

Network 14

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Local Area

Description of the local area surrounding the hospital/network.

Network 14 is associated with Nepean Blue Mountains Local Health District which is responsible for providing community health and hospital care for people living in the Blue Mountains, Hawkesbury, Lithgow and Penrith Local Government Areas (LGAs) and tertiary care to residents of the Greater Western Region.

The Local Health District consists of both urban and semi-rural areas, covering almost 9,179 square kilometres and an estimated resident population of 361,651 people. The Dharug, Gundungurra and Wiradjuri people are acknowledged as the traditional Aboriginal owners of the land in the District.

The Blue Mountains are a mountainous region and a mountain range located in New South Wales. The region borders on Sydney's metropolitan area, its foothills starting about 50 kilometres west of the Sydney CBD, at Penrith on the outskirts of Greater Sydney Region. Officially the Blue Mountains region is bounded by the Nepean and Hawkesbury rivers in the east, the Coxs River and Lake Burragorang to the west and south, and the Wolgan and Colo rivers to the north. Geologically, it is situated in the central parts of the Sydney Basin.

How the location provides balanced work and lifestyle.

Being approximately an hour from the Sydney CBD, Penrith gives you the ability to easily visit the city for a day trip or longer but there are also many opportunities to explore in the 'backyard' and adventure through the region. Katoomba is also approximately an hour away with many historic towns along the way like Blaxland, Lawson and Wentworth Falls named for the famed explorers. There is an emerging café and restaurant scene as well as opportunities to try a variety of activities both indoors and outdoors. There is plenty to do to relax and enjoy on your days off.

Attractions in the area

The Three Sisters near Katoomba

The Giant Stairway walking track

Jenolan Caves, a series of limestone caves south west of Katoomba.

The Katoomba Scenic Railway

The Scenic Skyway

The Norman Lindsay Gallery and Museum at Faulconbridge,

The Toy and Railway Museum at Leura.

Knapsack Viaduct

Lennox Bridge, Glenbrook, on Mitchell's Pass which may be hiked (downhill) from Blaxland to Emu Plains (8 km).

Valley Heights Locomotive Depot Heritage Museum.

The Zig Zag Railway: A steam-powered railway near Lithgow.
The Explorers tree, next to the Great Western Highway, west of Katoomba.
The Prime Ministers' Corridor of Oaks, at Faulconbridge, near the Great Western Highway.
Red Hands Cave in the Blue Mountains National Park near Glenbrook
Lincoln's Rock in Wentworth Falls
The Farm Gate Trail for Penrith and the Hawkesbury Regions
The Nepean Belle
Penrith Rugby League Club

Sports - Penrith Whitewater Stadium, rugby league, soccer, netball, basketball and many other sports played in the area at senior and junior levels.

The local Rugby League Team are the Penrith Panthers and the local Soccer Team are the Western Sydney Wanderers.

For those not inclined to sport there are many art galleries and cafes throughout the region as well as the Joan Sutherland Performing Arts Centre which hosts a variety of performances and concerts.

Facility Overview

Nepean Hospital is located in Kingswood NSW, and is a 530 bed Tertiary Referral Hospital, 50 km from the centre of Sydney and a 45 minute drive. It is a teaching hospital linked with the University of Sydney but hosts students from many different universities and disciplines. The services provided include medical disciplines, surgical specialities and a vast array of outpatient services (see terms available). The Emergency Department sees approximately 72000 presentations per annum. A \$550 million redevelopment project is currently being undertaken to increase capacity by a further 200 beds, 10 operating theatres and an expansion of other services and departments.

Hawkesbury District Health Service in Windsor NSW is a teaching hospital of the University of Notre Dame. It is a 131 bed healthcare facility operated by St John of God Health Care, and provides public patient services under a public-private partnership with the Nepean Blue Mountains Local Health District. They provide acute, community and allied health services for the local community and surrounding districts.

Blue Mountains District ANZAC Memorial Hospital is located in Katoomba. It is a 125 bed acute hospital with paediatrics, obstetrics, general surgery, general medicine, rehabilitation and Emergency medicine as well as outpatient services. JMOs are allocated to either General Medicine or Rehabilitation terms at this hospital and are provided with accommodation. In addition you will be able to enjoy the local tourist attractions which attract many overseas visitors.

Lithgow Hospital is located in the historic township of Lithgow, one hour drive west of Penrith. It is a 46 bed public hospital that provides healthcare services to a rapidly expanding population in excess of 20 000 people. It is also a rural teaching hospital for the University of Notre Dame. It has a 24-hour emergency department and provides inpatient services for obstetrics, general surgery, general medicine and radiology. Accommodation is provided to individuals who rotate to this facility which is a PGY2-only ACRRM accredited term.

Previous JMOs have rated The Nepean Hospital as the most doctor-friendly allocation, and the workplace culture at NBMLHD is highly regarded. The hospital is an innovative and exciting place to work and learn with opportunities for professional development and career growth through term allocations, practical experience and skills enhancement. University clinics, Grand Rounds, weekly clinical meetings and tutorials provide education, training and professional development opportunities as well as a Medical Education Officer dedicated to the Intern and Resident education program. Interdisciplinary Education and Skills are encouraged and facilitated through the Education and Training Service, giving you the opportunity learn with colleagues from Nursing, Midwifery and Allied Health. You also have the opportunity to work with clinicians who are the leaders in their field.

The organisation has a strong commitment to research and teaching through a well-established national and international research program. Our research activities contribute directly to improved patient outcomes through advances in medicine, nursing, midwifery and other areas.

The Resident Medical Officers Association (RMOA) are active in planning social activities and providing a voice for JMOs on various hospital and network committees and the annual JMO Ball is a highlight of the social calendar each year. You can become part of the executive for the RMOA as positions are opened each year, or you can just become a member and enjoy the benefits. JMOs working in Network 14 are also invited to apply for sponsorship to attend conferences and seminars outside the hospital.

Term Rotations

PGY1 terms available:

Medicine:

General Medicine (BMDAMH & HDHS), Cardiology, Endocrinology, Geriatrics, Gastroenterology, Haematology, Medical Assessment Unit, Neurology, Oncology/ Radiation Oncology, Palliative Care/ Pain Service, Respiratory, Rehabilitation (NH & BMDAMH), Renal

Surgery:

Acute Surgical Unit, Breast/ Endocrine Surgery, Colorectal Surgery, ENT, General Surgery (HDHS), Neurosurgery, Orthopaedics, Plastics, Thoracic Surgery, Upper GI Surgery, Urology, Vascular Surgery

Other

Emergency Medicine (NH & HDHS), Relief

Additionally, PGY2 terms available:

Critical Care,
Drug & Alcohol,
Paediatrics,
Psychiatry,
Obstetrics & Gynaecology,
Infectious Diseases,
Sexual/Public Health,
Rural Medicine (LH)

Vocational Training Opportunities

Nepean Hospital has training programs and training networks associated with the following specialty colleges

Australian College of Emergency Medicine

Australian & New Zealand College of Anaesthetists

College of Intensive Care Medicine of Australia & New Zealand

Royal Australian & New Zealand College of Psychiatrists

Royal Australian & New Zealand College of Radiologists

Royal Australian College of Obstetricians & Gynaecologists

Royal Australasian College of Physicians – Adult and Paediatric

 Australasian Chapter of Addiction Medicine

 Australasian Chapter of Palliative Medicine

 Australasian Chapter of Sexual Health Medicine

 Australasian Faculty of Rehabilitation Medicine

Royal Australasian College of Surgeons

 Breast/ Endocrine Surgery

 Colorectal Surgery

 General Surgery

 Neurosurgery

 Orthopaedic Surgery

 Plastic Surgery

 Upper GI Hepatobiliary

 Urology

 Vascular Surgery

Royal College of Pathologists Australia

Websites that could provide more information regarding the Facility/Local Area/Navigation in the region etc.

<https://www.health.nsw.gov.au/lhd/Pages/nbmlhd.aspx>

<https://www.youtube.com/watch?v=pWAEs0wuLEM>

https://www.youtube.com/watch?v=_AY0KYANleE

<https://www.visitpenrith.com.au/>

<https://www.discoverthehawkesbury.com.au/>

<https://tourism.lithgow.com/>

<https://www.visitbluemountains.com.au/>

<https://www.harvesttrailsandmarkets.com.au/farm-gate-trails/>

Rosters/Teaching/Mentoring etc.

Any education and well-being activities carried out in the network to help Prevocational Trainees.

General Clinical Training Program

Time is allocated weekly on Tuesdays (1 hour) for Interns. The Residents teaching program has a one hour monthly session and a half day tutorial session each term. This time is quarantined from service responsibilities ie. Attendance is compulsory for JMOs and they are not expected to attend to ward work or answer pages during this time.

Tuesday Intern Teaching Sessions are 1430 – 1530hrs in the South Block Lecture Theatre and are video conferenced to Blue Mountains and Hawkesbury Hospitals. This program follows the Unified Lecture Series from HETI.

The Resident monthly teaching sessions are in the South Block Lecture Theatre from 1400 – 1500hrs and are video conferenced to Blue Mountains, Hawkesbury and Lithgow Hospitals. The half day tutorial sessions are at various locations. Residents are allocated to the sessions and will be informed of their location.

Grand Rounds and other teaching are held in the South Block Lecture Theatre, Mental Health Grand Rounds are held on Tuesdays and Medical Grand Rounds are held on Thursdays 1230 – 1430hrs. JMOs are encouraged to attend these sessions. There is also Friday Grand Rounds which rotates on a fortnightly basis between Infectious Diseases, Haematology and Endocrinology . There is also Renal Rounds fortnightly on Fridays.

RED Program

The concept of the **RED** Project is to make visible in each ward/ unit the staff that are available and willing to help new comers to the unit to find information and resources. **RED** stands for Resource Experienced Duty and the role is open to Allied Health Staff, Doctors, Nurses and Midwives who are experienced in their role. To help achieve this objective, we have a **RED** t-shirt for the staff to wear to signify to staff that they have volunteered to take on this role and make them more visible to the new staff members. The key times when staff wear their t-shirt are at the start of a new Term or Rotation for approximately one month.

IdE&S

Interdisciplinary Education & Skills (IdE&S) are themed short sharp sessions of approximately two (2) hours that junior Healthcare Professionals are allocated to attend at each site. For Junior Medical Officers this helps them to achieve various aspects of their program required for general registration. For Nursing, Midwifery and Allied Health Staff as they already have general registration, this is Continuing Professional Development. For all professions it is an opportunity to work collaboratively in an interdisciplinary model for education that is relevant across all disciplines. The concept of the flipped classroom is used which means that for each session you will have 'homework' to complete prior to attending your allocated session. The homework is relevant to the session and gives background information and an understanding of what will happen in the session. There are 3 themes for these sessions – Ethics and Professionalism, Error and Resilience and Emotional Intelligence.

Resident to Intern Mentor Program

The Resident to Intern Mentor Program has been successfully running since 2018 and continues to grow. Those that were mentored as Interns often become Resident Mentors the following year. Some Residents that didn't have a mentor as an Intern, volunteer to become mentors because they want to help the new Interns and see the value in it. Incoming Interns are emailed regarding their interest in having a mentor and Residents undertake training to become a mentor.
