Welcome to the inaugural edition of our UWS Bathurst Rural Clinical School Newsletter as we are about to welcome our fifth intake of students to Bathurst. This July, for the first time, we will have twelve students arriving in town, eager to learn and experience life in Bathurst. Please look out for them over the next 12 months.

One of the reasons for publishing our first Newsletter is to report all that has happened over the past 12 months. Firstly, we welcome Professor Ross Wilson as Director of the UWS Rural Program across the Bathurst and Lismore hubs as well as our Aboriginal Community placements. We look forward to Ross’s leadership and direction as he settles into his new role. We also welcome Nathan Rollinson, our Rural Schools Engagement Officer, who has been reaching out to local high school students and introducing them to the Medical School at UWS.

We are most excited about the opening of the new educational area in the basement of the Heritage (old Medical Records) and encourage you all to drop in and see this wonderful new facility.

Some of the activities of our now well established Research Team are also outlined in this issue. Finally, we recently farewelld our students from 2013 and 2014. We wish them well for the future and will follow their progress with interest.
On Friday May 23rd we held our farewell dinner at Rydges, Mount Panorama. This was also the students last day in Bathurst. We had our important award ceremony which A/Professor Tim McCrossin, Clinical Dean, spoke to on the night;

“The first award tonight is the Machattie Shield. This is presented to the student who scores most highly (as graded by attending Academics) on the two “Student Grand Round” presentations over the course of the year in Bathurst. I think it is fair to say (& speaking on behalf of fellow faculty members) that we all enjoy these presentations, particularly the ones you bring back from the Electives in the second half of the year. This year the scoring was once again neck & neck – though with a clear winner – congratulations to Rajvi Shah, her name now inscribed on the Shield. Last but not least there is the matter of the “Ben Chifley Community Engagement Award”. This is presented to the student who is seen to most immerse themselves in local activities & we have all been impressed with your recent efforts around visiting schools & preschools to promote the annual Teddy-Bear picnic, which occurs in conjunction with CSU Paramedic & Allied health students & Notre Dame Medical students at the Royal Bathurst Show. Alas, once again there can only be one winner, though because it was so closely voted we would like to acknowledge Jessica Rainert as a very close runner-up. Finally, our well-deserved winner of the “Ben Chifley community engagement award” for 2014 is Aaia Aladdin.”
The first teddy bear hospital was held at the Royal Bathurst Show in 2012, initiated by the UWS medical students based in Bathurst at that time.

The aims of this initiative are:

- to assist students in further developing their communication skills with children
- to increase community awareness of the UWS rural medical school program in Bathurst
- to foster inter-disciplinary relationships with nursing, paramedic & allied health students attending CSU and other universities to encourage a positive relationship between children and health professionals

The 2014 student organising team was Aaia Aladdin, Jessica Rainert, Rajvi Shah and Michelle Huang. All UWS BRCS medical students were involved over the 3 days, assisted each day by 10 CSU paramedic students and 5 Notre Dame University Lithgow medical students on Friday. Former student Jason Wu (winner of 2013 Community Engagement award) lent an experienced hand on the Saturday.

The event was promoted by our students visiting local preschools in the week prior. Despite the very inclement weather, 96 patients—teddies, elephants, bears, pigs, owls and a shy snake with a tongue problem were assessed and treated. The numbers are mounting from 56 in 2012 to 79 in 2013.

### 2012, 2013 and 2014 Teddy Bear Hospital Presentations

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<tr>
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<th>2012</th>
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<th>2014</th>
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<tr>
<td>Arm problems</td>
<td>20</td>
<td>16</td>
<td>3</td>
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<td>Check-up</td>
<td>11</td>
<td>13</td>
<td>12</td>
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<td>Cold &amp; Flu</td>
<td>11</td>
<td>11</td>
<td>11</td>
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<td>Tummy pain</td>
<td>12</td>
<td>18</td>
<td>21</td>
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<td>Sore ear</td>
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<td>4</td>
<td>3</td>
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<tr>
<td>Leg problems</td>
<td>17</td>
<td>24</td>
<td>22</td>
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<tr>
<td>Eye problems</td>
<td>11</td>
<td>4</td>
<td>10</td>
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<tr>
<td>Other</td>
<td>25</td>
<td>8</td>
<td>10</td>
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Aaia and Adrian at a local Pre-school
On June 2nd and 3rd, 17 rural origin students who are interested in studying medicine were given the opportunity to participate in the 2014 UWS SoM Rural Student Tour. Selected students from Central West schools including: All Saints College Bathurst, The Scots School Bathurst, Mackillop College Bathurst, St Stanislaus College Bathurst, Denison College Bathurst, Orange High School, Mudgee High School and La Salle Academy Lithgow spent two eventful days immersed in the School of Medicine. On day 1 students had the opportunity to gain information about SoM courses including the Bachelor of Medicine/Bachelor Surgery [MBBS] course during a School of Medicine building tour.

Students were exposed to a typical practical tutorial from the course at the Macarthur Clinical School, by completing workshops focused on suturing, cannula insertion and joint structure/anatomy. During the evening session, students participated in medical industry workshops including Sports Injury Prevention & Management – Sports Strapping, Medicine Through Time and an interactive medical quiz game. Day 2 provided the students with the opportunity to attend UWS Day at Parramatta Campus, where they attended student panels, course specific information sessions [MBBS] and a plastering workshop. Overall, the students gained valuable insight into the required skills, lifestyle, delivery structure and application processes associated with studying medicine at the University of Western Sydney. This very worthwhile event also allowed students to gain an in-depth understanding of the Universities aim of increasing the enrolment of rural origin students into UWS Medicine as a means of addressing the health workforce shortage in rural areas. Very special thanks to Ms Jennifer Akers for organising UWS staff, information sessions and practical activities which were a highlight of the tour.

