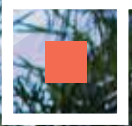




SQRH

Southern Queensland
Rural Health



A CHIRM/UNIVERSITY-GOVERNMENT FINDER INITIATIVE

A COLLABORATION BETWEEN:



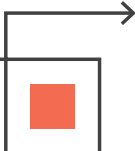
THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



2021

YEAR IN REVIEW

A COLLABORATION BETWEEN:





OUR KEY PRIORITIES

SQRH is funded to work across seven key priority areas.

1. Deliver effective rural training experiences for allied health, nursing and midwifery students.
2. Ensure rural training experiences are of a high quality.
3. Develop processes to improve rural student recruitment.
4. Engage with the local community to support the delivery of training to students.
5. Maintain and progress an evidence base and the rural health research agenda.
6. Support improvements in Aboriginal and Torres Strait Islander health.
7. Provide regional leadership in developing innovative training solutions to address rural workforce recruitment retention.

Southern Queensland Rural Health (SQRH) acknowledges the Traditional Owners and their custodianship of the lands on which we live, work and learn.

We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country.

We recognise their valuable contributions to Australian and global society.

Supporting nursing, midwifery & allied health students in rural placements across Southern Queensland

213

Students attended
Aspire2Health

1,417

Total
Clinical Placements

10

Research
Workshops

136

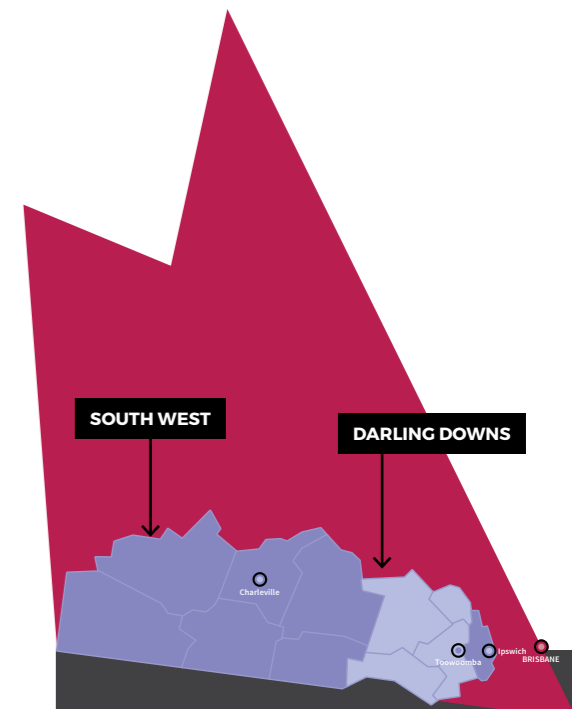
Attendees at Student Workshops in
Interprofessional Education

7,953

Total
Placement Weeks

255

Attendees at
Supervisor Series Training



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ADVISORY BOARD CHAIR'S REPORT

Reflecting on the year that was, 2021 has proven to be a busy and challenging year, given the continued impact of COVID-19 and the various mutant strains associated with this virus. This impact has resulted in some of our staff working from home at times during the past 12 months.

However, this impact has not prevented the continued growth and success of SQRH. Growth in student placement numbers and extended rural placement experiences are some of the highlights during 2021.

Securing and maintaining adequate student accommodation in the Darling Downs and South West remains another challenge and priority for the Advisory Board. I am pleased to confirm that we have secured ongoing funding from the Federal Government for the next 3 years which allow us to undertake further strategic planning. Towards the end of 2021, we were advised that we had been successful in receiving two funding submissions for the expansion of our

services in St George and Chinchilla. In St George, we will partner with Goondir (\$1.9M) and in Chinchilla with Southern Cross Care Queensland (\$2.9M). The combined approved funding totals an amazing \$4.8Million.

The SQRH Advisory Board maintained its rural visits and Board Meetings during 2021, always observing strict COVID-19 protocols. We witnessed some movement on the Board and want to thank Matt Boyd and Craig Carey for their dedication and contributions to the vital work of SQRH.

We recently welcomed Dr Tony Brown who is the Health Service Chief Executive for South West Health and Hospital Service. May I also thank my fellow SQRH Advisory Board Members Professor Bruce Abernethy (UQ), Professor Glen Coleman (USQ), and Annette Scott (Darling Downs Health Hospital Service) for their support and commitment to SQRH. In closing, congratulations to our Director, Associate Professor Geoff Argus for his leadership and recent research publications.



DEREK TUTTFELD OAM
Independent Chair

I am pleased to confirm that we have secured ongoing funding from the Federal Government for the next 3 years which allow us to undertake further strategic planning.

DIRECTOR'S REPORT

2021 was yet another year of challenges, successes and opportunities. The impact of COVID-19 in clinical placements continued to present challenges for students in their ability to attend placement in the midst of short-notice lockdowns and quickly changing environments. Despite this, the SQRH consortium delivered over 7000 weeks of student placement across the Darling Downs and South West catchments. This was achieved through the dedicated focus of the four consortium partners working closely together to collectively ensure limited disruption to student rural training and the future rural health workforce pipeline.

In May, SQRH hosted a summit in Toowoomba with over 100 staff from UQ, USQ, DDH and SWHHS to co-design processes to deliver more extended placement experiences for students undertaking rural clinical placements. There is strong evidence that the longer a student spends in a rural community the more likely it is that they will consider a rural health career. The summit provided an opportunity for the four organisations to reaffirm their commitment to rural health training and identify key areas of support for students to spend extended periods of time undertaking training in rural communities.

There was a great deal of excitement and energy from the participants on the day which resulted in over 200 potential extended placement opportunities identified for implementation in 2022.

SQRH continued to work closely with community stakeholders across the region. The importance of listening to and learning from stakeholders in rural communities is critical to ensuring the success of SQRH. We truly value the input, feedback and wisdom that comes from discussions within communities. To grow the health workforce in rural Australia the solutions lie within the communities themselves and we need to be always ready and willing to respond to the needs of the communities in which we have the privilege to work.

I would like to acknowledge the dedication and hard work of SQRH staff who live and breathe rural health each day. We have over 30 staff whose passion for rural health is truly inspiring. Their professionalism, enthusiasm and commitment to the health of rural communities provides such valuable role modelling for students who are the next generation of rural health professionals. It is an honour and privilege to work alongside such an incredible team.

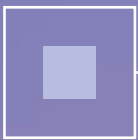


ASSOCIATE PROFESSOR GEOFF ARGUS

Director

We have over 30 staff whose passion for rural health is truly inspiring.





BOARD MEMBERS' REPORTS

These rural experiences for the next generation workforce are a crucial strategy for helping to build future health service capacity 'in the bush'.

PROFESSOR BRUCE ABERNETHY

Executive Dean, Faculty of Health and Behavioural Sciences, The University of Queensland



PROFESSOR GLEN COLEMAN

Deputy Vice-Chancellor (Academic Affairs), University of Southern Queensland



On behalf of The University of Queensland (UQ), I wish to extend congratulations to Director, Geoff Argus and his team, for the continued exceptional performance of Southern Queensland Rural Health (SQRH) in 2021.

UQ is both one of the four core members of the SQRH consortium and the holder of the University Department of Rural Health (UDRH) contract with the Commonwealth. We at UQ are thrilled with the progress SQRH has made throughout 2021 and are most grateful for the opportunities SQRH has created for our students and staff to gain exceptional rural and regional experience.

In a year of extraordinary challenges, most particularly from the extended impacts of the COVID-19 pandemic – SQRH has continued to successfully deliver on its core mission of supporting and growing the clinical placement experiences of allied health, nursing, and midwifery students throughout regional, rural and remote Southern Queensland.

