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### Did you know?

The extra-hour of sleep received when clocks are put back at the start of daylight in Canada has been found to coincide with a fall in the number of road accidents.



## What's new...

**Jodie Nolan, Health Workforce Development Coordinator**

Welcome to the July/August edition of *my allied health space*. This issue sees the launch of the revised regional allied health recruitment and retention programs under the new banner - *Allied Health Works*. The most immediate changes are the names. From 1 July 2010 *Region of Choice* will be known as *Regional Allied Health Works* (or *RAHWorks* for short). Also in line with this name change, *CPD for Allied Health* will become *CPDWorks* and *MentoringWorks*... well, it will stay the same (for obvious reasons!).

These three programs come under the banner *Allied Health Works*, a support package aimed at enhancing the allied health workforce in rural and regional Victoria. One of the main aims of the rebranding of the programs is to enhance their marketability, especially to allied health practitioners not currently working in rural and regional Victoria. Whilst *Region of Choice* was not a terrible name, there was no obvious link to allied health or indeed what the program was 'selling'. I think you will agree that *RAHWorks* leaves you in not doubt that it is program about regional allied health, and hopefully imparts that working in rural and regional Victoria is a great option for allied health practitioners.

This issue also brings a new design to *my allied health space*, in line with the new Department of Health visual style. *My allied health space* is also moving to a bimonthly publication, thereby increasing its sustainability and relevance.

On another important note, the new Hume Region Allied Health Leaders Council met on 13 July 2010. This was the second meeting of this new initiative aimed at developing the allied health workforce, increasing regional collaboration, and enhancing the 'say' of allied health practitioners in the region. The Council is still in its development stage but it is clear that it will bring a greater level of collaboration and knowledge to allied health in the region, which will no doubt be of great benefit.

I know I say this every issue, but I really am eager to hear and print what you have to say. Hence, if you would like to contribute to *my allied health space*, or know someone who would, please contact Jodie Nolan on 02 6055 7717 or email:

[Jodie.nolan@health.vic.gov.au](mailto:Jodie.nolan@health.vic.gov.au)

## CPDWorks

Free professional development activities

**Benalla****Personality Styles and Listening Skills****When:** Tuesday 28 September 2010, 8.45am to 10.45am.**Venue:** Benalla Performing Arts and Convention Centre.**Presenter:** Raj Samrai, Education & Training, University Department of Rural Health.**Contact:** Jodie Nolan, Department of Health on 02 6055 7717 or email [Jodie.nolan@health.vic.gov.au](mailto:Jodie.nolan@health.vic.gov.au).**Registration:** [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org).**Communication Skills and Conflict Resolution****When:** Tuesday 28 September 2010, 11.00am to 1.00pm.**Venue:** Benalla Performing Arts and Convention Centre.**Presenter:** Raj Samrai, Education & Training, University Department of Rural Health.**Contact:** Jodie Nolan, Department of Health on 02 6055 7717 or email [Jodie.nolan@health.vic.gov.au](mailto:Jodie.nolan@health.vic.gov.au).**Registration:** [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org).**Leadership****When:** Tuesday 28 September 2010, 2.00pm to 4.00pm.**Venue:** Benalla Performing Arts and Convention Centre.**Presenter:** Raj Samrai, Education & Training, University Department of Rural Health.**Contact:** Jodie Nolan, Department of Health on 02 6055 7717 or email [Jodie.nolan@health.vic.gov.au](mailto:Jodie.nolan@health.vic.gov.au).**Registration:** [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org)**Wangaratta****How to Care, What to Say****When:** Wednesday 29 September 2010, 10.30am to 1.30pm (30 minute break for morning tea).**Venue:** Ovens and King Community Health Service.**Presenter:** Marissa Clarkson, Grief and Bereavement Consultant, Ovens and King Community Health Service.**Contact:** Jodie Nolan, Department of Health on 02 6055 7717 or email [jodie.nolan@health.vic.gov.au](mailto:jodie.nolan@health.vic.gov.au).**Registration:** [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org)**Wodonga****Searching Electronic Databases for Evidence-based Information & Use of Valid and Reliable Outcome Measures in Clinical Practice****When:** Thursday 30 September 2010, 8.30am to 9.30am.**Venue:** CRC - Allied Health Building, 73 – 75 Vermont Street Wodonga.**Presenter:** Raj Samrai, Education & Training, University Department of Rural Health.**Contact:** Kathleen Habel, Wodonga Campus, Albury Wodonga Health on 02 6051 7400 or email [Kathleen.Habel@awh.org.au](mailto:Kathleen.Habel@awh.org.au).**Registration:** [www.cpdforalliedhealth.org](http://www.cpdforalliedhealth.org).**Did you know?**

To drop off we must cool off; body temperature and the brain's sleep-wake cycle are closely linked. That's why hot summer nights can cause a restless sleep. The blood flow mechanism that transfers core body heat to the skin works best between 18 and 30 degrees. But later in life, the comfort zone shrinks to between 23 and 25 degrees - one reason why older people have more sleep disorders.

## Funding opportunities

### Scholarships and other such things

#### Rural Health Continuing Education Grants

Applications for grants under Rural Health Continuing Education Stream Two are now open. The **closing date** is **20 August 2010**. The Rural Health Continuing Education (RHCE) program, funded by the Australian Government through the Department of Health and Ageing, supports qualified health professionals living and working in rural and remote Australia to undertake continuing professional development activities.

