

Lismore Base Hospital

Internship guide



**Northern NSW
Local Health District**



Facility Overview

Lismore Base Hospital (LBH) is the recognised Trauma Centre for the North Coast Region and is linked to the local helicopter retrieval service. The hospital is an acute referral hospital of 280 beds, serving a population of approximately 170,000 people on the Far North Coast of NSW and has a busy Emergency Department (41,000 presentations annually & 55 beds/treatment spaces), 12 bed ICU and a 6 bed Coronary Care Unit.

A wide range of medical and surgical specialties and subspecialties are provided, as well as the majority of speciality services. LBH plays an important role in providing high level specialist services on a regional level. This includes access to formalised Retrieval Service over a 300km radius and a regional Trauma service. We also have specialist emergency and elective surgical services including Vascular, Upper GI, Urology, Orthopaedics, ENT and

FACS Max. There is a Cardiac Cath Lab, Hybrid operating theatre, a full suite of radiology services including PET scanner and a comprehensive cancer treatment and radiation therapy centre. LBH has recently opened a refurbished medical ward with stroke, acute delirium beds and general medical beds with a gym and activities of daily life kitchen.

After a recent \$312 million renovation, the new health facilities allow for contemporary models of care that clinicians and staff are excited to deliver in their local community.

This major redevelopment has brought the health campus up to the highest standard and ensures patients can continue to access the health care they need close to home.

The co-location of the community health services on the hospital campus enables staff to provide greater continuity of care and better support patients as they move from acute hospital care back into the community.



Local Area

Lismore Base Hospital is situated in Northern NSW Local Health District, between World Heritage listed rainforest and the pristine beaches of Evans Head, Ballina, Lennox Head and Byron Bay.

Surrounded by quaint villages and towns such as Eltham, Clunes, Alstonville, Wollongbar and Bangalow, and 45 minutes to the coastal towns of Ballina and Lennox, our staff have many options when it comes to deciding where to live.

We are just over an hour to Gold Coast airport, and major shopping centres of Robina, Pacific Fair and Harbour Town and approximately 2.5 hours to Brisbane.





Dr Matthew Collocott

Internship at Lismore

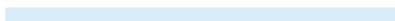
My experience of interning at Lismore Base Hospital (LBH) was both personally and professionally enriching. From the moment I began my training at LBH as a medical student for 1.5 years, I was welcomed by the warmth and expertise of the entire LBH community. This positive experience solidified my decision to pursue an internship at LBH, and I am immensely grateful for the opportunity.

My rotations through Cardiology, General Surgery, Respiratory, Emergency, and Relief exposed me to a diverse range of medical cases and provided invaluable learning opportunities. I am particularly grateful for the frequent one-on-one interactions with approachable

and knowledgeable consultants from various specialties. Their pearls of wisdom and guidance significantly expanded my clinical and procedural skillset. Additionally, our cohort benefited from extensive training programs, including, but not limited to, Emergency Medicine and Advanced Life Support Level 2 courses, and weekly, protected specialty-specific teaching.

LBH fosters a unique and supportive culture. The friendly and welcoming nurses, wardsmen, cleaners, and medical staff create a positive and collaborative environment. The dedicated medical administration team is further committed to ensuring interns have the best possible experience throughout their internship.

I am confident that an internship at LBH will not only equip you with strong clerical, clinical, and procedural skills, but also provide a foundation of knowledge and lasting professional relationships. By interning at LBH, I am sure it will undoubtedly serve as a solid foundation as you embark on your medical career.





Dr Anika Young

Internship at Lismore

Lismore Base Hospital made me feel right at home for my first year as a doctor after completing my medical school clinical years in a regional QLD hospital.

As a regional base hospital, Lismore offers junior doctors the best of both worlds being small enough to reap the benefits of increased opportunities and exposure provided by smaller team sizes, yet large enough to provide many of the specialties sometimes not available in other regional hospitals in conjunction with a very experienced and skilled senior team.