In 2021, SQRH facilitated nearly 8,000 placement weeks of experience throughout the year. Pandemic notwithstanding, this represented the largest number of placement weeks of experience for health students since SQRH's establishment in 2018. These rural experiences for the next generation workforce are a crucial strategy for helping to build future health service capacity 'in the bush'.

Throughout 2021, UQ students in the professions of Physiotherapy, Occupational Therapy, Speech Pathology, Audiology, Nursing, Midwifery, Dietetics, Clinical Exercise Physiology, Psychology, Social Work, and Pharmacy have undertaken clinical placements in various parts of the expansive footprints of Darling Downs Health and South West Hospital and Health Service. The average placement experience for UQ students placed in the Darling Downs and South West in 2021 was just under eight weeks. This rural immersion has not only brought the opportunity of a future rural health career to the forefront of the minds of these students, but has also helped

sharpen their skills and preparation for such a career.

As has been the case since the formation of SQRH as a UDRH, UQ values enormously the partnerships that have been forged within and through SQRH and we look forward to the continued development of these partnerships and the scope and impact of SQRH's activities in 2022 and beyond.

We are particularly delighted that SQRH has been re-funded by the Commonwealth for a further 3-year term and that the capacity to deliver even further student placements and benefits has been further bolstered by successful funding applications to extend allied health offerings into St George and aged-care placements into Chinchilla from 2022 onwards.

I wish to also extend my personal thanks not only to Associate Professor Argus and his team but also to fellow members of the Board for their collaborative commitment to ensuring SQRH continues to thrive and fulfill its mission.

University of Southern Queensland has been extremely pleased with SQRH progress in 2021, in the face of continued turmoil associated with the pandemic.

Of particular significance for us was the development and approval of the end-to-end USQ Nursing program at Charleville. This program will allow rural students access to all aspects of their nursing training within their communities.

The program is a joint partnership involving SQRH, South West Hospital and Health Service (SWHHS), Charleville State High School and Country Universities Centre (CUCs). The program received Australian Nursing and Midwifery Accreditation Council (ANMAC) accreditation in October 2021, and our first intake commences in 2022.

Support from the local community has been fundamental to this project, which would not have been possible without

SQRH and the energetic support of the SQRH team.

SQRH continues to excel in supporting the development of our students toward careers in rural nursing and allied health. Over 1000 University of Southern Queensland student placements were supported by SQRH in 2021, over a total of 5312 placement weeks. It was particularly pleasing to see SQRH-supported growth of USQ placements for our allied health students in Darling Downs and the South West, including exercise physiology and medical laboratory science.

The growth in rural placement opportunities for our psychology students is likely to continue; our School of Psychology & Wellbeing collaborated with SQRH to identify extended rural placement opportunities for our Master of Psychology students in the Western Downs and Southwest and these will be taken up in 2022.

SQRH has provided a wonderful opportunity for the University of Southern Queensland to work with our colleagues

at The University of Queensland, Darling Downs Health and South West Hospital and Health Service in building a stronger workforce pipeline for regional, rural and remote southern Queensland. My congratulations to Geoff Argus and the SQRH team for their great work this year.

SQRH continues to excel in supporting the development of our students toward careers in rural nursing and allied health.

BOARD MEMBERS' REPORTS



ADJUNCT PROFESSOR ANNETTE SCOTT, PSM

Health Service Chief Executive
Darling Downs Health



Darling Downs Health

With the effects of the COVID-19 pandemic continuing in 2021, Darling Downs Health (DDH) and SQRH continued to work closely to ensure not only the continuation of allied health and nursing student placements but also the expansion, where appropriate, of placements across the Darling Downs and Southwest.

DDH clinical educators and health service managers, participated in profession-specific and multi-stakeholder working groups to plan for, offer and evaluate a range of extended rural student experiences. This resulted in 80 extended experiences being submitted for evaluation.

In May 2021, DDH participated, along with our consortium partners, in the Extended Rural Student Experiences Summit.

The Summit saw numerous stakeholders from across the DDH collaborate with key stakeholders from fellow Consortium partners to scope and plan a program of extended rural placements for 2022.

DDH and the SQRH Health and Wellness Clinic shared Social Work and Dietetic student placements throughout the year, with ongoing planning between DDH and SQRH Clinical Educators occurring in order to facilitate joint/linked placements, which included private/NGO providers. SQRH and DDH staff also collaborated to identify additional placement opportunities, particularly in the area of rural Midwifery.

DDH and SQRH worked closely to expand training opportunities. SQRH and DDH Social Work Educators combined to provide training in student supervision for Queensland Health and NGO staff in DDH and SWHHS. A Pathways to Rural Social Work tutorial was one of the programs delivered and included presentations

“DDH is proud to be a member of this important collaboration committed to building the rural health workforce.”

from DDH and NGO social workers. SQRH and DDH Speech Pathology Educators combined to provide training to new student supervisors for DDH, SWHHS and private sector Speech Pathologists. Supercharge your Supervision Skills supervisor training modules, delivered by SQRH, continued to be well received by DDH staff. Students on placement with DDH attended Student Workshops in Interprofessional Education (SWIPE) facilitated by SQRH staff.

Co-ordination between SQRH and DDH educators to ensure students exposed to COVID-19, or those impacted by vaccination mandates and lockdowns, could continue their placements as soon as possible was prioritised across 2021.

Overall, 2021 was another successful year of operation for SQRH, and DDH is proud to be a member of this important collaboration committed to building the rural health workforce.



DR TONY BROWN

Health Service Chief Executive,
South West Hospital and Health Service



South West
Hospital and Health Service

It has been a great honour and joy to have been selected to be the HSCE of SWHHS. I started the role in August 2021 and it has been a fascinating and fulfilling job since the first day.

One of the aspects that impressed me so much about the role was the opportunity to be on the SQRH Board and have an integral role in leading the training of health professionals so that they become the quality workforce of the future for SWHHS specifically, and rural and remote Australia as a whole. I have practiced medicine, administered health services and been involved in the design and delivery of contextually based health education and training in rural and remote Australia for over 32 years. Addressing inequity in health access and outcomes is my passion. SQRH is designed to be part of the solution to that inequity.

The collaboration between the university sector and the health sector that SQRH provides is the essential ingredient that will give the communities of the SWHHS the quality health workforce they deserve.

The other inspiration is the multidisciplinary nature of this collaboration that will foster the teams essential to provide exemplar healthcare.

Here are many education and training initiatives that deserve mention; I will name a few. Research shows that extended placements improves the chance of trainees returning to rural and remote communities for more training or to deliver care once graduating. There are now new extended placements for training for nursing in Roma, Mitchell, Charleville and St George, and for midwifery, social work and psychology in Charleville.

ANMAC (Australian Nursing & Midwifery Accreditation Council) has now accredited USQ to deliver end-to-end nursing training in Charleville. This is very exciting because the SWHHS can now completely grow their own nursing workforce. The enrolments are now open for 2022.

The South West Allied Health workforce collaborative with SQRH as a partner will enable more allied health services to be provided to the communities of South West Queensland.

SQRH is developing a contextualised research program that will enable the clinicians of SWHHS to develop answers to the clinical conundrums that they believe will improve healthcare in rural and remote Australia. Almost all clinical research addresses the health needs of metropolitan and regional communities so this is a very exciting initiative.

I believe 2022/2023 will prove to be a turning point in addressing the inequity of healthcare for rural and remote Australian communities and SQRH will be part of that movement.

“SQRH provides the essential ingredient that will give the communities of the SWHHS the quality health workforce they deserve.”