The scope of RHCE Stream Two is to provide grants for continuing professional development (CPD), multi-disciplinary training or Inter-Professional Learning (IPL) and orientation activities that meet the needs of Aboriginal and Torres Strait Islander Health Workers, allied health professionals, general practitioners and nurses and midwives living and practising in rural and remote areas of Australia.

RHCE Stream Two is administered by the National Rural Health Alliance, with funding of approximately \$2.5 million available in grants until June 30, 2013. Grants available under RHCE Stream Two comprise:

- project grants to support organisations to develop and/or deliver relevant CPD, IPL and orientation programs and activities, and to help build stakeholder capacity to deliver suitable programs ; and
- grants to eligible health professionals or groups of health professionals to select and participate in CPD, IPL and orientation programs, especially in their usual working environments.

Guidelines outlining the objectives, selection criteria and priorities that apply to grants, and the associated Application Forms, are available at <http://rhce.ruralhealth.org.au>.

Please read those guidelines and application forms carefully to ensure that your application satisfies all the criteria. Decisions and announcements on successful grant applications are expected before 1 November 2010.

If you have any queries please contact the RHCE program management team on 02 6162 3374 or freecall 1800 987 440 or email [RHCE@ruralhealth.org.au](mailto:RHCE@ruralhealth.org.au).

#### Indigenous Cadetship Support

##### What is Indigenous Cadetship Support?

Indigenous Cadetship Support is aimed at improving the job prospects of Indigenous Australian students. It links full-time Indigenous students undertaking a diploma, an advanced diploma or their first undergraduate degree with employers who can give them work placements and ongoing employment once they finish their studies.

##### What is the role of a cadetship employer?

Cadetship employers:

- provide paid work placements of 12 weeks for each year of the cadetship
- support the cadet through their study and work placements, giving professional guidance and mentorship
- employ cadets under an appropriate industrial instrument
- intend offering ongoing employment to the cadet once they successfully complete their cadetship.
- financial assistance.

Indigenous Cadetship Support provides up to \$14,100 per annum to employers to support cadets with a living allowance and study-related costs and offset employer administration costs.

##### How to apply for Indigenous Cadetship Support

You can register online at [www.ics.deewr.gov.au](http://www.ics.deewr.gov.au) or call the Indigenous employment line on 1802 102.



# Funding opportunities

## Scholarships and other such things

### Puggy Hunter Memorial Scholarship Scheme

The Puggy Hunter Memorial Scholarship Scheme is funded by Australian Government Department of Health and Ageing. The views on this website do not necessarily represent the position of the Australian Government.

The Scheme was established in recognition of Dr Arnold ('Puggy') Hunter's significant contribution to Aboriginal and Torres Strait Islander health and in his previous role as Chair of the National Aboriginal Community Controlled Health Organisation (NACCHO).

The aim of the Scheme is to help address the under-representation of Aboriginal and Torres Strait Islander people in health professions and assist in increasing the number of Aboriginal and Torres Strait Islander people with professional health qualifications.

The scholarship provides financial assistance to Aboriginal and Torres Strait Islander people who are undertaking study or are intending to undertake study in a health related discipline at an undergraduate or TAFE (Certificate IV and above) level in the areas of:

- Aboriginal health worker
- Alcohol and other drugs workers
- Allied health (excluding pharmacy)
- Dentistry/oral health
- Health service management
- Health promotion
- Medicine
- Mental health
- Midwifery
- Nursing.

#### Application dates

The Puggy Hunter Memorial Scholarship Scheme's application period is **now open**, applications will be accepted until **20 August 2010**.

#### How to apply

Applications are being accepted for study in 2011. Go the

website [www.rcna.org.au/scholarships/puggy\\_hunter](http://www.rcna.org.au/scholarships/puggy_hunter) to download an application form.

#### Value of funding

Full time study load = up to \$15,000 per year for the usual term of the course. Part time study load = up to \$7,500 per year for the usual term of the course.

#### Eligibility Criteria

Applicants must identify as and be able to prove their Aboriginal or Torres Strait Islander status. To prove your status as an Aboriginal or Torres Strait Islander person, you must obtain a written Confirmation of Aboriginal/Torres Strait Islander Descent document from an Indigenous Australian organisation within the community in which you live or have previously lived. The Confirmation of Aboriginal/Torres Strait Islander Descent document must include the signatures of two office holders. A Confirmation of Aboriginal or Torres Strait Islander Descent from an incorporated body related to an academic institution will not be accepted.

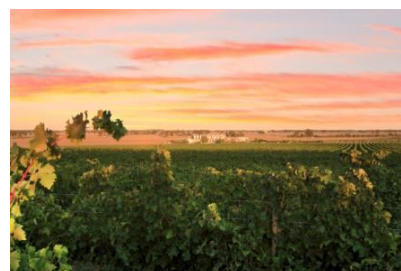
#### Selection Criteria

Scholarships will be awarded on the recommendation of a selection committee and will be based on how an applicant addresses the following criteria:

- how the applicant become interested in a career in health
- their commitment to becoming a health professional
- and their ambitions as a health professional in the next 5-10 years.

