



# UCRH LISMORE

## Student Placement Information



If you have any questions, please contact the Student Coordination Team

[studentcoord@ucr.edu.au](mailto:studentcoord@ucr.edu.au)

Telephone: 02 6620 7245

Office Hours 9am to 5 pm, Monday to Friday

## UCRH North Coast – who we are and what we offer

The University Centre for Rural Health (UCRH) - North Coast was established in 2011 by bringing together a University Department of Rural Health (UDRH) and a long stay medical student program. We are a collaboration between the University of Sydney, University of Western Sydney, University of Wollongong, Southern Cross University and the Northern NSW Local Health District. The UCRH has offices in Lismore (head office), Murwillumbah and Grafton in Northern NSW.

We are a multidisciplinary centre of excellence in health education and research whose innovative programs focus on excellence in clinical education and meeting the health needs of our local communities. We work closely with universities, health services, professional associations and community organisations to educate the future rural health workforce and improve the health outcomes of the NSW Northern Rivers region.

The aims of the UCRH programs are to:

- Increase the numbers of quality rural placements for undergraduate and postgraduate medical, dental nursing and allied health students
- Provide quality rural placement experiences for all students
- Deliver training and support for local clinical supervisors and preceptors
- Provide support and continuing education opportunities for existing rural health professionals.

The UCRH is part of the Australian Rural Health Education Network (AHREN). AHREN is the peak body for the 12 University Departments of Rural Health (UDRH) which are located in every State and the NT. UDRHs are focused on expanding and enhancing the rural and remote health workforce through multidisciplinary education and training, research, professional support and service development.

A key role of the UDRHs is to provide and coordinate rural and remote placements for health students across Australia.

As a group, UDRHs have a commitment to ensuring that the health workforce needs of rural and remote areas are addressed by national strategies.

## Welcome – Deputy Director of Education

Dear Students,

Welcome to the University Centre for Rural Health (UCRH)! During your placements with us, we hope you grow in knowledge, wisdom and understanding. Our support and administration team, and experienced faculty members will do our best to help you.

Our hospital and health system is integrated into the community, and is one of the finest health services in the country. Its range and quality of services will provide you with extraordinary learning opportunities.

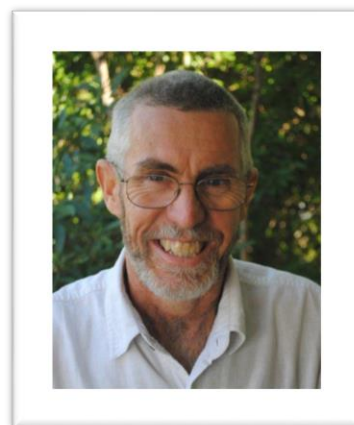
The UCRH was established in 2001 in recognition of these opportunities. It is now a major hub of education and research in rural Australia. We host students from 14 universities across a range of health professions. We will support you in all aspects of your personal and professional development.

We will help you to learn the technical elements of your professions. We also encourage you to be aware of the broader role that you will play in the community; as professionals, leaders, and advocates for equity, particularly in rural environments.

You have come to a place of great beauty and cultural diversity. The UCRH values its connection with, and pays its respects to the Bundjalung nation, traditional custodians of the land on which it stands. I urge you to hear the stories of the Bundjalung people, listen to their wisdom and know of their challenges. Your time in northern NSW will help you appreciate the matters that impact upon the health of Australian Indigenous peoples.

Go confidently as you walk. Enjoy your rural experience. Take advantage of the personal and professional developmental opportunities on offer. Seek the wisdom of your mentors. Enjoy your experience with us, and allow it to shape your vocational pathway, as it has done mine over many years.

**Michael Douglas** MB BS FAFPHM, FACRRM, MPH, IDHA, DipRACOG  
**Director of Education University Centre for Rural Health**



### Contact us on:

[studentcoord@ucrh.edu.au](mailto:studentcoord@ucrh.edu.au)

02 6620 7245



## About the North Coast

The Northern Rivers is also known as the *Rainbow Region* because of its exceptional natural beauty and cultural diversity. The Widjabul people of the Bundjalung nation are the traditional owners of the area including Lismore and surrounding villages. Many other people from all walks of life have made the *Rainbow Region* their home.