PARTNERSHIPS & COLLABORATIONS



“ These events are important for SQRH to receive feedback from stakeholders on what we can do better to ensure the development of the next generation of rural health professionals. ”



ENGAGING WITH OUR STAKEHOLDERS



ASSOCIATE PROFESSOR GEOFF ARGUS Director

The SQRH Advisory Board hosted two, well-attended stakeholder engagement events in 2021.

Stakeholders included service providers, commissioning services, government representatives, and community groups and members.

Forming genuine relationships with communities and stakeholders across the SQRH footprint is key to ensuring a strong training pathway for the future rural health workforce.

In July, we were joined by stakeholders at the SQRH Toowoomba Training Centre where we provided updates on our activities and progress over the past three years.

It was wonderful to see the Darling Downs Health Board and Executive, representatives from Darling Downs and West Moreton Primary Health Network, Goondir Health Services, Checkup, St Andrews Toowoomba Hospital, St Vincent's Hospital, The University of Queensland, University of Southern Queensland, Toowoomba and Surat Basin Enterprise and Local Federal Member for Groom, Garth Hamilton MP, amongst other key stakeholders enjoying the evening.

In October, the Board travelled to Charleville to meet with stakeholders at the SQRH Clinical Training Centre in Charleville.

During the lunchtime event, we were able to showcase our new facility while updating stakeholders on our activities across south west Queensland.

We were joined by representatives of the South West Hospital and Health Service Board and Executive, Mayor Shaun 'Zoro' Radnedge and Murweh Shire Councillors and executive staff, Charleville and Western Area Aboriginal and Torres Strait Islander Community Health, Queensland Ambulance Service, Lifeline, and the Royal Flying Doctor Service.

These events are important for SQRH to receive feedback on what we can do better to ensure the development of the next generation of rural health professionals.

Collaborating with community stakeholders is key to the success of any rural health initiative and SQRH values the genuine support it receives within the regions we operate.





4
Consortium
Organisations

100+
Participants



A WORD FROM OUR STUDENTS

BARBARA SULZBACHER | Bachelor of Occupational Therapy (Honours), The University of Queensland

“ I decided to apply for a rural placement because I was seeking a unique placement experience and couldn't turn down the amazing opportunity! I knew the rural placement would push me and allow me to step outside of my comfort zone, helping me to grow, learn and educate myself. As well as providing me with a range of skills with the broader scope of practice seen in rural areas, compared to metro.



SUMMIT DELIVERS FOR RURAL HEALTH



NICOLA COTTER Deputy Director - Darling Downs

Numerous extended placement opportunities for 2022 across Nursing, Midwifery and Allied Health were identified at the Extended Rural Placements Summit hosted by SQRH in May 2021 at the University of Southern Queensland.

Extended rural clinical placements provide health students with the opportunity to not only enhance their clinical practice skills but reap the benefits of rural community life.

Placements have also proven to be key to providing students with experiences

that can have a crucial influence on their decisions about employment options post-graduation.

The Summit was attended by more than 100 participants from the four consortium organisations – The University of Queensland, University of Southern Queensland, Darling Downs Health and South West Hospital and Health Service.

It provided an opportunity to “dream big” and discuss ideas and strategies on how to collectively create extended rural training experiences in Southern Queensland.

Summit attendees heard from current and past students around the successes of rural placement opportunities and worked

together across the day to share collective knowledge and develop strategies for ensuring extended placement experiences come to life.

All participants embraced the hands-on workshop activities where ideas were turned into commitments, plans and actions.

Successful ongoing collaboration followed the planning summit directly resulted in the 2022 placement opportunities.

The consortium partners affirmed their focus on creating extended placement opportunities for health students in rural and remote communities and look forward to continuing to build on the commitments from the day.



EXTENDED RURAL PLACEMENTS SUMMIT

USQ May 2021



The Summit demonstrated the commitment of the SQRH partner organisations to work together to effect real change in the way rural and remote placements are designed, delivered and supported.



SNAPSHOTS



WEAR IT PURPLE DAY



R U OK? DAY WITH HAWC STUDENTS



R U OK? DAY WITH SQRH



A WORD

FROM OUR STUDENTS

LISALE FRY
Bachelor of Nursing,
University of Southern
Queensland



The diversity and variety of nursing that is offered in Charleville opened my eyes to rural nursing. The nurses were all so knowledgeable and willing to teach. I'm so thankful for the opportunity to experience rural nursing and the community out there. There was so much to see and do in Charleville.



REGION SHOTS



BUILDING THE RURAL AGED-CARE WORKFORCE

Identifying opportunities and working together to support more student placements.

ASSOCIATE PROFESSOR GEOFF ARGUS Director

In 2021, Memorandums of Understanding (MOU) were signed with Southern Cross Care Queensland and Blue Care Regional and Remote South that set out how SQRH will work with both organisations to strengthen the aged-care workforce pipeline in rural areas.

The MOUs were developed with these two well-regarded aged-care providers in response to findings and recommendations of the recent Royal Commission into Aged-Care.

We are also pleased to announce that in 2022, SQRH will have staff based at Chinchilla with the purpose of working with service providers to establish, facilitate and support more opportunities for student placements in rural aged-care.

The Western Downs region in the Darling Downs has a particularly strong focus

on aged-care services and we were delighted to be invited to a workshop hosted by the Western Downs Regional Council.

The workshop, facilitated by Toowoomba Surat Basin Enterprises, was organised to establish a "Vision for Aged-Care and Health Services in Western Downs".

These collaborative forums are critical to ensure that all stakeholders work closely together to develop sustainable models of care and workforce development.

As a society we can and must do better to support people in their health as they age. We are committed to working with our partners to support every opportunity to create a rural health workforce that is dedicated and passionate about healthy ageing and excellence in aged care.



KATE BEYER Clinical Educator - Nursing
ASHLEE KENNELLY Clinical Educator - Nursing, South West

CHERBOURG PARTY FOR THE KIDS

Fun and games for better Indigenous paediatric health.

Wednesday 10 March 2021 was the day the Indigenous community of Cherbourg came together to celebrate its three- and four-year-old children at one huge birthday party.

Held at the hospital grounds, over 75 children were treated to entertainment from Captain Starlight and his crew, as well as birthday cake, healthy snacks and goody bags.

The day was designed to encourage parents and carers to bring their children along to meet a range of different health professionals and learn more about their children's health.

The birthday party was coordinated by multiple services including Darling Downs Health, the Starlight Foundation, SQRH, Queensland Police Service, Queensland Fire Service, the Cherbourg Council, and Cherbourg Regional Aboriginal & Islander Community Controlled Health Service.

Children often experience stress and anxiety when visiting a health professional or hospital, which can hinder the ability of the community health team to identify developmental milestone delays.

Engaging children in this fun and playful format is a practical way of minimising children's stress and it also helps with identifying issues earlier.

SQRH Clinical Educators and health students from a variety of disciplines

including nursing, speech pathology, dietetics, exercise physiology and occupational therapy were honoured to be invited and a group travelled in a convoy from Toowoomba to Cherbourg for the day to assist with the event.

With many students having minimal to nil exposure to paediatric Indigenous populations, the event gave them the opportunity to interact with the children, their families and rural health professionals and perform modified assessments.

The heat and long day did nothing to discourage excited discussions and debriefing in the long car ride back to Toowoomba, which was a perfect indicator of how special this experience was for health students and Clinical Educators alike.



It was a privilege to be included in this wonderful event which supports the health and wellbeing of Indigenous children and provided a genuine experience for health students to learn from Indigenous people within their community.





PLANNING, PLANTING & PLACEMENTS

Working together with Charleville and Western Areas Aboriginal and Torres Strait Islander Community Health (CWAATSICH).