Rural Schools Engagement Officer

Nathan Rollinson has continued to attend school and community events in the Central West region including regional careers days, local and regional health committee meetings, school based health related events and workshops. As an extension of these duties, Nathan is also taking an active role in the coordination of our local Community Advisory Group which has been active since 2012 and next meets on Tuesday August 12th at 5pm.
Bus Trip to Bathurst February 22nd 2014

A group of eleven Year three MBBS students, joined by Penny Lee and Sesil Almendrala from the School of Medicine, boarded a bus in February and travelled from Campbelltown to explore Bathurst and the Rural Clinical School. The tour is provided to those rurally motivated students to select a potential location for Year 4 and Year 5 rural training and also proved to be a nice social outing for all, enjoying the Bathurst Farmer’s Market and lunch together at a local restaurant. Before heading back to Sydney, the UWS bus undertook the mandatory circuit of Mount Panorama.

“‘The farmers’ markets were great”

“Our main concern is that we might miss out on being selected”

Staffing

On the staffing front we have welcomed a new Director of the Rural program (across Bathurst & Lismore hubs) namely Professor Ross Wilson who is now officially on board and working one day a week out of the Heritage. We look forward to Ross’s direction and leadership. He brings a lifetime of the Rural Generalist’s perspective to the team and is strongly networked in Bathurst and beyond.

We also will be farewelling Tegan Dutton (Research Officer) who will be going on maternity leave from June 26 and will welcome her replacement Kristy Payne who will be with us for 12 months.

A special mention goes to Dr Ian Elbourne (Senior Lecturer, Surgery) who has reached the milestone of five years of service to UWS. Our last 4 cohorts of students have always provided very positive feedback regarding Dr Elbourne’s teaching capabilities. Here are a few comments from students:

“Dr Elbourne was a wonderful mentor during my time at Bathurst. His tutorials were full of wise words about medicine and life, but the highlight was definitely his unending supply of Dad jokes which kept us entertained! He’s probably the most down to earth consultant I’ve ever met and I really appreciate his involvement with us at UWS.”

“Dr Elbourne was a generous teacher, both in and out of the theatre. The way he respected and cared for patients was noticed by all and he set a fine example for us to follow.”

Dr Ian Elbourne
Our Research team, consisting of Associate Professors Kumara Mendis and Wendy Stevens and Research Assistants Jannine Bailey, Tegan Dutton and Kristy Payne continue to be busy with many ventures. As the following table outlines, research is occurring across the community (Orange Aboriginal Medical Service) and hospital settings. Please drop in and see us sometime if you have a clinical research idea you would like to discuss.
**UWS Bathurst Rural Clinical School Research Program**

**Examples of some current activities**

<table>
<thead>
<tr>
<th>Accepted for publication</th>
<th>A Bibliometric analysis on Australian Rural Health Publications from 2006 to 2012 Mendis K, Edwards T, Stevens W, McCrossin T. Australian Journal of Rural Health (Accepted for Publication 2014 June).</th>
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| Ongoing Projects | Efficacy and toxicity of external beam radiation therapy for prostate cancer at a new rural centre comparison with metropolitan centres. Stevens G, Stevens W. This is a 5 year project which commenced in January 2014. |
| Ethics approved projects | A retrospective analysis of newborn pulse oximetry screening at Bathurst Base Hospital – Kamalanathan P, McCrossin T, Mendis K, Bailey J.  

Greater Western Human Research Ethics Committee application approved; awaiting site specific approval for Bathurst and Westmead hospitals prior to beginning data collection. |
| Submitted for ethics | Fit4YAMs: development of a mobile phone text messaging intervention for overweight and obese young adult males in rural and regional Australia – Mendis K, Bailey J, McCrossin T, Steinbeck K, Kiernan M. |

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*Jannine and Kristy (Research Assistants)*  
*Kumara (A/Prof Rural Health and Research)*  
*Wendy (A/Prof Rural Health and Research)*
UWS College Lithgow opening Tuesday April 8 2014

UWS staff from the Bathurst Rural Clinical School recently attended the opening of the UWS College at Lithgow. The UWS College structure offers students the opportunity to take advantage of alternative entry pathways into UWS courses. Presently the UWS College Lithgow delivers courses including Foundation Studies and Diploma courses. When students successfully complete the University Foundation Studies and fulfil UWS course requirements, they are given direct entry into the first year related UWS bachelor degrees.

For more information please go to their website:
http://www.uwscollege.edu.au/about/our_campuses/Lithgow

Upcoming Events

As mentioned, our new group of students arrive in Bathurst on Monday 7th July 2014 and will be welcomed by a busy orientation week program. Selected highlights of “o-week” include the traditional Farm Safety Visit with Professor Ross Wilson, meeting our local State Member, Mr Paul Toole for lunch on Thursday 10th July and participating in the unveiling of the Chifley Plaque in front of the medical student quarters on Friday 11th July. Students will then begin to be seen on their clinical rotations from Monday 14th July, as another Bathurst academic year begins.

Our newly arriving students will be looking forward to the Farm Visit - enjoyed by all of their predecessors