

# University Centre for Rural Health, North Coast

## Allied Health News - August 2017



## Welcome to the University Centre for Rural Health

This newsletter is designed to keep you and your colleagues up to date with news from the University Centre for Rural Health, NSW North Coast. Each month, we will share information about our facilities, accommodation, education and social programs. We have campuses at Lismore, Grafton and Murwillumbah. Next month we will feature more about Grafton and Murwillumbah. We welcome your feedback and are available at all times to answer your queries or discuss student options. Please never hesitate to contact myself or the team on [alliedhealth@ucr.edu.au](mailto:alliedhealth@ucr.edu.au)

With thanks for your continuing support,  
Lindy Swain, BPharm, PhD  
Academic Health, Allied Health

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### New 30 Bed Accommodation Block Under Way for Lismore Campus

This month saw the commencement of building works for the new 30 bed accommodation block which will be situated on the Lismore Campus. The completion date for the build is late March 2018, and we are really excited to see activity on the site. Currently on the Lismore Campus, there is a large shortage of available rooms resulting in the majority of students being accommodated off site. To manage this temporary problem, we have UCRH assigned units at Wilsons College; a third party accommodation provider, but only 10 minutes walk from campus and Base Hospital. These rooms have been fully furnished by the UCRH, and students are supported by our team should issues arise.

#### Accommodation Pricing (student pays):

**\$70 per week for UCRH owned/leased accommodation** (note if the University is paying for the student accommodation, the price is \$130 per week – Ballina accommodation site only).

**\$70 per week accommodation subsidy available for eligible students staying offsite** (e.g. Wilsons College – rate without subsidy is \$140 per week). Please note for international students accommodated off campus, the subsidy is not available.

**Included in accommodation** is a single share room with bed, study desk, chair, wardrobe, desk lamp. There are common lounge/dining spaces, laundry and fully equipped kitchens. **Students need to bring** their own linen (or purchase a linen pack), personal items etc.



# UCRH NORTH COAST

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UNIVERSITY CENTRE FOR RURAL HEALTH  
NORTH COAST  
education research workforce

## International Students – recent changes to funding

The University Centre for Rural Health (UCRH) North Coast has recently clarified a number of our key responsibilities to the Commonwealth Government in relation to our support for students. While we remain committed to supporting all health students placed in our region, our agreement with the Commonwealth obliges us to give priority to supporting Australian domestic students. As a result, we are asking that you, wherever possible, prioritise Australian domestic students for placements to our region.

Regretfully, we will no longer be able to offer international students financial accommodation subsidies. International students will remain eligible to stay in our accommodation facilities where places are available, without subsidy, but priority will be given to domestic students if necessary. We will continue to offer international students who are placed in the region all other supports available, including access to our after-hours study facilities, regional orientation, practical placement information, cultural awareness training, inter-professional education sessions and simulations, social activities and pastoral care.

*The UCRH North Coast recognises the important contribution that international students and overseas trained health professionals make to our region and is committed to improving the recognition of their role in the rural health workforce. We would welcome any contribution (e.g. graduate destination data) that you may be able to provide that could help to support our advocacy in this area, as we are not permitted to spend Commonwealth funding on these students.*



Above: A beautiful beach to explore in Bundjalung National Park

## How Students Register with the University Centre for Rural Health

To ensure your students are linking into the services the UCRH offers, please remind them they need to register with us via the following ways.

### 1. Email [alliedhealth@ucrh.edu.au](mailto:alliedhealth@ucrh.edu.au)

- Name and contact details
- Placement dates and site info
- Placement supervisor and contact details

OR

### 2. Register your placement details at <https://clined.ucrh.edu.au/uder/register>

## Meet a staff member... Gus Hamilton



**What's your job at the UCRH?** I am a Student Coordinator for Allied Health students on placement on the NSW North Coast.

**What do you love about your job?**

I love the interaction with students and ensuring that they have a positive regional experience.

**What is the most challenging thing about your job?** Working out ways to get feedback from placement sites and students and colleagues without asking people to complete another survey.

**What's the best thing about living our region?** I love living in Lismore, it's some of the most beautiful country I have ever seen. Amazing beaches and rainforests. Friendly country vibe and a strong sense of community.



## Placement Reflection from OT Masters Student, Maria Nyugen

from University of Sydney. Our students are asked a series of questions post-placement, and below is an excerpt from Maria.

### Describe how your placement has benefitted you as a student.

This placement has been one of the best placements I have experienced thus far. Working with students who have a wide range of needs challenged me to think creatively and flexibly. It encouraged me to think outside of the box and consider how I could incorporate play and fun into therapy. I had the opportunity to collaborate with teachers, learn about their perspectives and share knowledge from OT perspective that I gained from my observations, research and through working 1:1 with the students. The support and advice from my supervisor, enabled me to continue to reflect upon my reasoning, problem-solve and think of ways I could change my practice to better target goals that I had created. Working

independently and being in a setting that is completely new to me, encouraged me to leave my comfort zone. This afforded me countless opportunities to work on developing skills that are integral to future practice as an occupational therapist. Finally, meeting other students from the same and from different disciplines enabled me to gain more insight into their experiences, knowledge and how we might collaborate as future practitioners.



### Describe how your placement has benefitted your placement facility/sites.

With this placement being a psychosocial one, I was able to continue laying the groundwork for addressing issues from a sensory perspective. With teachers whom I collaborated with, I introduced sensory strategies to them and their students to self-regulation in the classroom. By my final week I created a resource that describes how sensory processing/ integration difficulties present and outlines classroom strategies helping a student who might be over-responsive or under-responsive to a certain sensation. Introducing teachers to a sensory perspective is useful as it provides another framework for thinking about a student's presentation in conjunction to or beyond a behavioural/cognitive lens.



### BeConnected: Connecting Students

The UCRH hold regular BeConnected networking events for students registered with the UCRH. These includes activities such as pizza and games nights, watching performances through our local theatre company – NORPA, trivia nights, & bush walks.

**Our upcoming event is not to be missed...[HINT]....paddling with whales. Students, register now so you don't miss out.**



## Multidisciplinary day on the management of stroke -

### Frances Barraclough

Each Wednesday, the UCRH holds a multidisciplinary education day covering topics such as diabetes, Aboriginal health, mental health, CBT techniques and more. **This August the UCRH ran a Multidisciplinary teaching day focused on community initiatives and integrated rehabilitation of the stroke patients in their home.** Key messages of patient centred care, patient driven goals and the roles of multiple professions in supporting these patients were emphasised in the afternoon case study activities supported by a team of clinicians. We had 35 students attend from the disciplines of medicine, occupational therapy and physiotherapy.

**Feedback from OT and Physio students included:** *"The stroke pathophysiology and management lecture was very informative and gave a good overview of all the different types of strokes and how they differ in affect and treatment. We found this highly relevant to physiotherapy as the information delivered can be used within our scope of practice and helped to fill in some gaps in our knowledge"*



For any enquiries, feedback or to unsubscribe from this mailing list, please email

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## UCRH Allied Health Staff Directory

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