MICHELLE ANIFTOS Clinical Educator - Psychology

SQRH is proud to play its part in expanding the rural health workforce and delivering high quality health services for Aboriginal and the Torres Strait Islander members of the south-west Queensland community.

The beginning of 2021 saw SQRH host the Charleville & Western Areas Aboriginal and Torres Strait Islander Community Health (CWAATSICH) team at the our Charleville Clinical Training Facility for their planning day under the leadership of CEO Sheryl Lawton.

In July we celebrated NAIDOC Week and its theme “Heal Country” by inviting local Aboriginal elders to select traditional

trees, which were then sourced and planted in the Bindina Nulkamony garden.

In November, Alana Batch became the first Psychology student to attend a placement at CWAATSICH. Under the practice management of Ellaina Wingate, Alana completed an intensive short-term placement to review the take-up of mental health services among patients at the CWAATSICH GP Clinic, and to develop induction resources to support subsequent student placements.

We look forward to strengthening our clinical pathways with CWAATSICH to ensure an ongoing psychology student service to complement existing Social and Emotional Wellbeing (SEWB) programs.

A joint nursing position has been created between CWAATSICH and SQRH to work

across the two organisations. The position will provide an important link between clinical service delivery and student placement support.

In May, SQRH was privileged to be invited to the opening of stage 1 of the Goondir St George Community Wellbeing Centre. The development of the Centre for the St George Community is a testament to the incredible work that Goondir undertakes across the region in supporting Indigenous health. Goondir hosted its first nursing student placement in St George in 2021 which was a great success. In 2022 we will be formally partnering with Goondir to establish a student clinic that will operate from the Community Wellbeing Centre thanks to a \$1.9M RHMT grant which will allow SQRH to employ local staff to deliver the program and support students on placement in St George.

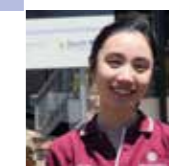
SNAPSHOTS



WOMEN'S HEALTH WEEK 2021



MENTAL HEALTH FIRST AID TRAINING



A WORD

FROM OUR STUDENTS

ANABELLA LIANG
Bachelor of Speech Pathology, The University of Queensland

When you go on rural placement, even though it's daunting, especially if you've grown up in the city, you find that the community out here is supportive, friendly and most importantly, genuine. You learn to grown up and get the chance to see the world through a completely different lens and your perspective on a lot of things is seen through fresh eyes.

REGION SHOTS



CENTRES & FACILITIES



54

Participants commenced the HaWC program

45

Participants completed the HaWC program

1,930

Occasions of service were conducted



For more information, contact the clinic on (07) 4699 8691, email hawcadmin@uq.edu.au or visit www.sqrh.com.au



HEALTH & WELLNESS CLINIC DELIVERS FOR STUDENTS & PARTICIPANTS

DAYLE OSBORN Clinical Educator - Nursing & Mental Health Nursing & Clinic Coordinator

The SQRH Toowoomba Health and Wellness Clinic (HaWC) provides health and wellbeing services delivered by nursing and allied health students to participants with low to rising risk of chronic disease.

In 2021 participants engaged in assessments, targeted interventions and group activities, with 76 per cent achieving positive change towards their goals.

This innovative clinic provides a unique interprofessional placement for students from dietetics, exercise physiology, nursing, physiotherapy, psychology and social work.

Despite travel restrictions impacting placements due to COVID-19, the clinic

staff and students continued to deliver innovative and optimal services under challenging circumstances.

The clinic continued offering telehealth services for those participants unable to attend in person, further adding to the students' rich placement experience.

2021 saw the clinic service delivery model continue to evolve, with increased group education content focusing on healthy lifestyle behaviour change.

After 18 months of operation, a formal review was conducted by Dr Pim Kuipers and SQRH Principal Project Officer, Ms Clara Walker.

Their evaluation highlighted the exemplar nature of this student-led interprofessional health and wellbeing service.

Future health programs and student placements will continue to target services at early chronic disease prevention and innovative clinical education.

HAWC STATISTICS:

63% Increased their daily serves of vegetables

89% Increased their frequency of physical activity



ON AVERAGE, PARTICIPANTS WHO COMPLETED THE PROGRAM:

- Reduced their waist circumference by approximately 7cm
- Increased the distance they walked in 6 minutes by 60m
- Experienced an increase in quality of life of 13%



OF PARTICIPANTS WHO COMPLETED THE FEEDBACK SURVEY:

- 100% were satisfied with their experience at HaWC
- 100% experienced high quality care at HaWC
- 100% were better able to cope with their health condition/s
- 100% were confident in their ability to maintain healthy behaviours after participating in the HaWC program



STUDENTS

- 39 students completed 263 weeks of placement at HaWC
- On average students experienced 25 interprofessional learning experiences each placement
- 100% of students who completed the feedback survey reported an increase in their interprofessional skills after completing a placement at HaWC



A WORD FROM OUR STUDENTS

BLAKE LOLLBACK | Bachelor of Sports and Exercise Science (Exercise Physiology) (Honours), University of Southern Queensland



SQRH was great for me as they tried to facilitate as much as they could. It was seeming like my placement was going to be pretty much done when the vaccination rules came in, but I was able to complete it over Zoom and now I'm back in the clinic for my final week.



CENTRES & FACILITIES



PULMONARY REHAB ADDED TO CARDIAC REHAB PROGRAM

STEVE WOODRUFFE Clinical Educator - Exercise Physiology

In 2021 a new agreement was formed with the Respiratory Nursing Team to commence providing Pulmonary Rehabilitation for patients with chronic respiratory conditions.

This agreement served to further strengthen the collaboration between SQRH and Darling Downs Health to co-deliver high quality cardiac rehabilitation programs.

Both the Cardiac Rehab and Pulmonary Rehab programs were co-facilitated by SQRH Exercise Physiology Clinical Educators Kate Bell and Steve Woodruffe and Clinical Exercise Physiology students.

Clinical Educators and students from other health disciplines also supported the delivery of the programs throughout the year.

CARDIAC REHABILITATION

2021 marked the second full calendar year of co-delivery of the Cardiac Rehabilitation program.

Approximately 120 participants commenced the program, with 90 completing the program, representing a completion rate of 75 per cent. This is well above the State average for 2020 of 41 per cent.

PULMONARY REHABILITATION

The Pulmonary Rehab program commenced on 31 August 2021 with 5 participants and was delivered from the SQRH Toowoomba Health and Wellness Clinic gymnasium.

A total of 16 participants attended the program over the final three months of the year, with eight completing the program in full and some patients planning to resume the program in 2022.

HIGH SATISFACTION RATES

At the end of 2021 a small snapshot survey of participants who completed either the Cardiac Rehab or Pulmonary Rehab program was conducted, and the results revealed very high satisfaction rates.

A total of twelve participants completed the survey and all identified that their fitness had improved, with a majority also reporting that they felt stronger and more confident in themselves.

ACKNOWLEDGEMENTS:

Heart Care Team

Jo Thomae
Tim Brouwer
Jacinta McCartney
Lou Wilson
Ana Roeger
Jono Kelly
Sharon Black

Respiratory Nursing Team

Carolyn Rae
Sarah Earle

SQRH Clinical Educators

Michelle Anifto - Psychology
Emily Rendell - Physiotherapy
Steve Woodruffe - Exercise Physiology

Students

Exercise Physiology - UQ and USQ
Nursing - UQ and USQ
Psychology - USQ



My heart attack really shook me to the core. I was so anxious that each day was a challenge, even though I had no symptoms after hospital. The rehab program completely turned that around, and I now often don't think about "the event" for days at a time. I'm so grateful.



