

## Network 11

Illawarra Shoalhaven Local Health District (ISLHD)

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### Local Area

The Illawarra Shoalhaven Local Health District is nestled between the mountains and the sea on the stunning New South Wales South Coast. Many of our eight hospitals and community health facilities are within one hour and a half's drive of Sydney, giving our employees access to city life in a semi-rural setting.

Commute times are short, childcare, housing and entertainment options are plentiful and affordable. When not at work, you can relax on some of the country's best beaches, explore the stunning natural surroundings and nature trails or enjoy the local dining and adventure scene, all contributing to the perfect work-life balance.

- Friendly and approachable consultants who are keen to teach and enjoy helping Junior Medical Officers progress past their residency years
- Committed to JMOs Wellbeing
- Supportive DPETs and JMO Services Team
- Weekly intern and resident teaching sessions covering the various medical and surgical fields
- Interns and Residents may have an opportunity to mentor a medical student and help with their clinical development
- Research opportunities

## Facility Overview

Affiliated with the University of Wollongong, Graduate School of Medicine, Wollongong Hospital and Shoalhaven District Memorial Hospital provides teaching and research opportunities with Professors in various fields of medicine. Wollongong Hospital has 500 inpatient beds and most of the main specialties, with specialists and registrars who are keen to help interns and residents get onto their preferred training scheme. The network also has a regional environment, which provides learning and development in a friendly, supportive environment. All rotation hospitals, except the rural placement, are within 30 minutes of Wollongong, reducing commuting times.

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|---------------------------------------|--|
| Wollongong Hospital                   | <p>PGY1<br/>Cardiology, Colorectal, Emergency, General Surgery, General Medicine, Geriatrics, Haematology, Medical Assessment Unit, Neurology/ Stroke, Neurosurgery, Oncology, Orthopaedics, Otolaryngology, Plastics, Palliative Care, Psychiatry, Rehabilitation, Relief, Renal, Respiratory, Vascular</p> <p>PGY2<br/>Acute Surgical Unit, Anaesthetics, Anatomical Pathology, Cardiology, Emergency, Forensic Pathology, Gastroenterology/Endocrinology, Hospital in the Home, Infectious Diseases, Intensive Care (ICU), Medical Assessment Unit, Neurosurgery, Obstetrics &amp; Gynaecology, Orthopaedics, Paediatrics,, Psychiatry – Old Age, Radiation Oncology, Relief, Renal Medicine, Urology, Vascular</p> |
| Shoalhaven District Memorial Hospital | <p>PGY1<br/>Emergency, General Medicine, General Surgery, Rehabilitation Medicine, Emergency</p> <p>PGY2<br/>General Medicine, General Surgery, Geriatrics, Intensive Care Medicine/Coronary Care, Orthopaedics, Rehabilitation</p>  |
| Shellharbour Hospital                 | <p>PGY1<br/>Emergency Medicine, General Medicine, Psychiatry,</p> <p>PGY2<br/>AMAU Acute Medical Assessment, Emergency, General Medicine, General Surgery, Mental Health Rehabilitation, Psychiatry, Relief</p>  |
| Bulli District Hospital               | Geriatric Medicine (PGY1)  |
| Coledale Hospital                     | Rehabilitation (PGY2)  |
| Port Kembla Hospital                  | Rehabilitation (PGY1 & PGY2), Palliative Care (PGY2 only)  |
| Milton Ulladulla                      | General Practice (PGY1)  |

### **Vocational Training Opportunities**

There is a wide variety of vocational training available. For further information or to enquire about a particular field of interest please contact the Medical Workforce Unit on 02 4253 4773.

### **Websites that could provide more information regarding the facility/local area/navigation in the region etc**

Information can be found on <https://www.islhd.health.nsw.gov.au/>

### **Rosters/Teaching/mentoring etc**

Rosters are provided at least two weeks prior to the commencement of term and you will have an opportunity to put in your requests for each roster. Regular feedback on rosters is sought from the RMOA.

Term Allocations are completed based on your preferences and the process of allocations is a fair and transparent process. Your interests and future career pathway requirements are taken into consideration.

We have a great teaching culture in ISLHD. There is a formal education program which is protected for both PGY1s and PGY2s. Different innovative ways of teaching have been developed to improve engagement and learning.

This includes the following:

- Interactive Simulation sessions/interactive workshops and Clinical Skills/ Procedures with specialised educational content as well as Case based discussions with a focus on prioritising decision-making skills
- Transition to Registrar program with half day later in the year dedicated to specific career pathways- e.g. GP training day, Surgical skills day
- There is also draft framework for coordinated delivery of formal education across the network to bring consistency and improvements to education at all our sites.
- A number of wellbeing initiatives have been taken to resourcing JMOS with strategies to support JMO well-being as well as peers experiencing deteriorating wellbeing

Although there is no formal mentoring process, the medical workforce unit, DPET and RMOA work collaboratively to support all the JMOs in transitioning into training especially those who are new to the network.