For more information please go to the website [www.rcna.org.au/scholarships/puggy\\_hunter](http://www.rcna.org.au/scholarships/puggy_hunter).

For clarification of your eligibility under this scheme please contact Royal College of Nursing, Australia on 1800 688 628 (freecall).



# Funding opportunities

## Scholarships and other such things

### Student Supervision Grants Program

The Student Supervision Grants Program is a Victorian Department of Health initiative designed to assist participating facilities to provide an opportunity for their employees to undertake training in supervision.

The Student Supervision Grants Program aims to:

- provide opportunities for formal skill development to health clinicians from medicine, nursing and allied health to work as part of a multidisciplinary supervisory team
- develop local and/or regional partnerships for supervision training and clinical placement delivery
- support training at different levels of supervision competence across the spectrum (from basic to advanced).

This 2010 funding round builds upon the success of the 2009 Clinical Supervision Grants Program.

#### What support is available?

A grant of up to **\$10,000 per application** will be available as a contribution to assist health clinicians to increase their skills in the supervision of students in a clinical environment. This includes health clinicians who currently participate in clinical student supervision or those seeking to undertake student supervision in the future.

It is expected that this funding will initiate or increase the capacity of participating facilities to accommodate students undertaking clinical placements. The grants must be used to facilitate the completion of an identified course that will improve clinicians' ability to teach, supervise, assess and/or develop course curricula in an inter-professional environment.

The grants may be used to pay for:

- course fees - this may include the cost of participating in an existing course or the cost of hiring a registered training provider to undertake the course for a partnership application
- study resources (books, e-resources)
- cost of staff study leave

- accommodation and/or travel expenses
- backfill of positions at the participating facility during participation in training.

The grants can be used to support any number of clinicians to undertake training, with priority given to those applications that demonstrate value for money/critical training mass.

#### Which agencies are eligible to apply?

Victorian public health services and registered community health services.

The following agencies are eligible to apply in partnership with at least one public health service or registered community health service:

- public, private and/or not-for-profit health service organisations, including non-registered community health services, private hospitals, mental health facilities, psychiatric disability rehabilitation and support services (PDRSS), general practices, private allied health providers, residential aged care services, disability, home and community care, alcohol and other drug services, and child protection services

#### Which health clinicians are eligible to access the training?

The health clinicians undertaking supervision training must be:

- currently employed by at least one of the participating facilities for a minimum of 15 hours a week on a regular basis
- qualified in his/her area of employment or clinical practice
- interested in and committed to participating in a supervision training program
- prepared to undertake supervision responsibilities.

Applications for the 2010 Student Supervision Grants close on **20 August 2010**. For further information or to apply please go to the Victorian Healthcare Association (VHA) website [www.vha.org.au](http://www.vha.org.au). If you have any queries, please contact the VHA on 03 9094 7777 or email [scholarships@vha.org.au](mailto:scholarships@vha.org.au).

# Funding opportunities

## Scholarships and other such things

### Management Training Grants Program

Health services operate in a progressively complex healthcare environment. To meet ongoing challenges and deliver high-quality services, health facilities need capably-trained management. Management needs to be able to facilitate high quality service delivery, identify strategic and systematic opportunities for improvement, act as managers of change, and ensure that a skilled workforce is in place to deliver healthcare services now and into the future.

To assist health services and staff to develop these capabilities, the Victorian Department of Health is funding the 2010 Management Training Grants program: a limited grant initiative designed to assist participating facilities to provide an opportunity for their employees to undertake training in management.

The Management Training Grants Program aims to:

- provide opportunities for formal skills development for existing health service staff who currently have or will have management responsibilities
- develop local and/or regional partnerships for the delivery of management training
- position management training as an integral training component for the delivery of health services.

#### What support is available?

A grant of up to **\$10,000 per facility**, a maximum of up to **\$50,000 per application**, will be available to up-skill health staff who currently work in a management role or are commencing work in a management role.

The grants must be used to facilitate the completion of an identified course that will improve a manager's ability to deliver efficient health services.

The grants may be used to pay for:

- course fees – this may include the cost of participating in an existing course or the cost of hiring a registered training provider to undertake the course for a partnership application
- study resources (books, e-resources)
- cost of staff study leave

- accommodation and/or travel expenses
- backfill of positions at the participating facility during participation in training.

#### Which agencies are eligible to apply?

Victorian public health services and registered community health services.

#### Partnership Applications

Enhancing partnerships is regarded as key in developing a positive learning environment. As such, priority will be given to applications that have established training networks or partnerships with other settings/facilities.

#### Who is eligible to access the training?

- currently employed in a public health service or registered community health service for a minimum of 25 hours a week on a regular basis
- committed to participating in a formal management skill development program
- either commencing or currently employed in a management role with responsibility for at least one of the following:
  - staff management
  - financial delegation
  - project management and delivery.

For further information about the training programs covered by the grants and examples of relevant available training programs please go to [www.vha.org.au](http://www.vha.org.au).

Applications for the Management Training Grants Program close on **27 August 2010**. These grants are administered by the Victorian Health Care Association (VHA). For further information or to apply please go to the VHA website [www.vha.org.au](http://www.vha.org.au). If you have any queries, please contact the VHA on 03 9094 7777 or email [scholarships@vha.org.au](mailto:scholarships@vha.org.au).

