

Central Coast – Gosford and Wyong

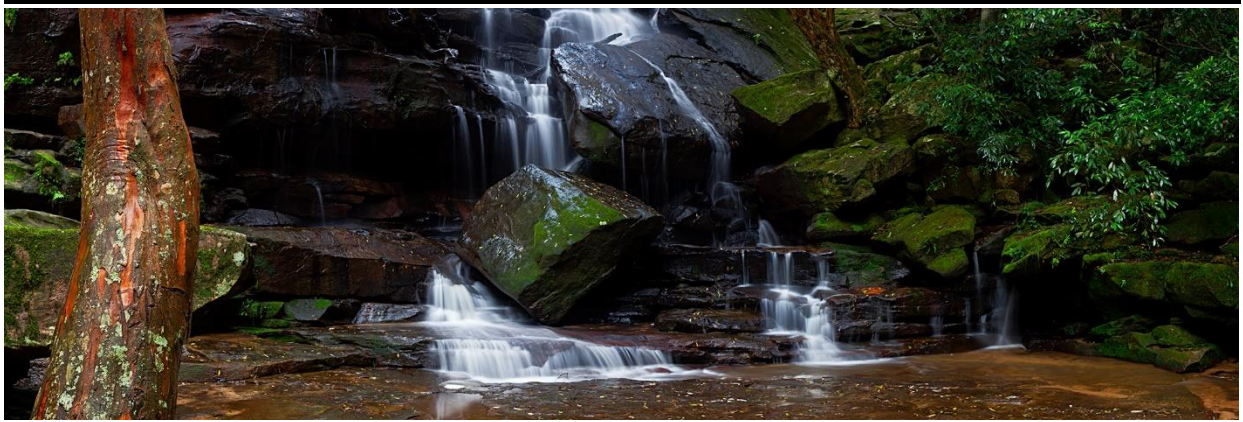
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Local Area

The Central Coast is renowned for its natural beauty, fantastic swimming and surfing beaches and relaxed lifestyle. It is only an hour's drive from one of the world's great cities, Sydney.

If you want the best quality of life for yourself and your family, Central Coast Local Health District provides plenty of opportunities to achieve this, offering a high quality of life, outstanding employment prospects, high quality education and health care. This region is also blessed with fine weather, friendly people and a stunning and diverse natural environment.

With a vast extent of bushland, coastline and more than 40 beaches, the region offers lots of things to do for families, couples and outdoorsy people. The Central Coast is 'the playground of 2 cities' located between Sydney and Newcastle, so just a quick drive from the big smoke, with plenty of opportunities to make the most of work/life balance such as: Fabulous beaches, scenic bushwalks, world class surfing, fun attractions and adrenaline fuelled activities, wonderful markets, cosy cafe's and bars and whale watching and fishing.

Facility Overview

Central Coast Local Health District (CCLHD) provides public health services to the Central Coast region, a growing and ageing population expected to reach 325,000 by June 2024. The area is served by two acute hospitals – Gosford and Wyong – two sub-acute facilities and ten community health centres in addition to other community based services.

Gosford Hospital is the principal referral hospital and regional trauma centre for the Central Coast and **Wyong Hospital** is a major metropolitan hospital.

Following significant financial commitment from the NSW Government redevelopments have been

completed at Gosford and Wyong Hospitals. The redevelopments consolidate existing services, expand clinical capacity for the future, and enable the introduction of new models of care. With an expanding population on the Central Coast, these important hospital upgrades will help to meet the increasing needs of our diverse local community.

JMOs are rotated through the 560 bed Gosford Hospital and the 320 bed Wyong Hospital, and there is no rural rotation as these hospitals are classified as regional.

Term Rotations

Gosford Hospital	Ortho-geriatrics, Cardiology, Emergency, Endocrinology, ENT, Gastroenterology, Geriatric Medicine, General Surgery, Neurology, Oncology, Orthopaedics, Relief, Renal, Respiratory, Urology, Vascular Surgery, Acute Surgical, Psychiatry, Anaesthetics*, Haematology*, Intensive Care*, O&G*, Paediatrics*, Radiation Oncology*, Radiology* Palliative Care*, Woy Woy*
Wyong Hospital	Emergency, Geriatric, General Medicine, Surgery, Orthopaedics, MAU, Rehabilitation, Neurology, Addiction Medicine, Mental Health, Anaesthetics*, Cardiology*, Gastroenterology*, Paediatric Assessment Unit*

*PGY2 term only

Rosters/Teaching/Mentoring etc.

Education: Committed to ensuring high standards of training and education, senior staff support and encourage JMOs to attend comprehensive formal education sessions which are held weekly for interns and one full day per term for RMOs. We also partner with the Simulation Centre and Specialty Departments to offer more specialized courses throughout the year, such as BASIC and Laparoscopic Skills.

Support: JMOs will also be supported by an enthusiastic team in the Medical Workforce and Education Unit (MWEU) and Directors of Prevocational Education and Training, which is reflected in the results of the Ministry of Health Your Training and Wellbeing Matters Survey. The MWEU put significant effort into rostering, recruitment and education to ensure that JMOs can focus on their clinical work, with these core pillars being managed consistently.

The District offers a Near Peer Mentor program for incoming Interns, to provide a smooth transition into the workforce for Interns, in addition to developing faculty as mentors. The program aims to provide collegiality between Mentors and their Mentees.

The Central Coast RMO Association (CCRMOA) acts as mediators and/or advocates for the RMOs when issues arise, The CCRMOA also organises social events including end-of-term changeover parties and sporting events in the lead-up to the Annual Testimonial Dinner (generally the 1st Friday in Dec).

The CCRMOA is involved in the General Clinical Training Committee and meets regularly with the Director of Prevocational Education & Training. This ensures communication takes place between the JMOs and Management.

Representation: The CCRMOA works to improve the local policies and practices to better support junior doctors and regularly meets with the MWEU, where issues of concern are addressed.

Facilities: RMO lounges are available for use by doctors at both Gosford and Wyong Hospitals. Both rooms have recreational and computer facilities.

Events: The CCRMOA hosts various events including Careers Night, Mid-Term Dinner, Wine Tour, JMO vs VMO Sporting Competition and the End of Term Parties, which are either free or discounted for members.

MWEU hosts the end of year Testimonial Dinner and multiple wellbeing events throughout the year.

Collegiality: The District is renowned for its collegiality amongst senior and junior medical staff. The year commences with a selection of senior medical staff covering the shifts of Junior Medical Staff for the annual changeover party, an event that welcomes the new JMOs and farewells the old, the year concludes with a sporting tournament between the two cohorts, culminating in an evening of reward, recognition and celebration of the year that was.

Opportunities: We have a number of JMOs sitting on hospital and district committees, providing JMOs with a voice on these committees as well as an understanding of the workings of committees, beneficial to future job applications. All JMOs involved in hospital committees, feedback through the JMO led, Junior Medical Officer Quality and Safety Advisory Committee.

The Central Coast Local Health District aims to become a global leader in integrated medical research. We are building our research leadership and expanding our research capacity, striving to see research become core business in all aspects of healthcare.

We encourage staff to strive for innovation and apply their knowledge and skills to investigate new ways of delivering care. Guiding our efforts is the CCLHD Strategic 2022 – 2026 Research Plan, this Plan paves the way forward for research to exploit our state-of-the-art local research facilities and expanding research expertise to address the health priorities of our community. The state-of-the-art Central Coast Medical School (CCMS) and Research Institute within a the Health & Wellbeing Precinct at Gosford Hospital is another significant step forward in paving the way for better health outcomes for our rapidly-growing community.

Developed in partnership with the University of Newcastle, these centres of excellence deliver world-class medical training and research on the Central Coast. They will have the capacity to transform the regional economy and develop new career pathways for health professionals in the region.

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

[Careers - Central Coast Local Health District - NSW Health](#)

<https://youtu.be/6TtTcDj-Nto>

[A day in the life](#) - <https://www.youtube.com/watch?v=xO2oqBjWGdA>

www.icentralcoast.com