Lismore Base Hospital provides their junior doctors with a very supported, protected and

educational environment. In my experience here, I have found senior clinicians very approachable, patient and encouraging. This same support is provided by the entire hospital team. You will struggle to walk down a single hospital corridor without passing a friendly face. I have found this all to be so important and comforting for one of the notoriously trickiest years of your medical career with the steep learning curve and newfound responsibilities.

Working at Lismore provides more than just the in-hospital benefits. Being part of a smaller group of junior doctors, close friendships are inevitably forged and we enjoy a lively social calendar. Lismore and surrounds offer lovely beaches, forest walks and waterfalls, markets and weekly trivia, and we are only a short drive to the Gold Coast for any of your city needs.

In conclusion, I could not imagine a better hospital to have started my medical career. I cannot recommend Lismore Base Hospital highly enough as a place to undertake your residency.

Prevocational Term rotations

PGY 1

- General Medicine
- Cardiology
- Nephrology
- Geriatrics
- Emergency Medicine
- Surgery
- Orthopaedic Surgery
- Psychiatry
- Relief

PGY 2

- General Medicine
- Cardiology
- GP Kyogle
- GP Rural Generalist Maclean
- Nephrology
- Geriatrics
- Gastroenterology
- Haematology/Oncology
- ICU
- Surgery
- General Surgery
- Orthopaedic Surgery
- Psychiatry
- Emergency Medicine
Lismore/Ballina/Casino/
Grafton
- Paediatrics
- Obstetrics & Gynaecology
- Relief.

Vocational Training

Richmond Network has Vocational Trainees in:

- Emergency Medicine
- Paediatrics
- Medicine
- Haematology/Oncology
- Radiation Oncology
- Orthopaedics
- Surgery
- Psychiatry
- ICU
- Anaesthetics
- Obstetrics & Gynaecology.

Richmond Network also accommodates Basic Physician Trainees, Surgical Trainees, and Advanced Trainee positions in:

- Gastroenterology,
- Obstetrics and Gynaecology
- Paediatrics
- Emergency Medicine
- Cardiology
- Nephrology
- Medical Oncology
- Radiation Oncology
- Geriatrics
- Rehabilitation Medicine

Richmond Network offers positions to trainees undertaking GP Training through the Rural Generalist Training Program.

FAQS

Will I get paid for overtime?

Yes we have a process to ensure you are paid for the time that you work

Will I be rostered for night shifts?

No you will not be rostered to work night shifts in your intern year

I am interested in doing a metro rotation, is this able to happen?

We have an excellent relationship with our Network 9 hospital Prince of Wales and there are opportunities to do rotations at POW during your PGY2 year

What job opportunities are available after my PGY1/PGY2 years?

There are ample opportunities in a range of specialties for you to apply for positions with the Richmond Network as a PGY3 Medical Officer.

Where to live during my internship?

The Lismore region has many options for accommodation. Some JMOs choose to live close to the hospital and others source accommodation near the beach which is only a 30 minute drive to the hospital. We are happy to facilitate communication amongst trainees for shared accommodation options.



More about us...

LBH is an affiliated teaching hospital for medical students from the University of Sydney, University of Wollongong, University of Western Sydney, University of Newcastle, Bond University, University of Queensland and Griffith University. The hospital has a strong commitment to teaching and support for its JMOs.

LBH has rosters based on the JMO term dates. These are administered by the JMO Manager in conjunction with the department directors in each discipline.

Junior Medical Officers participate in the after hours and on-call rosters in a well supported environment, including buddying during intern orientation for after hours shifts.

Junior Medical Officers have access to the Wagner Suite Doctor's Lounge with offices, quiet study areas, computers, WI-FI, Videoconferencing and recreational facilities in their own private space on Level 8, A Block.

Any questions at all, please don't hesitate to contact a member of our team.



Education

LBH offers Monday to Friday education sessions, weekly clinical discussions, journal clubs, tutorials, modern library facilities and University Centre for Rural Health (UCRH) facilities. This is in addition to bedside and ward based teaching, clinical scenarios and SIM training.

We also virtually access/host RNSH Grand Rounds and Tertiary Paediatric education weekly.

Educational facilities include a brand new medical education space and library.



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Lismore Base Hospital,
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Contact the JMO team
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