## Health vacancies

### Hume region

#### Dental

##### Albury Wodonga Health

###### Senior Dental Officer; Dental Officer; Dental Therapist.

We are seeking suitably experienced clinical Dental staff to join our enthusiastic team and to assist in the mentoring of dental students. Our integrated dental service is soon to become part of an exciting new 10 chair training facility planned for early 2010 to support La Trobe University Dentistry Degree Students. We offer you pleasant working conditions and friendly, experienced support staff. Rural incentives apply. If you are an enthusiastic and motivated applicant looking for a change of environment please contact Kerryn Beer, Practice Manager Dental Clinic on 02 6051 7529. Position descriptions for these roles are available online at [www.awh.org.au](http://www.awh.org.au).

##### Cobram District Health

###### Dental Technician (full time).

Cobram District Health is seeking to employ a Qualified Dental Technician who is reliable, motivated and a team player with good communication skills. Relevant qualifications and experience is required and a generous remuneration package is available for the right candidate. The successful candidate will be accountable for the efficient and effective provision of all prosthesis services for all clients. For further enquires contact: Ms Melissa Mathieson, Practice Manager on 03 587 21365. A position description is available online at [www.cobramdistricthealth.org.au](http://www.cobramdistricthealth.org.au).

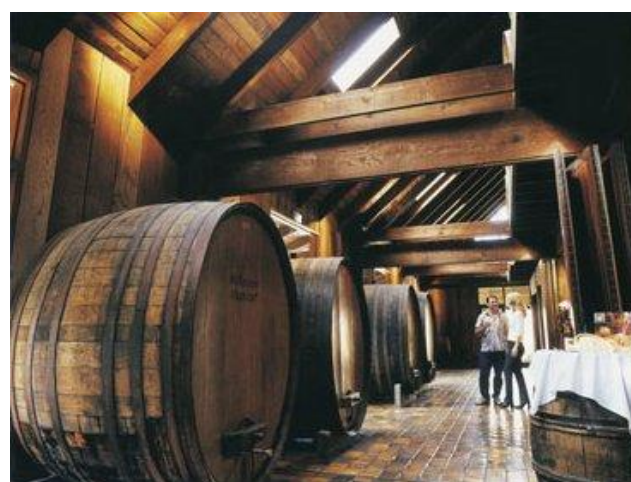
#### Health Promotion

##### Women's Health Goulburn North East

###### Research & Health Promotion Officer (0.8 EFT).

Women's Health Goulburn North East is seeking to employ a qualified woman who has proven research and health promotion expertise. You will need to be results

focused, skilled and thrive on working in a dynamic, feminist environment. The worker will be based in Wangaratta, Victoria. Above award salary and conditions, along with a flexible and family friendly workplace makes this an ideal position. To discuss the position, please call Susie Reid EO on 03 5722 3009 or download the position description from the website [www.whealth.com.au](http://www.whealth.com.au).



#### Occupational Therapy

##### Nathalia District Hospital

###### Occupational Therapist (One day per week)

Nathalia District Hospital services the township of Nathalia and the surrounding district. In addition to acute and residential aged care beds, Nathalia District Hospital provides outpatient community health services and up to date education by running regular programs within the community. Nathalia District Hospital currently have a vacancy one day per week for an Occupational Therapist. If you are interested in this position please contact Leigh Giffard, Director of Nursing/Manager on 03 58669444.

##### Northeast Health Wangaratta

###### Occupational Therapist (part time maternity leave position).

We are seeking a skilled, enthusiastic and flexible occupational therapist to join our friendly team. The

## Health vacancies

### Hume region

successful applicant will have a varied role providing an occupational therapy service across Northeast Health Wangaratta, servicing Acute, Sub-Acute and Health Independence Programs. Components of this position also include participation in quality activities, health promotion and supervision and support of Allied Health Assistants and students. Enquiries to Annalee Gardam, Team Leader Allied Health, on 03 5722 5113.



### Pharmacy

#### Goulburn Valley Health

##### Pharmacy technician (fulltime ongoing).

An opportunity exists for an experienced Pharmacy Technician in the Pharmacy Department. The Technician is responsible for the day-to-day operation of aspects of the Pharmacy under the supervision of a qualified Pharmacist. The successful applicant will hold a Pharmacy Technician Certificate (Hospital or Retail) and have sufficient knowledge of Pharmacy Regulations. For further information please contact Bill Burgess on 03 5832 2371. A position description is available online at <http://gvhealth.mhr.com.au>.

#### Northeast Health Wangaratta

##### Pharmacist, Grade 2 (fulltime)

We are looking for a dynamic and enthusiastic clinical pharmacist to join our team in providing the full range of pharmacy services. Clinical pharmacists provide comprehensive medication reconciliation, review, and patient and staff education. The successful applicant will also be required to support the dispensary as rostered. The role provides rostered ADOs, occasional rostered weekends/public holidays and on-call duties (approximately 1 in 6). Demonstrated ability to work well within a team and strong problem-solving skills will be valued. For further information, contact John Carroll, Deputy Director of Pharmacy, on (03) 5722 0326.