- CARDIAC REHABILITATION PARTICIPANT



Participants commenced the program



Completion Rate





NULKAMONY AND BINDINA IN CHARLEVILLE

Learning, sharing and connecting in the community.

DR FLORA ROLF, PHD Deputy Director (South West)

The SQRH Charleville Clinical Training Centre has had a busy and productive 2021 following the excitement of our official opening in late 2020.

We continue to provide close support to our students 'out bush' in the south west, with our Centre providing a safe and welcoming place for, in local Bidjara language, **nulkamony** (sitting) and **bindina** (talking).

We have also been fortunate to host several groups in our local communities for learning, connecting and sharing.

In March, we worked with the Queensland Police Service in Charleville to provide simulation activities to junior constables learning how to support people living with mental illness.

In July, we held a celebration for NAIDOC week, and local Bidjara elders planted several bush medicine/ bush tucker trees in our Bindina Nulkamony garden.

Throughout the year, local health service staff used our facility to practice advanced life support, manage critically ill infants, and prepare patients for aeromedical retrieval.

Students on placement in Charleville ran health activities for children and teenagers from the School of Distance Education.

Towards the end of 2020, we engaged with senior residents in the Charleville community to offer the Stay on Your Feet program, run through telehealth by Clinical Educators and Toowoomba Health and Wellness Clinic students.



A WORD FROM OUR STUDENTS



BELLA TRANBERG | Bachelor of Nursing, University of Southern Queensland



I had the opportunity to become involved with Southern Queensland Rural Health when I went on placement in Charleville. SQRH was a great support system when I went on placement, as being 618km away from home was quite scary. My experience in Charleville was confirmation that I wanted to work in rural health. I was able to experience so many new things while in Charleville that would not have been possible without SQRH.



STUDENT & HEALTH PROFESSIONALS



“ I really enjoyed the workshop as it gave me the opportunity to meet and learn about other health professional’s values and perspectives. The activities that the educators gave us were engaging and the content wasn’t too complex. It was practical, which will further my career and personal development. ”

- ATTENDING STUDENT



SWIPE FOR CAREER SUCCESS

CHRISSIE O’CONNELL Clinical Educator - Speech Pathology

All health students who attended Student Workshops in Interprofessional Education (SWIPE) during their rural placements in 2021 demonstrated great enthusiasm in learning these key health care skills.

Presented by the SQRH Clinical Education team in a one-day or three-day format, the SWIPE workshops educate students about the importance of interprofessional practice in rural healthcare.

Topics include role clarity, interprofessional communication, team functioning, conflict resolution and patient-centred care.

In 2021 the SQRH team facilitated 20 workshops across the Darling Downs and South West regions, with more than 130 students learning about the importance of interprofessional collaborative practice in improving patient care.

We look forward to continuing to run these workshops for students on rural placement in 2022.

136

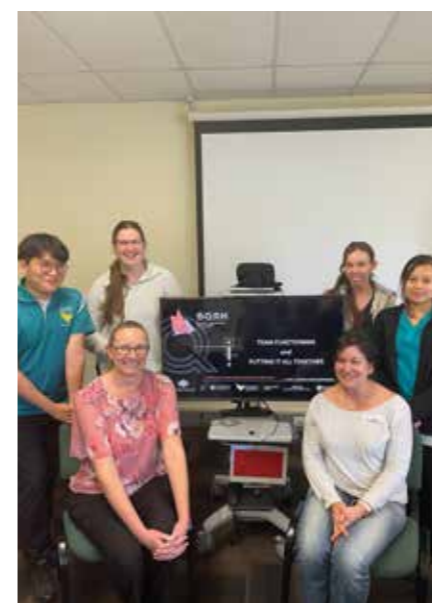
Students attended Workshops

12

Health Disciplines

9

Rural & Remote Sites





SUPERCHARGING STUDENT SUPERVISOR SKILLS

SQRH is developing new resources to further meet the needs of rural health professionals to provide skilled supervision to students.

CHRISSE O'CONNELL Clinical Educator - Speech Pathology

Collaboration and relationships continue to be developed across a broad range of professions - from hospitals to private practice - as a by-product of attending the SQRH Supervisor Training Modules.

The modules were developed by the SQRH Clinical Education team for delivery to health professionals across the region who are new to supervision, want to improve their supervisory skills, or refresh their knowledge.

In 2021 alone, modules were delivered to 255 clinicians, attending 34 sessions in either fortnightly or Zoom-conducted one-day workshops, tailored to the needs of each group.

We delivered workshops for healthcare teams, as well as profession-specific workshops for Social Work and Speech Pathology.

These workshops provide attendees with an opportunity to share their personal experiences and skills with others who

have a passion for supporting students on rural placements.

They also give our clinical educators an opportunity to impart their professional knowledge and experiences.

Feedback continues to be overwhelmingly positive, with many people attending sessions for a second time.

Requests have also been received for SQRH to provide training on a range of different topics related to the supervision of students.

The Supervisor Training Modules are an integral part of our commitment to delivering high-quality clinical placement experiences for students in the Darling Downs and South West.



255

Attendees

34

Sessions delivered



A WORD FROM OUR STUDENTS

ELISE MASSEY | Bachelor of Occupational Therapy, The University of Queensland



No day is ever the same. you are either in a different town or seeing a very wide range of clients/ presentations which you don't see as much of in the city as it is usually specialised.





STUDENT SUPPORT DURING COVID-19

CI-AHN VOGLER Student Support Coordinator (Darling Downs)

While we were fortunate not to have any students test positive for COVID-19 while staying in our accommodation in 2021, SQRH Student Support Co-ordinators continued to implement measures to support students who were affected indirectly.

Some of these measures included:

- Weekly check-ins for students on placement who were in restricted Local Government Areas (LGA) and who were due to start placement.
- Care packs for students who were in lockdown in Goondiwindi (snacks, milk, rice, pasta, hand sanitiser, cereal, toothpaste, colouring book, jigsaw puzzle).

- Provision of masks, hand sanitiser and increased cleaning products for each house.
- Working with the University of Southern Queensland to provide rooms for students to self-isolate while they awaited test results.
- Providing students with accommodation when their placement provider was unable to continue to supply accommodation because they were from a restricted LGA.

We also provided one student with an extra week's accommodation in Goondiwindi when they were stranded in the town during the December 2021 flood of the Macintyre River.

The student was able to continue placement opportunities with their provider while they waited for roads to reopen.



SCHOOL ENGAGEMENT



COLLABORATION IN ACTION

Aspire2Health continues to shine.

DAYLE OSBORN Clinical Educator - Nursing & Mental Health Nursing

2021 saw another successful Aspire2Health (A2H) program delivered across the Darling Downs and South-West regions with 90 per cent of secondary school student attendees reporting being motivated by the event to pursue a career in health.

A2H aims to inspire secondary school students to consider a career in healthcare by giving them a taste of a variety of disciplines, including nursing, midwifery, speech pathology, pharmacy, psychology, social work, dietetics, physiotherapy, exercise physiology, occupational therapy, Indigenous health, paramedicine, medicine and retrieval services.

The one-day A2H workshop allows students to meet and talk to health professionals, undergraduate health students and services from each health discipline, and try their hand at a variety of clinical activities such as suturing, plastering, and cardiopulmonary

resuscitation (CPR), plastering, making up pharmacy webster packs and trialling adaptive lifestyle equipment.

Sponsored by the Darling Downs and West Moreton Primary Health Network and Western Queensland Primary Health Network, A2H is delivered by a collaborative established by Rural Medical Education Australia that includes SQRH, Griffith University, University of Queensland Rural Clinical School, University of Southern Queensland, Queensland Ambulance Service and the Department of Employment, Small Business and Training.

