



McFarlane Bridge, spanning the Clarence River to connect Maclean and Woodford island

Student Placement Guide 2022

MULTIDISCIPLINARY HEALTH Maclean

University Centre for Rural Health

For further information

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Find us on 



University Centre for
RURAL HEALTH
education • research • workforce

Jingi Walla!

Welcome!



Acknowledgement of Country

The University Centre for Rural Health respectfully acknowledges the Aboriginal peoples of the Bundjalung, Yaegl and Gumbayngirr nations – as the traditional custodians and guardians of these lands and waters we now know as the North Coast of New South Wales.

We pay our respects to Elders – past, present and emerging.

As we share our own knowledge, teaching, learning and research practices may we also pay respect and recognise the cultural heritage, beliefs and relationship with the land, which continue to be important to Bundjalung people living today.

Traditional Language learning opportunities

For Traditional Language learning opportunities the [NSW AECG Languages App](#) is a great tool for learning some Bundjalung.



Welcome to the UCRH

University Centre for Rural Health

Regional and rural student placements provide you with opportunities for both personal and professional development.

We hope that this Student Placement Guide will support you in preparing for your upcoming placement, as well as your supervisors and others who will be assisting you on this experience. It is your responsibility to know about, and understand the content of this guide, before you commence your placement.

We believe your placement offers you the chance to experience a regional lifestyle, expand your scope of practice, develop valuable relationships, networks and life experiences to support your long-term career aspirations. The UCRH supports Allied Health placements in a range of settings including hospitals, private practices and communities.

UCRH community placements, known as **Work-Ready or Service Learning Placements**, provide practicum opportunities in regional and rural schools, aged-care facilities and community-based organisations. These placements provide you with insight into rural and regional health and service provision, and foster greater student confidence and independence. Service Learning Placements prepare you to work as part of a dynamic and innovative team and are structured differently to a standard hospital placement (acute clinical). Service Learning Placements are educationally challenging and well supported, inspiring you to be creative, and nurturing your ability to work in a multidisciplinary regional and/or rural setting.

The UCRH helps students grow, gain knowledge and confidence by working in a range of environments – in the hope students enjoy their time here to be inspired to return to a regional community and practice.

Who is the UCRH?

The University Centre for Rural Health is a vibrant academic hub for regional and rural health development. The UCRH is located in the Northern Rivers region of New South Wales, an area characterised by significant disparities in social and economic conditions, a rapidly growing and ageing population, and a high Aboriginal and Torres Strait Islander population. We place over 1000 students per year from all Australian Universities and are one of 15 University Departments of Rural Health across Australia, which have been developed to grow a strong, regional and rural health workforce in response to the Australia-wide rural workforce crisis.

The UCRH's long term goal is to attract you to return and practice in our region, following your training. Our close links with community and non-government organisations provide extended opportunities to broaden your networks and your understanding of regional and rural health, and the specific clinical challenges of our area.

How to Register with the UCRH

If you have been allocated a placement in Northern NSW (including any of the places listed below on the map) and you would like to link into the services offered by the UCRH, follow the steps below:

Register at <https://redcap.sydney.edu.au/surveys/?s=TFCTYCNMFK>

- Your name and mobile phone number
- Your University name, discipline and student number
- Placement dates and site info
- Placement supervisor and contact details



Campus Locations

LISMORE CAMPUS located opposite the Lismore Base Hospital, 61 Uralba St, Lismore for placements in **Lismore, Ballina, Maclean, Kyogle, Nimbin, Casino, Bonalbo, Evans Head, Coraki** or **Woodburn**.

Email urch.alliedhealth.admin@sydney.edu.au

GRAFTON CAMPUS located at the Grafton Base Hospital, 174 Arthur St, Grafton for placements in **Grafton** or **MacLean**.

Email urch.alliedhealth.admin@sydney.edu.au



What can the UCRH do for students?

STUDENT COORDINATION – you will be supported by UCRH Student Coordinators pre-placement and also during your stay. Student Coordination staff are here to support you in areas of health and wellbeing, social connections, accommodation, and linking you into additional educational opportunities.

ACCOMMODATION - provide students with practical accommodation help. The UCRH has a 6-bedroom house in Maclean.

MULTIDISCIPLINARY EDUCATION PROGRAM - a weekly program of lectures, workshops and learning opportunities are delivered to enhance your home university's education program and to engender a multidisciplinary approach to health care.

REGIONAL HEALTH ORIENTATION – you will be warmly welcomed by UCRH staff on your first day and orientated to all aspects of your placement.

BECONNECTED SOCIAL PROGRAM - network with your future colleagues – meet and socialise with other students on placement in the region in a range of activities outside of placement hours.

ABORIGINAL HEALTH EDUCATION – you have access to lectures and workshops with UCRH Aboriginal Educators, health promotion and immersion opportunities engaging with local Aboriginal communities, cultural competency programs and placements in Aboriginal services.



Service Learning Placement Model – A New Approach

Domestic Health students undertaking a placement in the Northern Rivers footprint can register their placement with the UCRH to access what is on offer.

Some UCRH students undertake a specific type of placement known as a *work ready* or *service learning* placements. They are usually within community settings, providing practicum, opportunities in regional and rural schools, aged-care facilities and community-based organisations.

UCRH offers innovative hybrid models of placement including a mixture of telehealth and face to face placement experiences within small rural communities. These placements provide insight into rural and regional health and service provision, and fosters greater student confidence and independence. Placements prepare students to work as part of a dynamic and innovative team and are structured differently to a standard hospital placement. Placements are educationally challenging and well supported to inspire students to be creative, and to nurture their ability to practice in a multidisciplinary approach in a regional and/or rural setting.