### Physiotherapy

#### Albury Wodonga Health

##### Physiotherapist, Grade 2 (ongoing fulltime).

The Wodonga Campus of Albury Wodonga Health seeks to employ an experienced Physiotherapist to join our subacute community rehabilitation team. The community rehabilitation team includes physiotherapists, occupational therapists, nurse, exercise physiologist, social workers, speech pathologist, dietitian and Allied Health Assistant (AHA). The successful applicant will be responsible for the provision of physiotherapy services to a range of rehabilitation clients, individually and in group settings. The position is closely supported by very capable Allied Health Assistants and supervision of grade one staff and undergraduate students is a requirement. For further information please contact Kathleen Habel, Senior Physiotherapist on (02) 6051 7400. A position description is available online at [www.awh.org.au](http://www.awh.org.au).

#### Goulburn Valley Health

##### Physiotherapist, Grade 1 (ongoing fulltime).

An opportunity exists for an experienced and motivated Physiotherapist work at Goulburn Valley Health. This position would be suitable for a Grade 1 or Grade 2 physiotherapist. The position is based within the Community Rehabilitation Centre but rotations through the acute area of the health service are possible. The

## Health vacancies

### Hume region

position may also require supervision of undergraduates. The successful applicant will possess a Bachelor of Applied Science (Physiotherapy) and be registered with the National Registration Board.. For further information please contact Wendy Amor on 03 5832 2253 or Johanna Madden on 03 5832 2200 for more information. A position description is available online at <http://gvhealth.mhr.com.au>.

### Indigo North Health

#### Physiotherapist, Grade 2 (part time – 72 hours per fortnight).

Applications are sought from suitably qualified physiotherapists for this exciting position. This is a joint initiative of Indigo North Health and Beechworth Health Service, the major public health services in Indigo Shire and involves the provision of physiotherapy services in both organisations in acute, community and aged settings. The role would suit a person keen to be part of the allied health team of both organisations but who also wishes for some autonomy in their role. The successful candidate will be registered in accordance with the Health Practitioner Regulation National Law Act, have a commitment and focus on person centred care and relevant practical experience. If you think this is of interest to you or would like to know more please do not hesitate to make contact. Application packages with specific key selection criteria can be obtained by calling 02 6033 6200 or by email [inh@inh.org.au](mailto:inh@inh.org.au).



### Podiatry

#### Albury Wodonga Health

##### Podiatrist (fixed term)

Albury Wodonga Health – Wodonga Hospital is seeking a podiatrist 1 day per week. The Podiatry department is part of the Community Health and Home and Community Care (HACC) programs, offering a high quality outpatient service to both Wodonga and surrounding communities. The department has the support of a strong administration team and effective demand management tools are being utilised. For more information, please contact Anthea Mitchell on 02 6051 7400

#### Seymour Health

##### Podiatrist (Ongoing part time)

The position is available three days per week and is situated within our Ambulatory Care Centre with a dedicated room for podiatry assessment consultations and treatment. For further information, contact Julie Crook, ACC Coordinator on 03 5735 8050 or via email to [info@seymourhealth.org.au](mailto:info@seymourhealth.org.au). A position description is available online at [www.seymourhealth.org.au](http://www.seymourhealth.org.au).

### Speech Pathology

#### Department of Education and Early Childhood Development

##### Early Childhood Intervention Officer - Speech Pathologist, Seymour

The Department of Education and Early Childhood Development is seeking a speech pathologist for their Specialist Children's Services Team. The position is part time (0.6 EFT) and located in Seymour. For further information please contact Debbie Schulz, Acting Manager Specialist Children's Services on 03 5793 6439 or 0418315294.

# Health vacancies

## Hume region

### Other

#### Albury Wodonga Health

##### Hospital Admission Risk Program – Chronic Disease Management Care Coordinators (3 positions available)

- 2 positions - 4 days per week permanent
- 1 position - 2 days per week to 30/06/2011

These positions provide an opportunity for appropriately skilled and experienced allied health and/ or nursing professionals to undertake an increasingly important role in the comprehensive management of people with chronic and complex conditions. The role of a HARP Care Coordinator role is an exciting and challenging one. This is a growing area of practice, with a focus on client empowerment and self management. The Care Coordinator undertakes comprehensive assessment and care coordination of individuals with chronic health conditions to enhance their health outcomes. Experience in chronic disease management is preferable, but not essential as training relevant to the role will be provided. For further information please contact Liz Freeman, HARP – CDM Program Coordinator, on 02 6051 7400. A position description is available online at [www.awh.org.au](http://www.awh.org.au).

#### Intake, assessment and referral worker

Our Wodonga site operates a very busy “Single Point of Entry” for all referrals to ambulatory services – Community Rehabilitation, Continence services, HACC Allied Health, Community Health, HARP-CDM, Post Acute Care and the Transition Care Program. The role of the SPE workers is to receive, assess and appropriately direct all referrals received to ensure the best outcomes for consumers. The SPE team includes experienced allied health clinicians and administrative support staff. They work closely with all clinical staff to constantly improve service access for the community. This position requires sound clinical knowledge, an understanding of the relevant Department of Health funded programs and criteria, and excellent communication and interpersonal skills. Comprehensive training will be provided. Enquiries regarding this position should be directed to Lindy Karsen

on (02) 6051 7400.