### Entertainment

In the wider region, the Northern Rivers caters for every need including surfing and kayaking on the many beautiful beaches, hiking in the hills and partying in one of Byron Bay's many night clubs. The region is fortunate to host top musicians from all over the world particularly at the Byron Blues festival held at Easter each year.



Many students have joined local sports clubs and have had good experiences playing with local teams; others have played with the Lismore symphony orchestra, or sung in one of our many local choirs.

Many of our students have made the most of being in this region learning to surf, dive and kayak, climbing local mountains, fishing, running in the Gold Coast Marathon and swimming in the Byron Bay Easter Classic swim.

When asked what he did on weekends one student said that he *“played tennis, basketball and indoor soccer weekly in teams, swam, surfed and kayaked in the ocean, fished, went white water rafting and watched local bands.”*

There are a number of restaurants, nightclubs and pubs to visit in the Northern Rivers. Visit <http://www.visitlismore.com.au> for more information.

Trivia nights are held in local pubs. There are also local indoor and outdoor swimming pools, gyms, shopping centres, and cinemas in Lismore, Byron Bay and Ballina. The Lismore Regional Gallery hosts renowned exhibitions, as does the Tweed Regional Gallery in Murwillumbah, and many smaller galleries spread throughout the *Rainbow Region*. Sunday markets are held throughout the region. These are great places to socialise, get locally produced fresh food, and amazing arts and crafts. There are many beautiful places to discover such as Bangalow, Byron Bay, Ballina, Lennox Head, Lismore and many, many more. If you're a keen bushwalker there are also amazing places with beautiful scenery to explore, such as Minynon Falls, Rocky Creek Dam, Rummery Park and Mt Warning.



## Student Orientation

Long stay medical students will have an orientation program communicated to them by their student coordinator. All short term students are to complete a brief orientation on the morning their placement commences. At this session we will:

- Introduce you to the range of support and facilities available at the UCRH
- Give you your Local Health District security ID cards and computer logons, if required
- Give you your UCRH after-hours access card
- Show you how to access the Lismore Base Hospital library, if required
- Help with any accommodation and internet access issues and advise you of lock out procedures
- Tell you about upcoming education and social events
- Connect you with other students on placement at the same time

## Transport

### Do I need to bring a car?

We **strongly** encourage students to come to placement with a vehicle. You will need to be able to travel between placement and accommodation sites if necessary, and public transportation is very sporadic in this region. You will be expected to travel to and from your placements which may not be at the site where you are living. Not all of your placements will be at Lismore Base Hospital.

If travelling by car it is best to plan your journey to avoid driving at night, due to the very active night wildlife. The following website gives further general advice about travelling on country roads <https://www.allianz.com.au/car-insurance/news/driving-on-country-roads>

The Going Places website provides local Northern Rivers public transport information and timetables: <http://www.goingplaces.org.au/>

My Road Info provides information about road conditions and closures when it floods: <http://www.myroadinfo.com.au/landing.asp>

### What if I am doing a community placement and I don't have a car?

Community placements usually occur outside the Lismore area, and up to an hour's drive away. To ensure your smooth transition into these rotations, vehicles are very strongly recommended. Public transport to more rural sites is very limited and sometimes non-existent. **The UCRH will not be responsible for getting you to and from your placement.**

### What about public transport in and around Lismore?

Timetables and further information is available for Northern Rivers Bus Lines at [www.nrbuslines.com.au](http://www.nrbuslines.com.au).

The Lismore Visitor's Centre can also provide information on local transport options: <http://www.visitlismore.com.au/> or 02 6626 0100.



Lismore Taxis can be contacted via: 131 008 or [info@lismoretaxis.com.au](mailto:info@lismoretaxis.com.au) .

### How can I get to Lismore?

For transport options on getting to Lismore, please see the following link for more information <http://www.visitlismore.com.au/location/getting-around/p/328>

### Air services

There are regional airports at Ballina and Lismore which all have regular flights to Sydney, Newcastle and Melbourne. The Gold Coast airport has national and international flights.

### Bus Services

As well as local bus services, there are buses connecting to Brisbane and Sydney along the Pacific highway.