Multidisciplinary Education Program

held on Wednesdays at the UCRH

The UCRH offers a variety of opportunities for you to engage in regular multidisciplinary education. One of these opportunities is the **MULTIDISCIPLINARY EDUCATION PROGRAM** held on Wednesdays at the UCRH Lismore, Grafton, Maclean and Murwillumbah campuses. The program offers core components to prepare you to work in regional and rural settings and to gain an understanding of other Allied Health disciplines and their role.

Key features of this program include:

- Comprehensive **Introduction to Aboriginal Health**. These sessions ask you to reflect on your own attitudes, behaviours and preconceptions when thinking about Aboriginal people and health.
- Weekly **debrief and clinical reasoning session**, to enable you to share and reflect on your clinical experiences, discussing gaps in clinical knowledge, sharing strategies and resources and becoming more aware of each other's role and how they overlap.
- **Lectures and workshops from local non-government organisations** shape your learning experience to broadly highlight the role of these organisations in providing an integrated and person-centred patient service outside of the acute care setting.
- **Core topics** include the inter-professional management of chronic conditions such as diabetes, stroke, pain management and end of life care.
- **New emerging health topics** such as health literacy, health pathways and the NDIS and opportunities for you to listen to **patient stories** and how they as patients interact with the healthcare system in a regional and rural area.

MACLEAN

Ayr Street, 6 bedroom house



Shared –bathrooms, laundry with washing machine, dryer and ironing equipment, living area, 1 dining area, 1 full kitchen equipped with fridge/freezer, oven, dishwasher, every day appliances including a kettle, toaster, and microwave, crockery, cooking equipment including pots and pans, and 1 additional kitchenette with fridge/freezer, convection microwave oven, kettle, toaster, crockery. There is an outside clothes line at the back of the house.

Your room is air-conditioned, lockable and includes a king single bed, bedside table, study desk with lamp and chair, portable clothes drying rack.

What to Bring

Food is not provided however each location is equipped with shared cooking facilities.

You will be required to purchase your own **toilet paper, hand soap for communal sink areas, personal soap and cleaning products** for the duration of your stay - you may be able to make a shared arrangement with other students in your accommodation to purchase such items together.

Linen (excluding Ballina location) - You are required to bring all your own linen, or alternatively pre order a linen pack purchase (\$70) supplied by a third party. The pack consists of 2x pillows, 2x sheets, 2x cotton blankets and a towel. Please advise the UCRH Facilities Team if you would like to purchase a linen pack. All beds include a mattress protector.

Pricing and Subsidy

Eligible students will be **charged \$70 per week for UCRH owned accommodation** - pricing will be confirmed by the Facilities Team after your UCRH Online Registration has been received.

Students electing to source their own accommodation, other than UCRH accommodation, may be eligible **to receive a subsidy from the UCRH of up to \$70 per week** (where funding permits) to help you cover the costs of accommodation whilst on placement. To receive a subsidy, you will be required to fill in and submit a Student Accommodation Subsidy Application Form (located on the UCRH website) and receive return confirmation back that your application has been approved.

If you are staying less than 6 weeks you are required to pay for the total number of weeks you are staying in full at least 3 days prior to your arrival date. If you are staying more than 6 weeks, you are required to pay for the first 6 weeks of your stay at least 3 days prior to your arrival, then fortnightly from week 4 of your placement.

** Some Universities pay directly for their students. These students will not receive requests for payment.*

** Ballina accommodation fees are paid directly to the Ballina Hospital. An email from the Ballina Hospital facilities manager, Jan Forsyth will be sent to you advising how to pay accommodation fees.*



Getting Here and Getting Around

There are many different ways to get to your placement including driving, flying or catching the train/bus. If you are flying or catching public transport, ask your Student Coordinator about getting from the airport or train/bus station to your accommodation. Make sure you get the address and directions to your UCRH Campus and your accommodation.

If driving, it is important to be especially careful as country roads are quite different from driving around the city. Find out how long it takes to drive and the best routes to take, avoiding unsealed roads. Make sure you allow plenty of time for travel and always let someone know when you are leaving and when you arrive.

Many towns in the region have limited or no public transport or taxi services. If you are not taking your own transport, this can make getting around your new placement community more difficult, which is why we strongly recommend you bring your own transportation.

Before you go on placement find out about:

- The distance of your accommodation from your placement site and other facilities, such as supermarkets, ATMS, pool/gym, etc
- Let your University know if you don't have a car

Getting To and From Placement

You will need to consider how you will get safely to and from your placement site – and remember that not all placement schedules are within standard business hours and days. Generally, students are placed in pairs at each placement site - so we encourage you to chat with your placement partner about how you will travel around. Check with your University to see if you will be on placement with other students.



Mobile Phone Reception

STAYING IN TOUCH

While you are on placement it is really important to stay in touch with family and friends.

Mobile phone coverage will be specific to your local carrier, **with some carriers not having reception in all country communities**. We recommend that you check your mobile phone coverage before you leave for your regional placement. In many locations in our region, mobile phone coverage is poor to non-existent, so we advise you to check with your carrier to avoid disappointment. In regional and rural Australia, Telstra has the best coverage – please consider using a Telstra Sim while you are on regional or rural placement.

TELSTRA <https://www.telstra.com.au/coverage-networks/our-coverage>

OPTUS <http://www.optus.com.au/shop/mobile/network/coverage>

VIRGIN <https://www.virginmedia.com/mobile/coverage-checker>

VODAPHONE <http://www.vodafone.com.au/network/coverage-checker>

Internet Coverage

All UCRH-owned, and UCRH Campuses - Lismore, Murwillumbah, Grafton and Maclean - are equipped with Wi-Fi facilities. Please note there are limited 'free' Wi-Fi spots eg. cafes offering free Wi-Fi in the region.

Useful Contacts

The Allied Health Team – Lismore & Maclean

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