#### Numurkah District Health Service

##### Unit Manager - Community Health

Numurkah District Health Service is seeking a dynamic, innovative and strategic thinking person to take on the role of Unit Manager at our Community Health Centre. This role involves management of Community Health services including District Nursing, Palliative Care, Chronic Disease, Allied Health, Youth, Health Promotion, Women’s Health and Maternity Services, Counselling and Planned Activity Group (Orana House), with a client centred focus. Enquiries can be directed to the Chief Executive Officer, Mrs Jacque Phillips on 03 5862 0513. For a copy of the position description please contact Nicole Cason on 03 5862 0504.

I'd rather be a failure at something I love than a success at something I hate.  
**George Burns**

# Happiness at work

Source: [www.lifehack.org.au](http://www.lifehack.org.au)

## 12 simple tips to help you achieve happiness at work:

1. On the way to your workplace, get yourself motivated to face the day. Think of how the work you have allows you to have your life outside of it, such as a great social life. A positive attitude will make the day more pleasant and productive.
  2. Keep your work in perspective. You can only do the best you can in each situation. Look beyond yourself and your work, and consider the bigger picture. Do some voluntary work to gain a broader outlook. Find a way to contribute to society in general.
  3. Remember that you are more than your work. Do not have your identity too strongly tied to the job you do. Give up thinking that your work life “should” be a certain way. Such expectations of what you were supposed to be, as set by your parents and teachers, stop you from enjoying what you currently do.
  4. Plan your time. In your to-do list include long term projects as well as the more imminent things that need doing. Prioritise your to-do list – do the most important things first. When performing any task, ask yourself – is this the best use of my time? Schedule in enough time for your studies etc.
  5. Concentrate on the task at hand. Do not let yourself be distracted by worrying about all the other things to be done or losing energy over the undesirable situation you find yourself in. Stay in the moment. Be ruthless and take care of a task before it gets on a possible procrastination list. For example, sort your morning post immediately in one go – open it, file it, act on it or bin it there and then.
  6. Clarify anytime you are not sure or where you are faced with conflicting demands. The more clear and upfront you are with your manager and the other people you work with, the better it will be for you in the long term.
  7. Delegate wherever appropriate. Decide if there is anything that can be delegated, or that more fairly belongs to someone else’s work load. Always remember the “3D” rule – do it, dump it or delegate it – never handle a piece of paper twice.
  8. Have regular breaks. Get away from your normal workplace even if only for five minutes. Try taking a break from the laptop, emails and do leave the mobile behind. Make sure that you do have that lunch break – it is not just for food but also for fresh air and a mental break. Eat a healthy lunch and if you must snack, make sure it is healthy too – an apple rather than a bag of chips. Look for ways of energising yourself other than from adrenaline and caffeine.
  9. Learn to relax no matter how challenging the work gets or how demanding your bosses become. At the end of the day it is only a job, and you are much more than that. In years to come, you will look back and wonder what the fuss was.
  10. Contribute towards creating a pleasant work environment. Do not gossip in the office as it just creates negativity all around. Do not listen to any gossip either. Minimise your time with people that you do not resonate with or like. Learn to have more fun at work. Laugh more and chill out. Perform with a more fun orientated approach.
  11. Review your day before you leave for home. Look at what worked well, and what could be improved the next day. If you feel satisfied with the day’s work, then why not reward yourself later that day. You deserve it.
  12. Switch off once you leave work. You are already at work a third of your time, so do not continue to keep it buzzing in your head during your supposed free time. Mentally say good bye to your work space the moment you leave for home.
- See your work as a game. Life is meant to be fun and if you are going to spend a third of it at work, you might as well enjoy the game.



## Conferences

What's coming up around the nation...

### 11<sup>th</sup> International Mental Health Conference

**Depression & Anxiety: Who, What, Where, When & How.**

Registrations are now open for the 11<sup>th</sup> International Mental Health Conference.

**Where:** Holiday Inn, Surfers Paradise, Gold Coast QLD

**When:** Wednesday 18 August to Friday 20 August 2010.

For further information please go to the conference website: [www.anzmmh.asn.au/conference10](http://www.anzmmh.asn.au/conference10).

### 6<sup>th</sup> Annual National Disease Management Conference

**Chronic Disease Management and the Australian Health System.**

**Where:** Crown Promenade, Melbourne.

**When:** 19 & 20 August 2010.

For further information please go to the conference website: [www.adma.org.au](http://www.adma.org.au).

### 2<sup>nd</sup> Rural and Remote Mental Health Symposium

**Winds of Change: New Perspectives on Rural and Remote Mental Health.**

**Where:** Novotel Sydney Brighton Beach.

**When:** 29 & 30 September 2010.

For further information please go to the conference website: [www.anzmmh.asn.au/rmh10/](http://www.anzmmh.asn.au/rmh10/).

### National SARRAH Conference 2010

**New Frontiers in Allied Health: Gathering Pearls of Wisdom**

Registrations are now open for the 9<sup>th</sup> Services for Australian Rural and Remote Allied Health (SARRAH) conference.

**Where:** Cable Beach Club Resort and Spa, Broome Western Australia.

**When:** 20 to 23 October 2010

Early Bird Member Registration close 22 August 2010. For more information go to the SARRAH website: [www.sarrah.org.au](http://www.sarrah.org.au)

### Australian Physiotherapy Association Congress 2010

**Changing scope for a changing future**

**Where:** Marriot Resort & Spa, Surfers paradise, QLD

**When:** 28 to 30 October 2010

Early bird registration closes 29 August 2010. For more information head the conference website <http://physiotherapy.asn.au/congress10/>.

