
- Presentation of more complex patients to a senior doctor before commencing treatment.
- Participation in all MET Calls during rostered hours

Supervision - The term Supervisor is Dr Saleem Khan, Rehabilitation Physician. Supervision will also be provided by other Physicians of varying specialties, the Senior Medical Registrar and the Intensive Care Medical Officer. There is no expectation for the intern to work unsupervised.



Ballarat Region - Recreation

Ballarat and Surrounds

Victoria's largest inland city, Ballarat is a thriving hub of contemporary arts, events and food and wine, with a fascinating heritage backdrop.

Golden dreams

Explore the legacy of the gold rush, still evident in the magnificent architecture and tree-lined streets of the town today. Admire the city's Victorian and Edwardian buildings, parks, gardens and statues by following one of the visitor information centre's self-guided heritage walks.

Blood on the tracks

Pan for gold and watch the hustle and bustle of an 1850s gold mining settlement at Sovereign Hill. Don't miss the dramatic Blood on the Southern Cross sound and light show, recreating the story of the Eureka Rebellion.

Out and about

Spend a day enjoying the fantastic collection of Australian art at the Art Gallery of Ballarat, Australia's oldest and largest regional gallery. Catch a show at Her Majesty's Theatre, originally opened in 1875, and wander through specialty shops stocking everything from boutique clothing and books to homewares, crafts and homemade supplies.

Transport

V/Line operates hourly passenger rail services between Southern Cross Station, Melbourne and Ballarat Station on weekdays. For further information and timetables, please visit the V/Line website, www.vline.com.au.



East Grampians Health Service (EGHS)

East Grampians Health Service is located in Ararat Rural City 2 hours west of Melbourne and takes its name from the magnificent mountain range that provides a backdrop to the municipality. East Grampians Health Service is a leading provider of public health services to communities in western Victoria. The organisation delivers a comprehensive range of services including acute medical, surgical, diagnostic, residential and community based services. There are 29 acute medical and surgical beds, 4 urgent care beds including a behavioural assessment room, 2 Operating Theatres, 6 Day Procedure Beds, 8 Chemotherapy Chairs and 6 Dialysis chairs.

These beds are supported by 24/7 access to radiology and Dorevitch Pathology Services. EGHS has recently purchased a 32 slice CT scanner and 2 x Ultrasound machines.

Surgical services include General Surgery, Ear Nose and Throat, Vascular, Emergency Surgery, Obstetrics and Gynaecology, Ophthalmology, Orthopaedics, Urology, Dental and Day Surgery.

East Grampians Health Service is the 2015 and 2016 Victorian Public Health Service of the Year Award Winner (Medium Service).

www.eghs.net.au



Rotations – Surgical (EGHS)

Overview - East Grampians Health Service Perioperative Unit Services include

- General Surgery
- Ear, Nose and Throat
- Vascular
- Emergency Surgery
- Obstetrics and Gynaecology
- Ophthalmology
- Orthopaedics
- Urology
- Dental
- Patient Complexity – ASA I and II

Rostered duties will include assessment and management of surgical patients under supervision of the surgeon or VMO Anaesthetist at all times. There would be no expectation to work unsupervised. Typical duties would involve:

- Assisting the surgeon in theatre
- Assisting the anaesthetist in theatre
- Taking patient histories (in preadmission and surgical consultations)
- Performing examinations
- Performing common procedures
- Interpreting common investigations including ECG, X-rays, oximetry and ABGs
- Documenting the findings
- Developing a management plan and follow-up if relevant including completing appropriate referrals and discharge summaries
- Attending Urgent Care Centre to assess surgical emergency presentations under the supervision of a VMO
- Presentation of more complex patients to a senior doctor before commencing treatment.

Supervision - The Term Supervisor at East Grampians Health Service will be Mr Kontonku Shimokawa, a Fellow of the Royal Australasian College of Surgeons. When Mr Shimokawa is not available for supervision, the intern will be supervised by the surgeon rostered to theatre on that day. All visiting surgeons will be involved in the supervision and teaching of the intern as will the Anaesthetists who provide much of the aftercare. All surgeons are experienced in supervision in their substantive positions in regional public hospitals.



Ararat Region - Recreation

Ararat and Surrounds

Travel back in time to Australia's golden era and experience the gold rush from a fresh angle. Ararat's rich gold rush history was set apart by being the only town in Australia founded and developed by Chinese migrants.

Golden origins

Discover the Gum San Chinese Heritage Centre and relive the experiences of Chinese miners, who literally struck gold in 1857 on their way to the established goldfields. Ararat as we know it today was born when the resulting gold rush drew more people to the town.

Grab a guide from the Ararat & Grampians Visitor Information Centre and take a self-guided tour around the town's iconic landmarks. Continue your historic trip and learn about the haunting past of J Ward, a bluestone jail which once housed Victoria's criminally insane. Extend your stay with a spooky tour of Aradale, the country's largest abandoned psychiatric asylum.