Should you wish to travel by bus, there are several operators who provide services to Lismore. For more information, contact the Lismore Visitors Centre on 02 6626 0100.

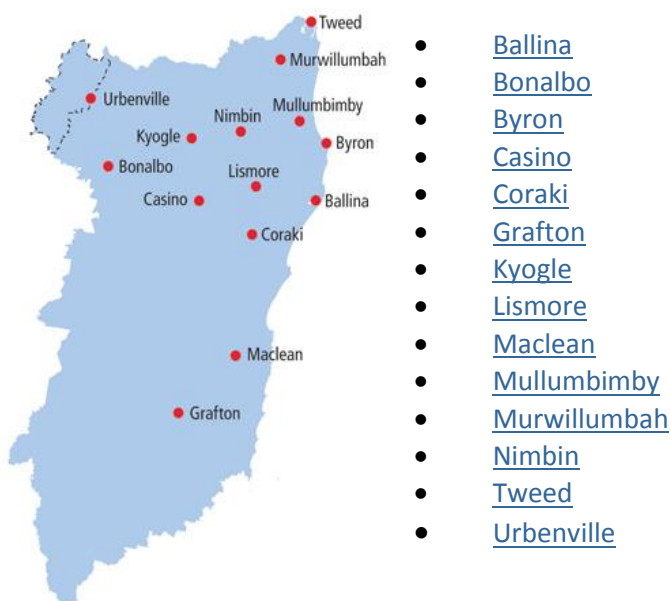
### Train services

Country Link Train services are also available from Sydney to Casino with a bus interchange from Casino to Lismore. Country Link timetables are accessible from [www.countrylink.info](http://www.countrylink.info)

## Where will I go on placement?

Whilst on placement in the Northern Rivers, you may be required to attend placement sites in hospitals and/or in community health centres, rehabilitation units, aged care facilities, private practices, and schools within the Northern NSW Local Health District. More details on the NNSW LHD facilities can be found at <http://www.health.nsw.gov.au/lhd/pages/nswlhd.aspx>

**Regional centres that are part of Northern NSW Local Health District include:**



## Lismore

With a population of over 45,000 Lismore is nestled on the banks of the Wilsons River between the rainforest and the sea. It is a university city that boasts the culture and convenience of a major regional centre and is the economic and cultural hub of the Northern Rivers region. Lismore is located 45km inland from Byron Bay, 100km from the Gold Coast and 198km from Brisbane.

Lismore's climate is mild in winter with cool evenings and pleasant days. The average winter temperature in Lismore is 20 degrees, whilst the average minimum is 7. Summer in Lismore can be very hot and humid with temperatures in the mid to high 30's.

For more information, visit the Lismore Visitors Information Centre Tourism site: [www.visitlismore.com.au](http://www.visitlismore.com.au) .

### Lismore Base Hospital

Lismore Base Hospital is a regional referral, level 5 base hospital providing care to over 29,500 patients every year. Specialist services provided include emergency, general medicine and surgery (including sub specialities), cancer care and radiotherapy, paediatrics, critical care, obstetrics, aged care and mental health. The hospital undertakes over 8,100 surgical procedures annually. Allied Health services offered at Lismore Base Hospital include physiotherapy, social work, occupational therapy, speech pathology, and dietetics. Pharmacy and radiography services are also available.



Lismore Base Hospital is a teaching hospital and provides comprehensive training experiences for allied health, nursing and medical students.

For more information about Lismore Base Hospital:

<http://nswlhd.health.nsw.gov.au/about/hospitals/lismore-base-hospital/>

*"I got to spend plenty of time with the consultants and the consultants were great with teaching and answering questions," (Medical student).*

*"I was very happy with my experiences at Lismore Base Hospital. I learnt a lot, saw many interesting pathologies and worked with wonderful people who were very patient and helpful. The staff I worked with was very friendly and welcoming. We socialised after work - I really enjoyed working with them. I would come back" (Radiography student).*

*"What I enjoyed best about my placement at Lismore Base Hospital was seeing three operations, actual outpatient experiences, and the in-services provided by the supervisor," (Physiotherapy student).*

*"It was a great experience. I have learnt a lot. Everyone I worked with during placement was really nice and genuine in providing me the opportunity to enhance my knowledge and a great help in the field I am currently studying in. Lismore is a very friendly town," (Pharmacy student).*



## Lismore Community Health

Lismore Community Health services both Lismore and its surrounding communities. Services include an amputee clinic, dietician and diabetes education, genetic counselling and community neuropsychology services. The service also offers a physiotherapy outpatients clinic, podiatry and adult speech pathology as well as palliative care. Community nursing, a heart failure nursing service, pulmonary rehabilitation and other NSW chronic diseases management programs are also on offer. The Carroll Centre Day Therapy Unit is located on the grounds of St Vincent's Hospital in East Lismore and offers multidisciplinary services providing holistic care to improve geriatric clients' social, physical, emotional, spiritual and psychological wellbeing to maintain their independence and safety. The Community Based Rehabilitation Service offers multidisciplinary intense home-based rehabilitation programs.

Lismore Community Health also includes maternal and child health services: Women's Health Matters, an Aboriginal maternal and infant health service, nursing services for breast care, and a child protection counselling service. More information about Lismore Community Health: <http://nswlhd.health.nsw.gov.au/about/community-health/lismore-community-health/>.

Goonellabah Child & Family Health Service provides child and family counselling, audiometry, dietetics, paediatric occupational therapy, paediatric physiotherapy, and paediatric speech pathology, as well as Aboriginal family support and domestic violence support. For more information on the Goonellabah Child & Family Health Centre: <http://nswlhd.health.nsw.gov.au/about/community-health/goonellabah-child-and-family-health-centre/>.

*"I was on a GP term at a large private clinic where I was able to interact with doctors, nurses and staff. I was also brought along by my supervisor to a monthly meeting of doctors in the Richmond Valley area where I was able to meet other health professionals in the area" (Medical student).*

*"The rural community is quite welcoming and appreciate your work. The placement provided me meeting up with a lot of new people and professionals. The things that I enjoyed most about my placement were working in different areas of health disciplines and to get the full sight of health care in rural area. The placement has given tremendous experience in knowing how others work and what is my role as part of the health care team," (Medical student).*

## Ballina

Ballina is a coastal township located on the Pacific Highway 30mins drive from Lismore and boasts some of the most beautiful surfing beaches and picturesque headlands on the east coast of Australia.

### Ballina District Hospital

Ballina District Hospital is a local, level 3 rural hospital within the North Coast Area Local Health District. It provides care to over 8,300 patients every year. Medical services provided include emergency, general medicine, aged care and rehabilitation, and surgery. The hospital undertakes over 860 surgical procedures and sees over 17,800 Emergency attendances annually. Medical students also have the opportunity for hands on experience in a comprehensive geriatric placement and paediatric clinic experiences.

In-patient allied health services offered at Ballina District Hospital include physiotherapy, social work, and radiography. The Rehabilitation Unit offers integrated medical, occupational therapy, physiotherapy, social work and speech pathology services.

## Ballina Community Health

Ballina Community Health is situated on the grounds of the Ballina Hospital and offers dentistry, audiometry, podiatry, dietetics and nutrition, and diabetes education services, as well as outpatients' physiotherapy and occupational therapy for children and adults.

There is an ACAT (Aged Care Assessment Team) service available at Ballina, and Richmond Community Options offers short term case management of people with permanent disability, the frail aged and their carers. The Ballina Day Therapy Unit offers community-based occupational therapy, physiotherapy and speech pathology rehabilitation services to adults with musculoskeletal, orthopaedic and other chronic conditions.

Mental health services include social work, drug and alcohol counselling, child and family counselling and a child protection counselling service. Ballina Community Health also has a needle syringe program, child and family health clinic, community nursing, an immunisation clinic and programs through the NSW Chronic Diseases Management Program.

