

RGEN23

Connecting for the Future

Friday 16 and Saturday 17 June 2023
Orange, NSW



HEALTH
EDUCATION
& TRAINING



DAY ONE: Friday 16th June 2023

9.30am	BUSES DEPART MERCURE ORANGE
9.40am	BUSES DEPART CALEULA MOTOR LODGE
From 10.00am	ARRIVAL CONFERENCE REGISTRATIONS & MORNING TEA CHARLES STURT UNIVERSITY, BLOOMFIELD CAMPUS, LEVEL 1, ORANGE
10.30am – 10.43am	WELCOME TO COUNTRY & DANCE TROUPE Neil Ingram, Wiradjuri Elder
10.43am – 10.45am	MC HOUSEKEEPING ANNOUNCEMENTS Rod Peadon, Senior Program Manager, Strategic Partnerships, HETI
10.45am – 10.55am	OFFICIAL OPENING OF RGEN23 Dr. Lorenzo Vigentini, Acting Director, Mental Health Portfolio, HETI
10.55am – 11.00am	RGEN23 WELCOME Maggie Crowley, Director, Professional Practice and Interprofessional Collaboration, HETI <i>Objectives, key events and rural education</i>
11.00am – 11.15am	GUEST SPEAKER: WELCOME TO CSU MEDICAL SCHOOL BLOOMFIELD CAMPUS Prof Damien Limberger, Deputy Dean, School of Rural Medicine, CSU <i>Welcome to CSU medical school Bloomfield campus and hearing Damien's personal journey to Obstetrics in Orange NSW.</i>
11.15am – 11.30am	PERTH, ADELAIDE, DENILQUIN... AN RG JOURNEY Dr Rachel James, GP Obstetrician & Dr Ben James, GP Anaesthetist, The Denilquin Clinic <i>Settling in a NSW town as an Rural Generalist. Dr Rachel & Dr Ben will talk about their journey in choosing their current town, the process that helped them in the decision-making process and the helpful advice they found along their way.</i>
11.30am – 11.45am	REFRESHMENT BREAK
11.45am – 12.00pm	RURAL MEDICAL WORKFORCE SOLUTIONS Dr Linda MacPherson, A/Director Workforce Strategy and Culture, Workforce Planning and Talent Development Branch, NSW Ministry of Health <i>Overview of the rural medical workforce in NSW. Strategies at both a state and national level to support better distribution of the medical workforce to regional, rural and remote locations.</i>

12.00pm – 12.30pm	RURAL MEDICINE IN UNUSUAL CIRCUMSTANCES Dr Steve Peterson, VMO Virtual Rural Generalist Service, WNSWLHD <i>A brief overview about Dr Steve's disability, the breadth of potential medical work, and the needs of rural communities combine with modern information technology to shape his medical practice.</i>	
12.30pm – 1.30pm	LUNCH & TRADE DISPLAY	
1.30pm – 2.30pm	CONCURRENT SESSION ONE	
STREAM	STREAM 1 AST 2023 COHORT	STREAM 2 FOUNDATIONS 2023 COHORT
FACILITATOR	LINDSEY STEWART	MARINA MAXHUNI & DAN HIGGINS
ROOM	CONFERENCE 1 & 2 ROOM	GENERAL LEARNING ROOM
TIME	30-minutes	60-minutes
1.30pm – 2.00pm	SELECTING A TOWN WHERE YOU CAN PRACTICE AS AN RG AND RETAIN YOUR QUALIFICATIONS Dr Teena Downton, HETI NSW Rural Generalist Training Program, Rural Director of Training & Dr Angus Brown, HETI NSW Rural Generalist Training Program, Rural Director of Training, Rural Generalist (Endoscopy & Surgery), Scone Hospital & Parkes Health Service <i>This session will discuss points to consider when selecting a town and provide tips for settling into and integrating into a new community. The session will include a Q&A with the presenters who will share their experience selecting a town to practice and maintain their AST skills.</i>	FOUNDATION YEAR – AST PREPARATION AND READINESS Dr David Wong, Rural Director of Training, Rural Generalist Anaesthetist, HETI & Associate Professor Kerrie Stewart, NSW/ACT Regional Director of Training, RACGP, <i>In this session you will discuss and learn in the following areas:</i> - Readiness for AST year - Interview skills - Application preparation.
TIME	30-minutes	
2.00pm – 2.30pm	NEGOTIATING A CONTRACT, SUPERVISION POST AST & SUPPORT FOR RG'S AND FAMILIES Dr Rachel Christmas, Associate GP, Temora Medical Complex & GP Obstetrician & VMO Temora Health Service, under MLHD & Dr Louise Baker, State-wide Director, Rural Generalist Training Program, HETI <i>Discussing how to settle into a life after RG training, with supervision, negotiating a contract and getting the family settled too.</i>	
2.30pm – 2.45pm	AFTERNOON TEA BREAK	
2.45pm - 4.00pm	CONCURRENT SESSION TWO	
STREAM	STREAM 1 AST 2023 COHORT	STREAM 2 FOUNDATIONS 2023 COHORT
FACILITATOR	LINDSEY STEWART	MARINA MAXHUNI & DAN HIGGINS
ROOM	CONFERENCE 1 & 2 ROOM	GENERAL LEARNING ROOM
TIME	35-minutes	15-minutes

2.45pm	PRACTICE PRACTICALITIES Dr Barb Cameron, RG Training Program Rural Director of Training, HETI & Dr David Wong, Rural Director of Training, Rural Generalist Anaesthetist, HETI <i>Dr Barb Cameron will provide tips for transitioning to GP with VMO work in rural towns, including paperwork requirements, basics of billings, and support resources available.</i> <i>Dr David Wong will cover the topics GP VMO work and VMoney – providing an overview of the RDA NSW Settlement package and using it effectively.</i>	HOW NSW RURAL DOCTORS NETWORKS CAN SUPPORT YOU THROUGHOUT YOUR CAREER Eleanor Knight, Program Lead, Future Workforce, NSW Rural Doctors Network <i>An overview of the supports, scholarships and opportunities RDN offers Rural Generalists throughout their career.</i>
3.00pm		25-minutes RACGP COLLEGE PRESENTATIONS Jo Sayer, NSW/ACT Manager Rural Pathway & Rural Generalist Training RACGP & Associate Professor Kerrie Stewart, NSW/ACT Regional Director of Training, RACGP <i>A summary of the Royal Australian College of General Practitioners (RACGP) Rural Team and AST Curriculum requirements!</i>
3.20pm	35-minutes CASE STUDY, LESSONS LEARNT FROM SETTING UP A RURAL GENERALIST PROCEDURAL PRACTICE: THE SCOPAR EXPERIENCE Dr Angus Brown, Rural Generalist, Surgery/Emergency, Scone & Parkes Hospital & FACRRM, Rural Surgery, GESA Conjoint Endoscopy, MBBS, DCH, B.Sc <i>This presentation offers valuable insights into the establishment of a Rural Generalist (RG) procedural practice in two towns in New South Wales.</i>	
3.25pm		25-minutes ACRRM COLLEGE PRESENTATION Nicole Johnson, Training Network Coordinator, ACRRM & Dr Teena Downton, Medical Educator <i>Join us for a presentation on training with the Australian College of Rural and Remote Medicine and what a FACRRM can lead to, along with AST Curriculum requirements.</i>
3.50pm		10-minutes RACGP & ACRRM COLLEGE Q & A <i>An opportunity to ask both colleges any questions you might have from their presentations.</i>
4.00pm	DAY ONE CLOSE	
4.00pm	BUSES RETURN TO HOTELS	
6.00pm - 9.00pm	CONFERENCE DINNER THE LORD ANSON, UPSTAIRS, OPEN STYLE NETWORKING DINNER WITH SOFTDRINKS & JUICE PROVIDED. OPTION TO PURCHASE OWN WINE & BEER.	

DAY TWO: Saturday, 17th June 2023

8.45am	BUSES DEPART MERCURE ORANGE
8.55am	BUSES DEPART CALEULA MOTOR LODGE
From 9.00am	CONFERENCE REGISTRATIONS, ARRIVAL TEA AND COFFEE CHARLES STURT UNIVERSITY, BLOOMFIELD CAMPUS, LEVEL 1, ORANGE
9.30am - 9.45am	WELCOME & REFLECTION DAY TWO Dr Louise Baker, State-wide Director, Rural Generalist Training Program, HETI

9.45am - 10.00am	MINDFULNESS AND BREATH WORK SESSION Serena Dyer, Yoga Teacher, Serena Louise Yoga <i>In the Mindfulness and breath work session the audience will be brought into their bodies and out of their minds through a short gentle standing movement practice; following this they will be guided through a pranayama (breath work) practice and a short, seated meditation to prepare their mind and body for the rest of their day.</i>
10.00am - 11.00am	LEADING WITH CONFIDENCE: STRATEGIES FOR AVOIDING BURNOUT AND ACHIEVING SUCCESS Dr Josephine Braid, Bathurst Health Service, Rehabilitation Medicine VMO, The Burnout Recovery Dr, CEO and Professional Coach <i>This presentation is suitable for clinicians at all stages of their careers, providing a roadmap for success and wellbeing in today's fast-paced medical world. By the end of the session, attendees will leave with strategies and renewed energy to thrive both professionally and personally.</i>
11.00am - 11.15am	MORNING TEA
11.15am - 12.00pm	SELF CARE BEYOND THE SELF Dr Louis Christie, Palliative Care Senior Medical Officer, WNSWLHD <i>Building a healthy workplace culture</i>
12.10pm	BUSES DEPART FOR MORTIMERS WINES
12.30pm – 3.30pm	THE RGEN23 LONG LUNCH
12.30pm	RGEN23 LONG LUNCH Lunch Provided at Mortimers Wines <i>**Please wear warm clothing, outdoor fire pits available Facilitated Networking based on LHD and AST Speciality Families Invited Kid friendly – playground available</i>
3.00pm	CLOSING REMARKS Dr Rachel James, Rural Director of Training, HETI Dr Louise Baker, State-wide Director, RGTP Rod Peadon, Senior Program Manager, Strategic Partnerships, HETI
3.30pm	BUSES RETURN TO HOTELS OR CONFERENCE VENUE

**Program subject to change without notice*