Get outdoors

The superb national and state parks provide the setting for your Grampians experience. See a diverse array of native wildlife, picturesque walking tracks, and breathtaking scenic attractions. Relax and simply enjoy the fresh air and stunning views, or explore the region's rich history at the Grampians National Park's ancient Aboriginal rock art sites. Alternatively, make use of Ararat's recreational facilities which include indoor and outdoor pools, and fully equipped gymnasiums. Enjoy a movie at Astor Cinema, located in the heart of town, with regular screenings of new release films.

Stop at historic cellar doors for a taste of some of Australia's finest sparkling wines and outstanding cool-climate table wines. Dine out in renowned restaurants peppered across the region, from Dunkeld to the Pyrenees.

Transport Links

V/Line operates daily passenger rail and road coach services out of Ararat Station with regular connecting services to Melbourne and other regional centres. For further information, please visit the V/Line website www.vline.com.au.



Maryborough District Health Service (MDHS)

Maryborough District Health Service is one of the most dynamic small rural health services in Victoria, providing innovative, integrated and comprehensive health care to a diverse community. There are three hospital campuses that comprise: the main one based in Maryborough and the others at Avoca and Dunolly. At the Maryborough Hospital site there are 28 acute medical and surgical beds, 5 urgent care beds, an operating theatre, 6 day procedure beds, 4 day procedure chairs and 6 dialysis chairs. These beds are supported by 24/7 access to Lake Imaging and Dorevitch Pathology Services.

Programs and services are continually monitored and reviewed to ensure they meet expectations and reflect the health care needs of the changing community demographics. Maryborough District Health Service is committed to working collaboratively with others to ensure the best service provision for the community.

In September 2015, The MDHS Wellness & Support Centre was officially opened by Victorian Premier Daniel Andrews. The Centre supports community members and their families in their journey with cancer or chronic illness, offering information and activities that empower people to improve their health and wellbeing and make informed choices while going through and beyond cancer and chronic illness. The centre brings professional help together with community support services in a communal building rather than a traditional clinical environment.

www.mdhs.vic.gov.au



Rotations – Surgical (MDHS)

Overview - Maryborough District Health Service Perioperative Unit Services include

- General Surgery
- Ear, Nose and Throat
- Emergency Surgery
- Obstetrics and Gynaecology
- Orthopaedics
- Urology
- Patient Complexity – ASA I and II Patients

Rostered duties will include assessment and management of surgical patients under supervision of the surgeon or VMO at all times. There would be no expectation to work unsupervised. Typical duties would involve:

- Assisting the surgeon in theatre
- Assisting the anaesthetist in theatre
- Taking patient histories
- Performing examinations
- Performing common procedures
- Interpreting common investigations including ECG, X-rays, oximetry and ABGs
- Documenting the findings
- Developing a management plan and follow-up if relevant including completing appropriate referrals and discharge summaries
- Attending Urgent Care Centre to assess surgical emergency presentations under the supervision of a VMO
- Presentation of more complex patients to a senior doctor before commencing treatment.

Supervision - The Term Supervisor at Maryborough District Health Service will be Dr Daniel Wong a Fellow of the Royal Australasian College of Surgeons. When Dr Daniel Wong is not available for supervision the intern will be supervised by the surgeon rostered to theatre on that day. All visiting surgeons will be involved in the supervision and teaching of the intern as the Anaesthetists who provide much of the aftercare. All surgeons are experienced in supervision in their substantive positions in regional public hospitals.



Rotations – General Practice

Ararat Medical Centre, Clarendon Medical Centre (Maryborough) and Nightingale Clinic (Maryborough)

Overview - The General Practice Term is designed to provide interns with experience in all aspects of practice as a rural General Practitioner. This will include but not be limited to consultations in rooms, ward rounds and work at the local Health Service (Ararat or Maryborough), Urgent Care Centre presentations, Aged Care visits and theatre sessions with GP Proceduralists.

Rostered Duties would include assessment and management of patients within the practice and at Maryborough District Health Service under supervision of a General Practitioner at all times. There would be no expectation to work unsupervised. Typical duties would involve:

- Taking patient histories
- Performing examinations
- Ordering and interpreting common investigations
- Documenting the findings
- Developing a management plan and follow-up if relevant
- Assisting the GP Proceduralist in theatre

Supervision - The term supervisors will be Dr Rob Carson (Clarendon Medical Centre), Dr David Tynan (Nightingale Clinic) and Dr Derek Pope (Ararat). When the term supervisor is unavailable for supervision, the intern will be supervised by another nominated doctor many of whom are GP Proceduralists.



Maryborough Region - Recreation

Maryborough and Surrounds

In the heart of the Victorian Goldfields region, Maryborough boasts historic gold rush architecture, lush gardens, antiques, art and a fast growing food and wine scene.

Station to station

Mark Twain once described Maryborough as a 'railway station with a town attached'. The historic railway station is home to an antique emporium, art gallery, regional wine centre, tapas bar and restaurant. Browse through a vast array of antiques, collectables and books under the platform's roof if you're in town for the quarterly antique market.

Beginnings

Head south out of Maryborough to the rock water wells along Wells Track. See what are regarded as some of Victoria's best examples of Aboriginal rock water wells and look out for the scarred trunks of 'canoe trees' in the area.

In the galleries

If you're an art lover, be sure to visit the Central Goldfields Regional Art Gallery for a range of contemporary exhibitions housed in the old town fire station. Spend a day at the Possum Gully Fine Arts Gallery and see national and international artworks on paper, as well as original garden sculptures set in the gallery's beautiful grounds.

Transport Links

V/Line operates passenger rail and road coach services out of Maryborough to Ballarat Station with connecting passenger rail services to Melbourne. For further information, please visit the V/Line website, www.vline.com.au.



Orientation

The GMT Orientation Program commences on the second Tuesday of January and runs for four days. There is a day at each site, followed by a day of shadowing a current intern.

Unit Orientation will occur for each rotation on the first day of work in the new unit. The Term Supervisor is responsible for ensuring that the JMO is appropriately orientated to the unit.

Education Program

The GMT intern program includes significant protected teaching time. Once a week, there is a one hour session with the Supervisor of Intern Training. This session tends to be clinical simulation, clinical skills or case study based. After this session, GMT Interns then join the Ballarat Health Services interns for a more formal lecture style education program. GMT Interns also have access to the Ballarat Health Service online teaching portal.

During the ED rotation, there is also 3 further hours of protected teaching time a week with the BHS JMO Emergency program.

This protected teaching time is all held in Ballarat and where possible, a hospital car is provided to interns on Ararat or Maryborough rotations. Accommodation is available in Ballarat all year around so interns can elect to stay in Ballarat afterwards.

In Ballarat interns also have access to Grand Rounds, Journal Club etc.

In Maryborough and Ararat the interns also have access to highway education which is often a dinner session with the local doctors and any education that is held at the hospitals or practices.

GMT Interns also have access to the Ballarat Health Services Library and the University Notre Dame Rural Clinic school library.



Accommodation

Grampians Medical Training is able to provide furnished accommodation at each site. Accommodation is optional.

St John of God Ballarat Hospital accommodation is available for intern use throughout the intern year regardless of current rotation. This provides the opportunity to stay in Ballarat after education or social functions or when not rostered in Ararat or Maryborough. The accommodation is directly across the road from St John of God Hospital and there is a pedestrian crossing directly out front. There is a small charge for this accommodation.

Intern accommodation at **East Grampians Health Service** is currently in a furnished 2 Bedroom Unit, about a 5 minute walk from the hospital, which is shared between the 2 interns on rotation in Ararat. There are 2 double bedrooms with shared living areas, bathroom, kitchen and laundry facilities. There will be no charge for this accommodation.

Intern accommodation at **Maryborough District Health Service** is located on site at the hospital in a shared house. Interns from both rotations in Maryborough (GP and Surgical) may share the house. Each intern will have a single room with shared living areas, bathroom, kitchen and laundry facilities. There will be no charge for this accommodation.

At each location, you will need to supply all of your own bedding and towels etc.



BHS JMO Society

Grampians Medical Training Interns are invited to be involved in Ballarat Health Service's JMO Society. This is a great opportunity to socialise and be involved with all the Ballarat Health Services Junior Medical Officers outside of the education program.

Commonwealth Medical Intern Program

Grampians Medical Training has submitted an application for Commonwealth Medical Intern Program funding with a view to recruit 3 Commonwealth Junior Doctor Training (JDTP) interns to the program in 2020 (as we have done since 2017). Eight interns ensures 2 interns at each of the St John of God rotations and 2 each in Ararat and Maryborough for the entire year. This provides continuity for the partner organisations and moral support for each intern.

The JDTP initiative is designed to increase the nation's capacity to train medical interns in alternative settings, such as private hospitals, and in rural and regional Australia, where there are traditionally fewer options for internship training.

As medical students in Commonwealth-supported places are guaranteed an internship by states and territories, JDTP places are only available to eligible international full-fee paying medical students from an onshore medical school in Australia having completed all of their medical degree in Australia.



Victorian DHHS Scholarship

The Victorian Rural Medical Scholarship (VRMS) Scheme supports career pathways to rural medical practice, and assists rural and regional health services to attract, employ and retain medical graduates. The VRMS scheme supports medical students with a commitment to working in rural and regional Victoria, with living and tertiary expenses in the final year of their medical degree.

The VRMS scheme is administered by the Postgraduate Medical Council of Victoria (VRMS) on behalf of the Department of Health and Human Services (DHHS).

2020 scholarships

Each scholarship, valued at \$20,000 each, is available to be awarded to final year medical students in Victoria. Scholarship recipients are required to commit to a two year return of service in rural or regional Victoria within 3 years following graduation.

How to apply for a VRMS scholarship in 2019

To apply for a VRMS scholarship in 2019, you must:

Review VRMS scheme guidelines for 2019 to ensure that you meet all eligibility criteria;

Include a minimum of one and maximum of three RCIT programs in your top three preferences in the intern computer match (i.e. your top three preferences could comprise entirely of RCIT programs);

Not include a metropolitan health service in your top three preferences in the intern computer match;

Complete and submit the online VRMS 2019 application form to DHHS by 5pm Friday 5th July.

The online application form will be available here from 9am on 1st May 2019 to 5pm Friday 5th July 2019:



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