During 2021 workshops were held in nine locations across the Darling Downs and

South West, with over 200 students from Toowoomba, Lockyer Valley, Oakey, Pittsworth, Plainlands, Kingaroy, Murgon, Nanango, Stanthorpe, Chinchilla, Dalby, Charleville, Roma, Goondiwindi, Inglewood and Warwick in attendance.

The workshops were highly rated by students (4.7 / 5), with over 98 per cent of attendees saying they would recommend the event to a friend.

SQRH looks forward to continuing our involvement in A2H in 2022 and promoting health careers and the future rural workforce.





“ I really enjoyed the hands on activities and I found it interesting to get to know the health professionals and what they do. ”
 - ATTENDING STUDENT

ASPIRE 2 HEALTH

200+

Students attended a A2H workshop

12

Aspire2Health Days

9

Workshop Locations



“ I really enjoyed seeing what it's like in a real life scenario. ”
 - ATTENDING STUDENT



98%

Recommend the A2H Workshop



ENCOURAGING CAREERS IN HEALTH

2021 Rural Health Skills Expo.

DAYLE OSBORN Clinical Educator - Nursing & Mental Health Nursing

Over 90 percent of secondary school students attending the three SQRH Toowoomba Secondary Schools Rural Health Skills Expos held in 2021 reported that the event had motivated them to pursue a career in health.

SQRH hosts the expos at its Toowoomba Training Centre for those secondary schools that have Health Hub Programs. This includes Fairholme College, St Saviour's, St Mary's, St Joseph's and Mary Mackillop Catholic College.

Each Rural Health Skills Expo showcases rural health and skills from six different health disciplines.

Participating students were those from years 10 to 12 who had indicated an interest in future vocational or tertiary health studies and/or were enrolled in school Health Hub subjects.

Each event included an introduction to SQRH and viewing of the video of student experiences on rural placements.

The fun then begins with a Kahoot quiz with general health knowledge questions. A prize is offered to the student/s with the most accurate responses and the fastest response times.

Students then completed six rotations of around 20 minutes each through skills stations exploring different health disciplines.

Feedback revealed the professions the students were considering in health were paramedicine, nursing, medicine, midwifery, psychology, exercise physiology and physiotherapy, occupational therapy, pharmacy and speech pathology.

These events are conducted in addition to the ongoing collaborative Aspire2Health program and were in lieu of previous engagement events with Fairholme College where the Clinical Education team delivered health career promotional content to students at the school campus or virtually.

OVER 90%

of the students reported that the event had motivated them to pursue a career in health.





KIDS & HEALTH STUDENTS GET A KICK FROM CONFERENCE



2021 Kickstart Conference.

ASHLEE KENNELLY Clinical Educator - Nursing

Nursing, medical and allied health students on clinical placement in Charleville gained valuable experience by running health-related skills stations for the country kids attending the 2021 Kick Start Conference.

The conference is hosted at the beginning of each year by the Charleville School of Distance Education for school students from Prep to Year 10.

It is an intensive week-long event consisting of workshops, learning, skills development, socialising and networking.

The skills stations SQRH staff and health students designed included snake bite immediate care, bodily function and organs, glow in the dark hand hygiene, basic observation taking and CPR.

Feedback after the event was overwhelmingly positive with several health students visibly growing in

confidence from their interactions with the young children.

The students were supervised during their engagement with the school children by SQRH staff Ashlee Kennelly, Kate Bell and Amy Godsell, who all have an early childhood and/or paediatric background.

SQRH was proud to be invited to promote rural health at this significant community engagement event and we look forward to continuing our involvement.

SNAPSHOTS



CHARLEVILLE CAREERS EXPO



HEALTH WORKFORCE QLD - GO RURAL EVENT



CLINICAL EDUCATORS AT GO RURAL EVENT

EXCELLENT YEAR FOR SQRH RESEARCH



DR TONY FALLON, PHD Research Officer
DR BAHRAM SANGELAJI, PHD Research Assistant

After considerable groundwork, SQRH became a partner in the Nursing and Allied Health Graduate Outcomes Tracking (NAHGOT) study.

The study is a collaboration between the University Departments of Rural Health at Monash University, University of Newcastle, Deakin University, The University of Queensland, University of Southern Queensland and University of South Australia.

NAHGOT is a longitudinal study that aims to use administrative data from universities, professional registration bodies and annual surveys to understand factors that influence the choices of nursing, midwifery, and allied health students to work in different geographical locations after they graduate.

Findings will inform educational institutions and health workforce planners, with the goal of improving health outcomes for people living in rural communities.



SQRH staff have also been involved in many exciting research projects and evaluations associated with the rural health workforce training and innovative delivery of rural health services, including:

- Trialing the feasibility and utility of immersive virtual reality in delivering Queensland Health's Imminent Birth program.
- Evaluating the Escape Room in a Briefcase as an interprofessional education activity.
- Evaluating various facets of the SQRH student-led interprofessional Toowoomba Health and Wellness Clinic.
- Evaluating the impact of the SQRH Work and Research in Applied Psychology (WRAP) student placement program.
- Conducting a systematic overview to investigate the factors associated with sedentary behaviour in rural populations.

SQRH team members also attended research partnership symposia presented by the Darling Downs Innovation and Research Collaborative (DDHIRC).

SQRH staff were represented on two collaborative research projects emerging from this process:

- A pilot study using systems mapping to address obesity in the Darling Downs region. This study received DDHIRC grant funding of \$4700.
- Mapping retention patterns of health professionals in the Darling Downs and South West health services.

2021 also marked the initiation of the BIGRIG Research Interest Group.

This group has been established for SQRH staff to share their research experiences and ask others about research-related issues.

2021 was an excellent year for research contributions from SQRH staff, with:

- Five research manuscripts published,
- Six research manuscripts accepted for publication in peer-reviewed journals,
- Delivery of four national and three local conference presentations, and
- Delivery of 11 hands-on training workshops, organized with and delivered through the Darling Downs Health Innovation Research Collaborative, including a two-day "Writing for Publication" workshop.

SNAPSHOTS



INTERNATIONAL NURSE DAY TOOWOOMBA STAFF CELEBRATION

COLLABORATIVE COVID-19 RESEARCH STUDY CONTINUES

DR FLORA ROLF, PHD Deputy Director (South West)

2021 saw the continuation of the qualitative phase of the SQRH Covid-19 research study, where researchers from nine different University Departments of Rural Health (UDRH) heard stories of everyday life under the early stages of Australia's pandemic responses.

The research project was developed by SQRH in 2020 to explore Australians' attitudes and practices in relation to the pandemic and the first phase of the study received a large community response.

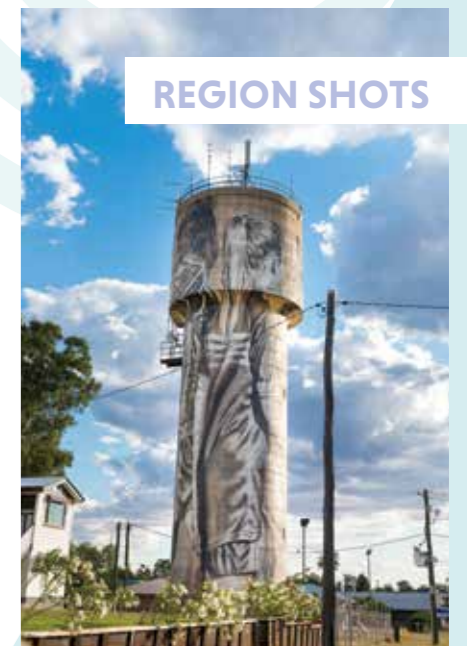
In the second phase of the study rural health researchers from all over Australia collaborated to write papers exploring

people's positive perceptions of the pandemic, of life in a state border bubble, and the challenges of accessing much needed healthcare during a national lockdown.