### Rural Health Research Conference 2010

**Issues Impacting on the Physical & Psychological Health of our Communities**

**When:** Thursday 11 November 2010

**Where:** Rural Health Academic Centre, University of Melbourne, Shepparton Campus.

Early Bird Registrations Close September 17 2010. For more information please go to the website [www.ruralhealth.unimelb.edu.au](http://www.ruralhealth.unimelb.edu.au).

### OT Australia Victoria 2010 Conference

**Transitions and Transformations: Developing Through Change.**

**Where:** Melbourne Cricket Ground

**When:** 12 & 13 November 2010.

Early bird registration closes 17 September 2010. For further information please go to the conference website: <http://otvicconf.com.au/>.

## Professional development

### Opportunities for health professionals

#### Helping pregnant smokers to Quit

**We are seeking expressions of interests in attending this training.**

This program has been developed to support clinicians working with pregnant women. Quit will provide this half day training program, free of charge in regions where there is sufficient interest. The training can be provided for groups up to 20.

**Where:** Wodonga on 17 Tuesday August 2010 and in Benalla on 18 Wednesday August 2010 (TBC).

**Please register your interest:** by COB July 30, 2010 using the following Survey Monkey link  
<http://www.surveymonkey.com/s/quitexpressionofinterest>.

**Contact:** Philomena Sawyer 02 60557785 or  
[philomena.sawyer@health.vic.gov.au](mailto:philomena.sawyer@health.vic.gov.au).

#### Preparing Case Notes

**For assessment staff, district nursing and allied health professionals.**

**When:** 5 August 2010.

**Where:** Shepparton.

**Contact:** Sue Chen HACC Regional Training Coordinator Regional Information & Advocacy Council on 03 5822 1944 or email [hacctraining@riac.org.au](mailto:hacctraining@riac.org.au).



#### Real life: Relationship Education & Awareness for Life

**Facilitator training.**

Real Life is a community based program for years 8 and 9 and young people out of school that:

- Explores beliefs, values and attitudes about relationships.
- Increases knowledge and skills to develop healthy relationships.
- Develops understandings about the role of gender and power in relationships.
- Helps link young people with local services and support.

Real Life forges vital links between young people and youth support organisations, domestic violence agencies, police and community health services. Real Life endeavours to skill young people in developing healthy relationships and to seek support when relationships are unhealthy.

**Facilitator Training:**

- Outlines the program content.
- Provides the skills and confidence to implement the course.
- Provides further resources and program ideas.
- Develops a support network for facilitators that includes educators and youth support agency workers.

**When:** Wednesday 11th August 2010, 9:15am to 1.00pm

**Where:** 57 Rowan Street, Wangaratta

**Cost:** \$40.00

Includes Real Life Training Manual and morning tea.

Real Life trainers are also available to provide training for your organisation or network at a time and venue to suit you. Contact Karen or Claire at Women's Health Goulburn North East to secure your place. Tel: 03 5722 3009 or email: [whealth@whealth.com.au](mailto:whealth@whealth.com.au).

# Professional development

## Opportunities for health professionals

### Sexual Health workshop -Young people and sexual health

**Aimed at nurses and community workers.**

**When:** 23 August 2010.

**Where:** Shepparton

Deliver by the- Melbourne University Centre of Excellence in Rural Sexual Health.

**Contact:** Jenni Goodwin on [goodwinj@unimelb.edu.au](mailto:goodwinj@unimelb.edu.au).



### Professional Boundary Setting

**When:** 24 August 2010.

**Where:** Seymour.

**Contact:** Sue Chen HACC Regional Training Coordinator Regional Information & Advocacy Council on 03 5822 1944 or email [hacctraining@riac.org.au](mailto:hacctraining@riac.org.au).

### Deep Democracy Foundation Course

Deep Democracy is a methodology designed to give voice to all. Majority democracy has a lot going for it, but brilliant and inclusive as it may be, it's a winner-takes-all arrangement—and that makes for sore losers. Minority voters often feel rejected and isolated. Enter Deep Democracy where minority voters have a voice and their wisdom informs the majority decisions.

At this highly experiential two day workshop you will have lots of practice opportunities to develop your skills in:

- understanding and being able to affect development in a group and interpersonal dynamics based on the quantum theory
- understanding and dealing with the emotional issues affecting dialogue and decision making resulting in greater buy in
- understanding and working with resistance behaviour
- understanding and gaining tools to facilitate the early stages of conflict
- the art of facilitation in relation to listening and communication skills
- understanding self in relation to leadership and facilitation roles.

To find out more about Deep Democracy visit [www.deep-democracy.net](http://www.deep-democracy.net).

**When:** 27 to 28 September 2010, 9:30am – 4:30pm.

**When:** 97 Drummond Street, Carlton Vic 3053  
Early Bird Pricing (closes 30 August 2010)

- Private/Government Group Registration (4 or more) - \$810.00
- NGO Single Registration - \$650.00
- NGO Group Registration (4 or more) - \$570.00

*(all prices per person, exclude GST).*

For more information or to register go to <http://success-works.com.au>.

Everyone is a genius at least once a year.  
The real geniuses simply have their bright ideas closer together.

**Georg Christoph Lichtenberg**

# Specialist Certificate in Rural Paediatric Practice

## De-mystifying children for rural health professionals

The University of Melbourne, Schools of Physiotherapy and Rural Health, in collaboration with Goulburn Valley Health Shepparton and the Royal Children's Hospital Melbourne have developed the Specialist Certificate in Rural Paediatric Practice for health professionals interested in rural generalist or paediatric practice.

The Specialist Certificate is an academic and clinical education training program. It provides an opportunity for the health professional to develop a comprehensive knowledge and skills base to facilitate generalist or paediatric practice for rural health professionals.

### The course will enable participants to:

- improve their skills for understanding and working with paediatric patients and their families
- understand the complex nature of rural practice & the interdependence of the clinical services
- develop a sound clinical decision making process
- communicate clearly and effectively with all age groups and with indigenous and ethnic populations
- be able to develop a management plan for their patients.

### The course will provide:

- a conceptual understanding of rural health practice and insight into multidisciplinary generalist and specialist approaches
- deeper understanding and knowledge of the typically developing infant, child and adolescent including some developmental variations
- communication, assessment and presentation skills in paediatrics, including working with families and multidisciplinary health professionals
- developing skills and competency in the management of selected paediatric conditions in family centred paediatric practice.
- clinical placements in general and profession-specific workplaces.

### Who should apply:

This course is for health professionals who:

- Regularly work with children and their families in a rural setting, or are preparing for this role
- Want to improve their clinical management of infant, child and adolescent patients

### Course information:

In 2010, the Specialist Certificate will be run during Semester 2 (30 August - 24 September). Most teaching will be based at the School of Rural Health, Shepparton and is likely to include clinical sessions at other venues. Course fees are \$6,220 (GST exempt).

### All students must meet the following entry requirements:

- A Bachelor degree in a health profession, science or social science which is recognised by the University,
- Documented evidence of at least two years full-time relevant health professional work experience in a rural or paediatric environment.

Prospective students are advised that they will be required to obtain, and pay for, Working with Children Check and Police Checks prior to commencing the course.

### How to apply

For information on University enrolment, please contact the Program Manager. For all other enquires, please contact the Academic Coordinator.

### Program Manager:

Lesley King

Team Leader Programs MCCP, University of Melbourne

t. 03 9810 3300

f. 03 9810 3149

e. [rural@mccp.unimelb.edu.au](mailto:rural@mccp.unimelb.edu.au)

### Academic coordinator:

Liz Williams, Lecturer Rural Physiotherapy

School of Physiotherapy/School of Rural Health

Shepparton Campus

t. 03 5823 4500

f. 03 5823 4555

e. [e.williams@unimelb.edu.au](mailto:e.williams@unimelb.edu.au).

## Health service profile

**Beechworth Health Service** source: <http://beechworthhealthservice.com.au>

Beechworth Health Service is a publicly owned facility providing a range of hospital, aged care, allied health, mental health and health promotion services to the local communities.



The Acute Unit offers a wide range of hospital type services to the local community. Services on offer include care for medical conditions and post operative care for those recovering from operations undertaken elsewhere. Palliative care can also be provided for those people who are in the final phase of a life threatening illness. Beechworth Health Service provides both high and low care residential aged care in modern buildings that encourage privacy, recreation, independence and a community spirit.



A District Nursing Service is also provided to patients in their own homes in the areas in and around Beechworth and Yackandandah. Allied Health Services on offer by Beechworth Health Service include: Dietetics, Diabetes Education, Occupational Therapy, Physiotherapy, Podiatry, Counselling, and Health Promotion. An allied

health assistant provides client care as devised in clients' treatment plans by the physiotherapist, occupational therapist or podiatrist. Medical imaging services (including sonography) are also available at Beechworth Health Service.

Beechworth Health Service also offers the Willows Community Care Unit. This unit, which comprises of seven homes accommodating 18 clients, provides a service to people between 16 and 64 years who experience persistent symptoms and behavioural difficulties in relation to their mental illness. These symptoms substantially impair people's capacity to live more independently in the wider community. The clients who live in The Willows are like other residents of the town in that they are able to visit the shops, and take in the cultural aspects of the town. The unit is staffed 24 hours a day by registered psychiatric nurses and an activity officer also provides day to day recreational activities in accordance with the client's preferences. The clients have access to a range of allied health professionals as the need arises.



Beechworth Health Service is located in the picturesque gold rush town of Beechworth. Beechworth's 19th century streets showcase an eclectic mix of galleries, collectables, handcrafts, old pubs, cafes, provedores, restaurants and lots more.

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**Editors:** Jodie Nolan & Les Lambert

**Department of Health**

Hume Regional Office

PO Box 460

Wangaratta 3676

t. 03 5722 0555

f. 03 5722 0577

For enquiries, or to submit content, please contact the Hume Region  
Health Workforce Development Coordinator:

**Jodie Nolan**

t. 02 6055 7717

f. 02 6055 7700

m. 0418 578 360

e. [jodie.nolan@health.vic.gov.au](mailto:jodie.nolan@health.vic.gov.au)