

WELCOME TO RURAL VICTORIA FOR HEALTH PROFESSIONALS

Rural Workforce Agency Victoria (RWAV) is a not-for-profit government funded organisation improving health care and offering workforce support for rural, regional and Aboriginal communities in Victoria.

COMMON THEMES OF RURAL PRACTICE

- Greater professional independence in practice
- Holistic patient care
- Wide scope of practice
- Lifelong learning opportunities
- Development of broad skills
- Multi-disciplinary team work
- Relaxed rural environment and desirable lifestyle
- Community recognition and connectedness
- Personally & professionally rewarding



Rural practice is rewarding, interesting and diverse, and you never know what is around the corner

HOW YOU CAN PREPARE

- Spend some time before you relocate and get a feel for the place.
- Use the internet to find out about population, climate, regional characteristics and local attractions.
- Consider how you might respond to the challenges you may face – e.g. bushfires, limited resources, isolation.
- Secure a reliable car, which can cope with all-season travel
- Get to know the health provider networks in your location, including:
 - Local referral networks
 - Cultural groups that influence practice
 - Gain an introduction with key community leaders
 - Get involved in workplace and community social events
 - Understand how local industry (agriculture, fishing, mining, etc) influences the needs of health services in your area
 - How your health service caters to specific community needs
- Use modern technology to stay connected to your loved ones, as well as your professional connections, such as any professional associations you belong to.
 - Catch ups with people from your training cohort via Zoom
 - Linking with professional contacts online when you have clinical questions
 - Attending remote CPD events
 - Keeping in contact and up to date with peers and mentors through social media

CHAT TO YOUR EMPLOYER

Your employer can provide you with an introduction to the health service, offer insights into the communities' health needs, cultural groups and the vision, structure and policies of the health organisation.

QUESTIONS TO ASK

- What kind of cases or conditions are most prevalent?
- Who in the team would be good to ask about [clinical question, specialty, etc]?
- What is the cultural make up of this community?
- Who should I speak to if I have concerns or ideas?
- What other providers/information services are available?
- What does everyone enjoy doing in this community?

CULTURAL COMPETENCE

Culture shapes how we all perceive health and wellbeing, how to stay healthy and what to do and where to turn to when we are ill.

Cultural knowledge

- helps to build client-clinician rapport,
- allows the clinician to put in place effective treatment plan that encourages compliance
- promotes positive health outcomes.

RWAV can support your cultural competence journey:

RWAV has collaborated with the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) to facilitate free of charge [Cultural Safety Workshops](#) for primary healthcare providers and support staff in rural Victoria.

Build your cultural competence as an organisation through a Reconciliation Action Plan (RAP). Your practice may be eligible for a RAP Grant, to provide financial assistance in developing a in partnership with Reconciliation Australia.

Health & Culture Resources

- [Terminology guide – Narra Gunna Wali](#)
- [Centre for Culture, Ethnicity and Health](#)
- [Community Profiles for Health Care Providers](#)
- [Indigenous Allied Health Australia](#)
- [National Aboriginal Community-Controlled Health Organisation](#)
- [Victorian Aboriginal Community-Controlled Health Organisation](#)
- [Congress of Aboriginal and Torres Strait Islander Nurses and Midwives](#)
- [Australian Indigenous Health InfoNet](#)
- [Sharing the True Stories: Improving Communication in Indigenous Health Care – Charles Darwin University](#)
- [ABC Indigenous Health News](#)

ENGAGE YOUR NEW COMMUNITY

In rural and remote communities, business and personal often mix. Becoming embedded in the social fabric of your community will not only give you a network of friends and supports in your personal life, it will also help you connect with your patients and build trust in your service.

Consider getting involved in sports clubs, getting to know your neighbours, family groups, volunteering groups, pub trivia teams, & community events (farmers markets, special interest festivals, school fetes).

Check out events in your area at:

<https://www.whitehat.com.au/default.aspx>



PROFESSIONAL DEVELOPMENT

Health Workforce Scholarship Program

The Health Workforce Scholarship Program (HWSP) is designed to improve access to services needed in remote and rural areas across Australia by supporting an increase in skills, capacity and/or scope of practice. The HWSP provides professional development support to health professionals in rural, regional and remote Australia.

Medical Professional Development Program

The Medical Professional Development Program (MPD) supports the ongoing professional development and medical education of medical practitioners in rural and regional Victoria. MPD also aims to encourage trainee doctors to complete rural and regional placements by providing access to professional development subsidies. The MPD is funded by the Victorian Government and administered by RWAV.

Rural Allied Health and Nursing Grant

This Grant supports allied health practitioners and nursing professionals working in MMM2 areas to access educational, professional and skill development opportunities.

RURAL HEALTH RESOURCES

Support Bodies

- RWAV
- [National Rural Health Alliance](#)
- [Services for Australian Rural and Remote Allied Health \(SARRAH\)](#)
- University Departments of Rural Health
- [Australian Rural Health Education Network](#)
- [Centre for Remote Health](#)

Resources for Students

- [National Rural Health Students' Network](#)
- [Rural Health Clubs](#)
- Australasian College of Health Service Management

Rural Women's Groups

- [National Rural Women Coalition](#)
- ABC Rural Women Link
- [Country Women's Associations of Australia](#)

Rural Health Resources

- [ABC Health Map](#)
- Textbook of Australian Rural Health
- [Better Health](#)

CPD Providers

- [Australian Rural Health Education Network](#)
- Continuing Progression Development for Allied Health

Conferences & Events

- [National Rural Health Alliance Conference](#)
- [National SARRAH Conferences](#)
- [National Rural Health Student Network](#)
- [Victorian Healthcare Association Conference](#)
- RWAV grants week (coming soon)

Journals

- Australian Journal of Rural Health
- Rural and Remote Health
- Journal of Rural and Tropical Public Health

Rural Health Newsletter

- [Going Rural Health \(GRH\) Newsletter](#)

MORE INFORMATION

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