Research papers from this project have also covered the impact of the pandemic on Australians' hopes and dreams, and the experience of living with a chronic illness.

Our study has been featured in print media and on ABC radio, and we are proud to have shone a light on the stories of everyday people as they have navigated life under the COVID-19 pandemic.

REGION SHOTS





ESCAPE ROOM IN A BRIEFCASE



KATE BEYER Clinical Educator - Nursing

The Escape Room in a Briefcase is an interactive collaborative activity that encourages students to breakdown stereotypes and perceived hierarchies by providing an interactive platform for rural networking.

An escape room is a popular and fun game which involves a group of people racing against the clock to solve a series of puzzles to escape a room. Our Escape Room in a Briefcase has taken this concept and adapted it into a transportable briefcase. As our Clinical Educators are often on the road visiting and supporting students in rural areas, it was important

to create a portable and interactive activity. From Toowoomba to Charleville, the briefcase has travelled to all parts of Southern Queensland.

The activity requires students to collaborate, communicate and rely on each other to solve each puzzle in the briefcase. By using the concept of an escape room as the inspiration behind the briefcase, the activity has been designed to reflect the fast-paced and complex nature of many contemporary healthcare settings.

Working together on clinical case scenarios to complete each puzzle allows students to become more familiar with other students on rural placement without needing discipline-specific clinical knowledge.

The Escape Room in a Briefcase concept was first developed in 2020 for use as part of a pilot study in February involving 56 students. The puzzle concept and scaffolding clinical scenario for the briefcase was designed by the SQRH Clinical Education Working Group, with local businesses in Toowoomba helping to design and build the briefcase.

The Clinical Education Working Group for this project have presented the results from the pilot study at three national and local conferences, with more presentations locked in next year. The group has also gained full ethics approval for research in the use of the Escape Room in a Briefcase. We look forward to seeing how this project will continue to benefit students in 2022.

“
Doing the activity right after the workshop was great to cement the things we had learnt about working together and communication.”

- ATTENDING STUDENT



“
I enjoyed it, I liked the fact the activity promoted shared decision making and collaboration.”

- ATTENDING STUDENT





STUDY TESTS EFFECTIVENESS OF IMMERSIVE VIRTUAL REALITY

HELEN GOODWIN Clinical Educator - Midwifery

In 2021, SQRH conducted a study to determine whether Immersive Virtual Reality (IVR) could be a viable alternative to delivering the face-to-face component of the Imminent Birth Education (IBE) Program for rural and remote clinicians.

The IBE Program is an evidence-based program that provides the non-midwifery workforce in rural and remote health facilities with basic knowledge and skills to assist women who present when birth is imminent.

In the initial phase of the study SQRH worked with Chris Camilleri from the University of Queensland Rural Clinical School Toowoomba to develop IBE scenarios into an IVR computer program.

The scenarios could then be played out using IVR headsets with participants able to be immersed in the virtual scenario and make clinical decisions to enhance clinical education.

As part of the study two full-day project workshops were delivered at The University of Queensland St Lucia campus and SQRH Toowoomba Training Facility.

Participants were undergraduate nursing and paramedicine students from

south-east Queensland universities who had not received any maternity or obstetric education.

The workshops required students to complete an online learning program in the morning and participate in either the traditional face-to-face education (control) or the intervention (IVR) group for simulation scenarios in the afternoon.

Both groups worked their way through a similar scenario which involved a woman who presented at a rural health facility in established labour with birth being imminent.

SQRH staff involved in the research study included Helen Goodwin, Dayle Osborn, Genevieve Baratiny and Tony Fallon.

Findings from the pilot study will be submitted for publication and we will continue to improve on the product with more advanced equipment and software.

Imminent Birth Education (IBE) Program provides the non-midwifery workforce in rural and remote health facilities with basic knowledge and skills to assist women who present when birth is imminent. It is offered through Queensland Health as a mandatory Continuing Professional Development (CPD) opportunity.



“Enjoyable, fun, different way to learn.
Good introduction to IVR.
- ATTENDING STUDENTS”



SNAPSHOTS



INTERNATIONAL MIDWIVES DAY STAFF MORNING TEA



SUCCESS FOR PROGRAM DELIVERED REMOTELY

Queensland Stay On Your Feet Program.

DR LIN WEGENER, PHD Clinical Educator - Occupational Therapy

Four women aged 66 years to 84 years from the Healthy Ageing group in Charleville participated in the one-month Queensland Stay on your Feet® Program in 2021, with all participants reporting improvements in strength, flexibility and daily activities.

The program, which was developed by the Gold Coast Health Service District, is a group-based mobility, balance and falls prevention program combining physical activity and education sessions.

The program was delivered via telehealth (Zoom) from the SQRH Toowoomba Training Centre to participants at the SQRH Charleville Clinical Training Centre.

Telehealth services have become an increasingly effective method of maintaining healthcare in rural and remote communities, while also providing students with a way to complete the requirements of their placement.

This pilot program was implemented for participants who were looking for assistance in improving their balance and reducing the risk of falls, however, were unable to access these services locally.

It is designed for people of any age who have had a fall, are afraid of falling, or report loss of confidence in their daily activities.

Facilitators of the program included SQRH Clinical Educators, with University of Southern Queensland Exercise Physiology student Lachlan.



TELEHEALTH TRAINING TAKES OFF

CHRISSIE O'CONNELL Clinical Educator - Speech Pathology

In 2021 students and health professionals increased their knowledge and skills in using telehealth to ensure our rural and remote communities have continued access to quality healthcare.

Developed as a collaborative project between SQRH and The University of Queensland's Centre of Research Excellence in Telehealth and Centre for Online Health the training program consists of five online training modules and a compulsory practicum component.

Training module topics included:

- Thinking about how telehealth can be used effectively in clinical practice, and
- Technology, implementation, and profession-specific modules.

Participation in the practicum allowed learners from a broad range of health disciplines to:

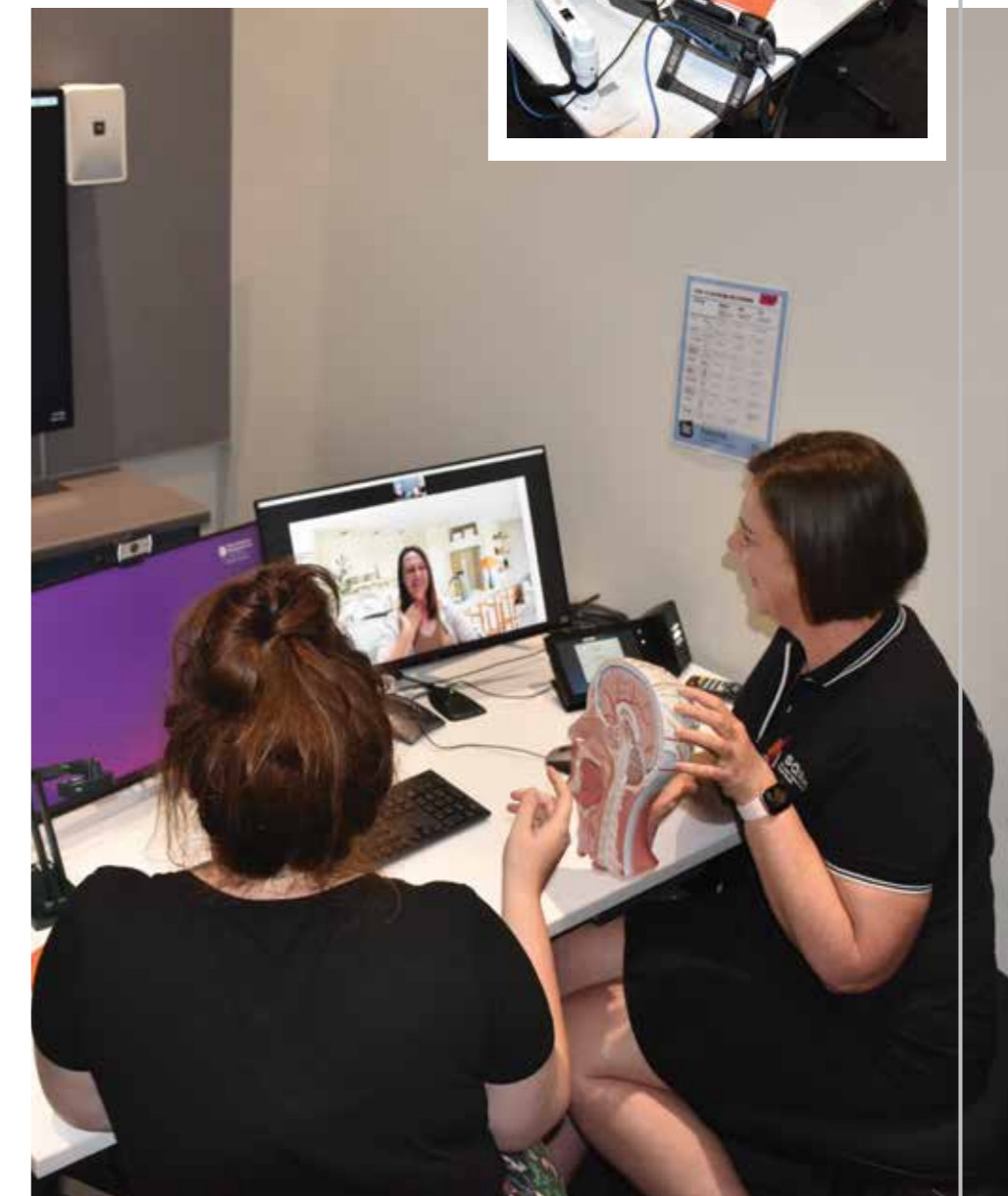
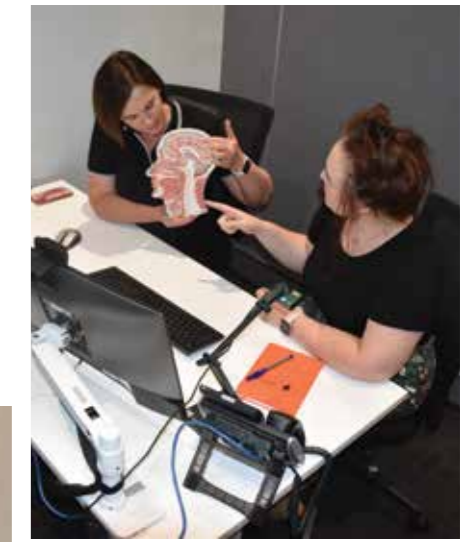
- Share their personal knowledge and experiences,
- Work through troubleshooting strategies, and
- Discuss the different ways healthcare services delivered via telehealth can be as successful as face-to-face care and benefit both the client and clinician.

The SQRH Clinical Education team was the first to complete the modules, with health professionals from Darling Downs Health and South West Hospital and Health Service accessing these modules.

Health students attending placement in the Darling Downs and South West regions were also given the opportunity to participate.

They learnt about best practice for providing telehealth services and how they could apply these skills during their clinical placements in rural and remote areas.

With telehealth emerging as an essential method in delivering healthcare, this new resource will better prepare health professionals and students to deliver telehealth across all areas of health.





CHARLEVILLE GOES GREEN

CLARE SCHONFELD Senior Manager Operations

In late 2021 a 39.6kW solar system with 38.4kWh battery storage was installed at the Charleville Clinical Training Centre.

The installation followed months of planning and saw SQRH working closely with Western Downs Solar.

With its combined solar panel and battery storage system, it is one of the largest

installations featuring battery storage in south-west Queensland.

Boasting a total of 99 panels and real-time cloud monitoring, the new self-cleaning panel system is impressive.

With a payback period of approximately four years, this system not only provides significant financial savings for SQRH, but also significant environmental benefits.

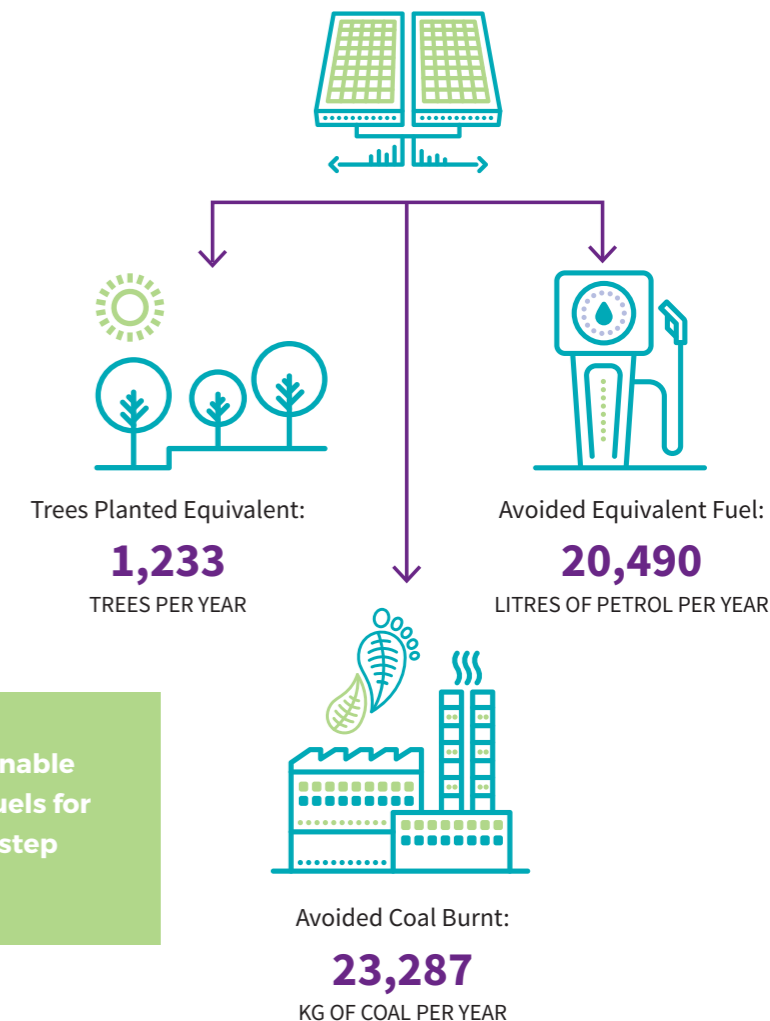
Below is a summary of environmental benefits the solar system will provide:

- Trees planted equivalent: 1233 trees per year
- Avoided equivalent fuel: 20,490 litres of petrol per year
- Avoided coal burnt: 23,287 kg of coal per year

The process of working with Western Downs Solar was seamless and SQRH looks forward to increasing its environmental sustainability across the south-west and Darling Downs regions.



SQRH is committed to creating a sustainable future and reducing reliance on fossil fuels for energy consumption. This was the first step towards a carbon neutral SQRH.



SNAPSHOTS



STUDENT WELCOME BLOCK 1



A COMMONWEALTH-FUNDED UNIVERSITY DEPARTMENT OF RURAL HEALTH

A COLLABORATION BETWEEN:

