

Flinders University Rural & Remote Health SA

Student Checklist for Organising Rural Placement

Congratulations on your allocation to a South Australian rural/remote venue for your Placement. The opportunities available here are exceptional and varied. We want you to enjoy your stay and to make the most of what our state offers. Wherever you go, bring an open mind, a sense of adventure and a smile! To assist with your planning, you may find the following checklist useful.

What to expect

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| Rural & remote areas offer you a diverse and unique learning experience | Expect to work: | Have a go at: |
| | <input type="checkbox"/> With patients across the lifespan | <input type="checkbox"/> Volunteer at community events |
| | <input type="checkbox"/> Across multiple health care areas | <input type="checkbox"/> Joining local clubs |
| | <input type="checkbox"/> Within a multidisciplinary health team | <input type="checkbox"/> Exploring with other students |
| | <input type="checkbox"/> With a variety of cultures | <input type="checkbox"/> Videography of your experience |

Travelling to your rural or remote placement

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| Travelling by car | <input type="checkbox"/> Do you know how to get there? https://www.google.com.au/maps <input type="checkbox"/> Do you have money for fuel? <input type="checkbox"/> Has your vehicle been serviced recently? <input type="checkbox"/> Is your spare tyre in good condition? <input type="checkbox"/> Have you planned adequate breaks? Choose areas that aren't deserted. <input type="checkbox"/> Are you covered for roadside assistance/service e.g. RAA? <input type="checkbox"/> Do you have a map? There may not be internet access on the road. <input type="checkbox"/> Are you aware of rural/remote road conditions? Keep an eye on the news & weather prior to your trip. Check SA road reports: https://traffic.sa.gov.au/ <input type="checkbox"/> Take plenty of drinking water. Take snacks in case of unexpected delays. <input type="checkbox"/> Travelling in hot weather? Is there a risk of bushfires? Consider postponing your travel if it is a fire danger day. See: https://www.cfs.sa.gov.au/site/warnings_and_incidents/current_cfs_warnings.jsp <input type="checkbox"/> Be aware of the wildlife you might see on the road and try to avoid it <input type="checkbox"/> Drive with your lights on regardless of the time of day. It makes your car easier to see! (Remember to turn them off when you arrive). <input type="checkbox"/> Driving on rural/remote roads presents unique challenges – please read this: https://acrs.org.au/wp-content/uploads/ACRS_Rural-Remote-Road-Safety.pdf |
| Travelling by bus or plane | <input type="checkbox"/> Have you booked the ticket? <input type="checkbox"/> Do you know which stop to get off the bus? <input type="checkbox"/> Have you checked how you will get from the bus depot or airport to your accommodation? |

Getting around

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| Driving or walking? Other options? | <input type="checkbox"/> How will you travel from the venue to your accommodation each day? <input type="checkbox"/> Where is the nearest supermarket? Is the area safe? Are there ATMs? <input type="checkbox"/> Is there a taxi or bus service in the town? Is it available 24/7? |
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Exploring the area

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| Organising day trips around your region | <input type="checkbox"/> Plan your trip carefully - you do not want to get lost. <input type="checkbox"/> Tell someone where you are going, when you are expected to return & who you are going with. <input type="checkbox"/> Pack food, sunscreen, hat, insect repellent & plenty of water <input type="checkbox"/> Check your vehicle – do you have enough fuel & a good spare tyre? <input type="checkbox"/> Don't venture out on a fire danger day |
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Accommodation

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| Organising your accommodation | <input type="checkbox"/> If using Rural & Remote Health SA accommodation – have you booked it? <input type="checkbox"/> If your venue provides accommodation – have you booked it? <input type="checkbox"/> If you need alternative accommodation, have you organised it yourself? <input type="checkbox"/> Have you confirmed your arrival date with the accommodation? <input type="checkbox"/> What facilities are available at your accommodation? Bedlinen, cooking facilities, equipment etc. Do you need to bring your own? |
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Communication

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| Contacting your Placement Supervisor | <input type="checkbox"/> Do you have a contact number for your placement supervisor? <input type="checkbox"/> Have you let your supervisor know how you are travelling to the venue? Personal car/public transport/group OR alone? <input type="checkbox"/> Have you told your supervisor your expected arrival time & date? <input type="checkbox"/> Have you provided your supervisor your mobile phone number? <input type="checkbox"/> Have you provided your supervisor your emergency contact number? <input type="checkbox"/> Arranged your first meeting with your supervisor? <input type="checkbox"/> Have you confirmed your planned induction/orientation? You are expected to be orientated to your new workplace. This includes emergency procedures & reporting of incidents. |
| Using your mobile phone | <input type="checkbox"/> Check the website of your mobile phone carrier to see if you will have mobile phone coverage when travelling to the venue & whilst staying in the town. |
| Accessing the internet | <input type="checkbox"/> Do you need access to the internet whilst you are on placement? <input type="checkbox"/> Is it available at your accommodation? Are there other options? <input type="checkbox"/> Do you need to organise access on your own device? |
| Using Social Media in a rural/remote community | <p>Local social media sites can be a great source of information on things to do and see or to find out about local community events. Remember:</p> <input type="checkbox"/> Rural & remote communities are small & photos, incidents, romances or general comments made on social media can easily be linked back to a confidential patient/event by a community. <input type="checkbox"/> Share photos & stories with the Rural & Remote Health SA team <input type="checkbox"/> Familiarise yourself with your university social media policy & take care to maintain privacy of colleagues, clients & workplaces. |
| Contacting someone for help while on placement. | <input type="checkbox"/> You may have many questions during placement & knowing who to discuss them with can be confusing. Familiarise yourself with your university requirements and local contacts and emergency procedures. Flinders University students: https://students.flinders.edu.au/my-course/placements/problems-concerns |

Health and Dietary Needs

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| Do you require a specific diet? | <input type="checkbox"/> Is this available in the town where you are going? <input type="checkbox"/> Do you need to take specific food items with you? |
| Do you have specific medication requirements? | <input type="checkbox"/> Are your medications available? <input type="checkbox"/> Do you need to take your own supply? Scripts? |
| Eating well and exercising | <input type="checkbox"/> Good nutrition promotes good learning. Ensure you have money for food <input type="checkbox"/> Don't forget to exercise & take time out whilst on placement |