More information can be found at <http://nswlhd.health.nsw.gov.au/about/community-health/ballina-community-health/>

*"I loved having a wide variety of clinical experiences and excellent supervision. I gained a good view of rural work whilst on placement in Ballina," (Dentistry student).*

*"What I most enjoyed about my placement was living in a beautiful township with frequent visits to the beach and other lovely locations, evening dinners with the group, learning together, excellent supervision and clinical facilities," (Dentistry student).*

*"Students have the opportunity for hands on experience in the busy Emergency Department and a comprehensive Geriatric placement and Paediatric Clinic experiences," (Medical student).*

*"While on placement in Ballina, I enjoyed forming working relationships with patients and becoming more confident with my own analysis and thought processes. I also thoroughly enjoyed the outpatient experience at Ballina!" (Physiotherapy student).*

*"My placement had 2 other students from my uni doing the same placement (outpatient) plus 2 others doing other areas in the hospital. We met people from a range of disciplines within the hospital. The supervisors I had were all extremely helpful with education, advice and feedback to improve as a physiotherapy student. This placement was a great learning experience with supervisors that encouraged me and challenged me to improve. I think this has helped make the placement enjoyable," (Physiotherapy student).*

## Casino

A 30 minute drive from Lismore, Casino is one of Australia's leading country centres. It is known as the Beef Capital of Australia and is the Centre for agriculture for the Northern Rivers.

### Casino and District Memorial Hospital

Casino and District Memorial Hospital is a local community, level 3 rural hospital within the Northern NSW Local Health District providing care to over 2,800 patients every year. Medical services provided include emergency, general medicine, aged care, and surgery. The hospital undertakes over 940 surgical



procedures and sees over 14,500 emergency attendances annually. It provides a wonderful opportunity for students to experience rural health.

### Casino Community Health

Casino Community Health is run from a variety of settings in Casino, and provides a range of allied health services including diabetes education, dietetics and nutrition services, podiatry, speech pathology, occupational therapy and physiotherapy services for both adults and children. Social work services assist and enable individuals, families and groups, to adjust to changes in their health, personal and family situations. Child and family counselling is available, as are drug and alcohol counselling, and a child protection counselling service. Other health services include an Aboriginal diabetes clinic, Aboriginal maternal and infant health service, child and family health clinic, immunisation clinic, school health nurse, a cardiac nurse, community nursing services, women's health clinic, needle syringe program and the NSW chronic diseases management program.

More information can be found here: <http://nswlhd.health.nsw.gov.au/about/community-health/casino-community-health/>

*"I had a fantastic experience in Casino, and finished my placement with an even more positive outlook on rural practice, especially in the field of Aboriginal Health through spending time with doctors and staff at the Aboriginal Medical Service, both in Casino and on outreach. Everyone was incredibly inviting, literally inviting me into their homes (on farms!), encouraging me to try procedures (on them!), throwing birthday/farewell parties, and telling stories to inspire and teach, both from physical health, social and spiritual perspectives. I saw a beautiful part of the world; a friendly country town surrounded by gorgeous country, and so many interesting tales to tell," (Medical student).*



*"This placement was a great learning experience with supervisors that encouraged me and challenged me to improve. I think this has helped make the placement enjoyable, (Physiotherapy student).*

### Byron Bay

Cape Byron is Australia's most easterly point and deserves its international reputation as a superb beach resort. With numerous beaches, unspoilt hinterland, and relaxed lifestyle, Byron Bay is a busy town and a must see for many visitors to the region. More information about Byron Bay can be found here <http://www.visitnsw.com/destinations/north-coast/byron-bay-area/byron-bay>



## Byron Bay District Hospital

Byron Bay District Hospital is a local community, level 2 rural hospital within the Northern New South Wales Health District providing care to over 1,400 patients every year. Medical services provided include emergency, general medicine, aged care, and day surgery. The hospital undertakes over 430 surgical procedures and sees over 12,300 Emergency attendances annually.

## Byron Bay Community Health

Byron Bay Community Health Centre is run from Byron District Hospital, delivering services in diabetes education, dietetics and nutrition, audiometry, speech pathology, occupational therapy and physiotherapy services for both adults and children. There are also multidisciplinary chronic disease management programs, a Cardiac Rehabilitation Program, respiratory liaison nurse, and cancer and palliative community services.

Other health services offered from Byron Bay Community Health include women's health, antenatal classes, an expectant fathers group, a child and family health clinic, Families NSW home visiting service, an immunisation clinic, school health nurse, child and family counselling, a child and family therapy team, and youth and adult drug and alcohol counselling services. Mental health services include counselling and social work, sexual health clinic (including an innovative sexual assault program), needle and syringe program and the MERIT program.

More information can be found here: <http://nswlhd.health.nsw.gov.au/about/community-health/byron-bay-community-health/>

*"It was great meeting and getting the chance to work with other students from different disciplines but experiencing the same prac experience and learning more about other allied health and medical professions," (Social Work student).*

*"Overall an excellent environment for rural student placement. The supervisor and staff made the experience very enjoyable. I really appreciate all the clinical experience and opportunities given and the expertise and guidance are greatly appreciated. I am now seriously considering returning to the North Coast to practice upon graduation," (Dentistry student).*

*"I loved the placement. It was amazing to live in a small town and to meet so many people. I frequently went over to Doctor's farms/houses for lunch/dinner. People were so friendly. Every Wednesday we went to trivia with other medicos: allied health, registrars, etc. It was great. And I was very close to Byron Bay which was awesome," (Medical student).*

## Other Sites

The other health facilities in the area that students may visit when on clinical placements include Maclean, Nimbin, Coraki, Mullumbimby, Kyogle and Bonalbo.

*"As a first year medical student my 3 week experience in the Northern NSW Coast Health was inspiring and served as great introduction to the demands and workings of rural health. I'd like to thank the Nimbin Hospital Staff who welcomed me to their community and encouraged me to practice my skills in the Emergency Department and gave me the chance to assist the community nurses in the areas of mental health, drug rehabilitation, palliative care and needle exchange. It's hard to imagine that*



*a metropolitan hospital experience could be as personal and as far reaching. My downtime was equally fantastic with several trips to the coast and some fun nights out in Byron Bay. I'm envious already of the next batch of student placements," (Medical student).*

*"While on placement I felt like I was a member of the team at Kyogle where my opinions and values were considered and accepted. The things that I enjoyed most about my placement were the ability to assess and treat patients based on my own interpretation whilst under supervision. Also the staff were all very kind and welcoming. The health professionals that work at Kyogle Memorial Hospital are a very accepting team that made my placement an enjoyable one", (Allied Health Student).*

## Enhancing your university's curriculum

The UCRH has several programs designed to enhance your home university's curriculum and your learning whilst on clinical placement with us. A comprehensive weekly timetable of education sessions will be available for each week during your placement. Some of these activities are listed below:

### *Student Lecture and Tutorial Program (medical students)*

The Wednesday and Friday education programs are based around the curriculum needs of our medical long stay University partners and aim to deliver a comprehensive, focused and interactive learning experience. We rely on the generosity of experienced local Clinicians to speak to their chosen discipline on a topic relevant to the student placement and curriculum.

### *Multidisciplinary Clinical Case Discussion*

The 'Friday Clinical Discussion' is a multi-disciplinary case discussion presented by medical students and incorporating allied health students. During each session students present an interesting case in which they have had an opportunity to see the patient, give a medical and social history and discuss patient care and outcomes. Specialists from all disciplines are also invited to contribute and a clinician educator facilitates the session to ensure that the environment is open to discussion and inter-professional learning.

### *Long and Short Case Medical Student Presentations*

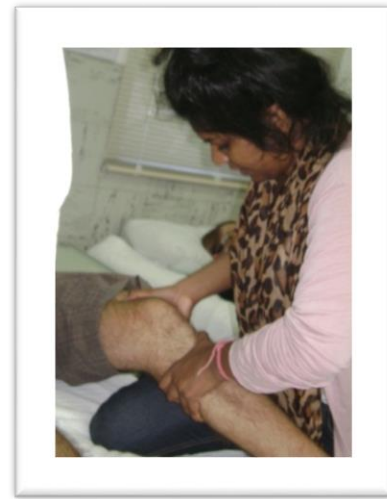


Medical students have the opportunity to participate as both presenter and audience in our formative 'Long Case Presentation Program' which is facilitated by a Medical Educator and assisted by another Clinician. As a part of our 'UCRH Tutorial program', there are also weekly long case presentation sessions run by General Physician Dr Stephen Moore from Lismore Base Hospital who come to the UCRH to run formative sessions with interested students.





**Educational sessions at the UCRH.**



**Students at a joint injection education session.**



**Students at a workshop on examining joints.**

## **Clinical Skills Program**

The 'Clinical Skills Program' is delivered twice weekly to ensure all cohorts of long stay medical students receive the clinical skills session relevant to their stage and curriculum.

The program is strategically set out to cover essential clinical skills and over the course of the year students have scenario experience using simulation mannequins, real life patients and participate in workshops to teach skills and strategies to deal with skills in an emergency and clinical setting.

### **Wellness Day – for long stay medical students**

Each year we conduct a program to promote a healthy approach to working in the medical profession. This is available to the long term medical students from all our universities, who are based at Lismore, Grafton and Murwillumbah.



### Allied Health Tutorials

All allied health students are able to access regularly timetabled education sessions, incorporating the clinical case discussion session as well as a range of tutorial discussions and experiences. The topics and activities vary from week to week and are wide ranging. For example, students might discuss cultural safety, how to navigate health systems, what it's like to work in private practice, how to get a job, experience a simulated disability, or spend the afternoon with a different health professional to build inter-professional experience. We also do service work, for example helping out at a homeless shelter or aged care facility.

### Social Equity Program

This program is aimed at all students from all disciplines. It provides students with an awareness of their roles as future leaders in the community.

The program is offered after hours and includes Aboriginal issues, refugee stories and stories from our local homeless shelter.

### Inter-professional Learning Programs

The UCRH has been running Inter-professional Learning programs since 2007. Students have the opportunity to work with students from other allied health, nursing, pharmacy and medical disciplines and participate in inter-professional learning opportunities with them. Students have direct experiences working in multidisciplinary teams, taking real patient histories, working out management plans and presenting case histories together. In doing so, they deepen their understanding of the practices of other health care professionals within a multidisciplinary team, and how this can enhance patient care and outcomes.

*"I got to put our discipline (Exercise Physiology) on the map and raise awareness on what we do and how we can contribute specifically," (Exercise Physiology student).*

*"One of the best things about my involvement in the IPL Clinical Program was that it allowed me to see just what the other health professionals do and how they approach the case. I could see what patient factors are important for each profession and how they look at management," (Pharmacy student).*

*"This unit has increased my awareness of the contributions and benefits of working with other disciplines," (Occupational Therapy student).*

*"I gained a greater understanding about the roles of other disciplines which made me more comfortable in my own role and in the team as I now know that there is available support for my patient in areas that I have little expertise," (Medical student).*



*“This was my first real experience of drawing up a care plan so it was great to learn from my other team members. We approached the care plan from different angles and I felt that this allowed us to cover all / most aspects of patient care in a holistic manner,” (Medical student).*

*“What I enjoyed most about the IPL program was working in a team with other health students; making friends and breaking down professional boundaries,” (Medical student).*

### **Building a Better Understanding of our First Nations Peoples**

All students coming to the Northern Rivers will have opportunities to connect with Aboriginal Health and Culture through various options. The program is led by our Aboriginal Health Academic Lead and Educators from the Bundjalung Nation.

The program is conducted in a range of settings, from the classroom to overnight cultural immersion stays on Country. This topic is broad, and includes cultural conversations, increasing awareness of the historical factors that affect health today, and students are encouraged to explore their own beliefs and values to better understand themselves, in order to be able to address inequity and provide the best possible treatment as future health professionals.



*“I think the cultural walk was a wonderful way to introduce these concepts. Concepts which only really sing in the outdoor setting and which try as we might cannot ever be accurately passed on in the class room or lecture hall,” (Medical student).*

We also provide a unique opportunity for students to participate in NAIDOC week activities.

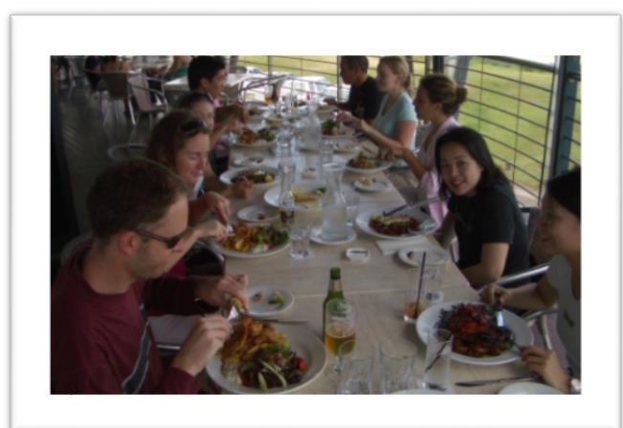


## Social engagement

All students, across disciplines and universities, are encouraged to socialise together throughout their stay. UCRH events such as welcome dinners, soccer matches, pizza and games nights, networking breakfasts and cultural walks are well attended. Outside the UCRH the students organise bushwalking trips, weekly trivia, surfing, fishing, diving and participate in local events such as the Byron Bay Ocean Swim and Parkrun.



**Allied Health students on placement at Woodenbong Central School (above) and dental students working at Deadly Days, and Aboriginal health promotion day (above and below).**



**Byron Bay Classic Swim**



**Learn to Surf Lesson at Byron Bay**



**Minyon falls**



**University of Western Sydney students prepare for a soccer match**



**University of Sydney students enjoy the view from Bryon Bay Lighthouse**



## A Positive Experience for students and their supervising clinicians

A number of our clinicians have received outstanding achievement awards from the University of Sydney. These awards are based on excellent feedback from students. Both the surgical teams at Lismore and Grafton have received these awards.

Overall, past allied health, nursing and medical students doing their placements through the UCRH rate their placements very well. Here are some extracts from their end of placement evaluations:

*"Everyone was extremely supportive and helpful. My placement was educational and lots of fun," (Dentistry student).*

*"Establishing a culture of togetherness between long-stay students from different unis is a good idea," (Medical student).*

*"The things that I enjoyed most about my placement were the guidance given by the UCRH, it felt as though they were giving us more support than uni was," (Medical student).*

*"I highly enjoyed interactions with other health professionals. I was impressed at the knowledge and input they all contributed to optimising patient outcomes," (Pharmacy student).*



**Byron Bay Kayaking**

*"The supervisors I had were all extremely helpful with education, advice and feedback to improve as a physiotherapy student," (Physiotherapy student).*

*"It was great meeting and getting the chance to work with other students from different disciplines but experiencing the same prac experience and learning more about other allied health and medical professions," (Social Work student).*

*"Overall, I had a great time!!! I felt very well supported," (Medical student).*

*"I vastly enjoyed my learning in Lismore and hope to be able to engage in further training and perhaps practice in the Northern Rivers Region in the future," (Medical student).*

*"Thanks!!! I would definitely recommend this program to other students," (Occupational therapy student).*

*"The staff I worked with at NCR St Vincent's Hospital were all fantastic. I enjoyed living with other students and being able to socialise with them. The proximity of the accommodation to work and the town centre was advantageous," (Radiography student).*



*"I enjoyed my placement in Lismore. In terms of the accommodation it was clean on arrival and everything was provided as per the information sheet even though the Student Coordinators only had a day or two to organise it all. If we ever had any problems (e.g. the shower) someone sent an email and it was fixed straight away so I was pleased with the efficiency of the UCRH on that matter," (Radiography student).*

*"One of the best things about the UCRH's interprofessional learning program was meeting people from different disciplines whom share different specialities but share a common passion – I like the comradery. I also now feel closer to the system, the people in it and I feel more part of things. My understanding of roles is better and my understanding that roles in the system aren't always well defined is better," (Exercise Physiology student).*

*"This placement was AMAZING!" (Dentistry student).*

## Frequently Asked Questions

### What do I need to bring? (Short Stay students only)

(Long Stay students will have more detailed information forwarded via their Student Co-ordinator)

- Your own **bath** and beach towel
- Food is not provided however the student accommodation is equipped with shared cooking facilities. Food can be purchased at local supermarkets, some of which have long trading hours. There is also a cafeteria at Lismore Base Hospital
- Your own uniform or work wear including covered shoes
- Criminal Record Clearance (please note that you will **NOT** be allowed into health facilities without original documents being sighted)
- Student ID card from your University
- And your car!



**Indigenous Health "Deadly Days"  
Schools Day**



**Clinical Skills – Suture Workshops**

