



ACE RMO Intake 2027 Training Year

Employer Information Sheet

Te Pae Hauora o Ruahine o Tararua | MidCentral Health New Zealand

Health New Zealand
Te Whatu Ora

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Te Pae Hauora o Ruahine o Tararua | MidCentral District

Contact

Christine Wood: Medical Administration Unit

Email: christine.wood@midcentraldhb.govt.nz

Phone: 06 350 8204

Website: <http://www.midcentraldhb.govt.nz/Pages/Home.aspx>

Why MidCentral?

- We are a 356 bed hospital offering a wide range of clinical services
- We provide a supportive learning environment
- Excellent teaching programme
- Plenty of “hands on” experience
- All runs have registrars and consultants
- 4 relief positions to cover leave absences
- 6 relief positions to cover ROs and RDOs
- ‘Prevocational Educational Supervisor Māori’ for our Māori Interns
- Good quality Community Based Attachments
- Excellent library facilities
- 5 minutes from city centre – no traffic hassles!
- Affordable living expenses

Attractions to the Region

- No commuting time!
- Bike or walk to work!
- Tramping
- Mountain biking
- A wide range of different sports clubs
- Fishing & hunting
- Kayaking
- World class car, truck, motor bike racing and equestrian events at Feilding’s Manfield Park
- Lots of cafés and restaurants
- 3 live theatre companies
- Attractive, vibrant city centre
- Manawatū River Bridle Path
- 30 minutes to Himatangi Beach and Foxton Beach
- University City
- 2 hour drive to Mt Ruapehu for Whakapapa and Tūroa ski fields
- 2 hour drive to Hawkes Bay
- 2 hour drive to Wellington
- 3 hour drive to Taupō
- Good airport with regular flights to Auckland and the South Island

Selection Criteria

- Cover letter giving reason for choosing Palmerston North e.g. studied here, family ties, wanting to work in a medium sized DHB
- Academic Achievement Record
- ACE References

- Consideration of ACE scoring
- Previous work experience/volunteer experience
- Personal interests/ hobbies

Positions Available

The number of positions expected per District will be released on the ACE RMO website during 2026

PGY1 Runs

- General Medicine
- Respiratory
- Elder Health
- Old Age Psychiatry
- Psychiatry
- General Surgery
- Orthopaedics
- ENT/Ophthalmology
- Urology
- Obstetrics & Gynaecology (Q4)
- General Practice/Hospice (Q4)

PGY2 Runs

- As above +
- General Practice – 6 different general practice options
- St John Ambulance
- Hospice
- Medical Education (0.5FTE with balance as Medical or Surgical Relief)
- Cardiology
- Renal
- Emergency Medicine
- Haematology
- Medical Oncology
- Radiation Oncology
- Paediatrics (from Q3 PGY2)
- Elder Health/ Rehab/ Community
- ENT
- Urology
- ICU (PGY3)
- Relief

Late Starts

Late starts for PGY1's may be accommodated at the discretion of our District. Please note that our ability to facilitate late starts is dependent on a few factors. If you want to be considered for a late start please contact us directly prior to close of applications to discuss your circumstances.

Part-time work

We are open to discussing part-time/flexible working arrangements but please contact us directly prior to applications closing if you would like to be considered for less than full time work.

Vocational Training

All specialties of General Surgery; Orthopaedics; ENT; Urology; General Medicine and Sub-specialties; Anaesthetics; Obstetrics & Gynaecology; Pediatrics; Radiology; Radiation Oncology; Medical Oncology, Haematology; Emergency Medicine; Palliative Care and Psychiatry have both training and non-training registrar positions available.

Regular House Officer Teaching

The Teaching Programme is well supported with a Teaching Group that plans the programme from Trainee Intern through to PGY2. The Medical Education House Officer provides over all coordination including organising facilitators, attending all sessions and managing pagers.

- Weekly PGY1 teaching sessions on Tuesday and Friday
- PGY2s participate in departmental teaching as well as Intern Teaching.
- Grand rounds for Medicine and Surgery
- ACLS/APLS/Newborn Life Support
- MidCentral wide education programme through Education Centre
- Ko Awatea online learning
- Departmental teaching

Rosters

Rosters vary across the specialties however to give you an idea: Both Surgical and Medical House Officer rosters are Schedule 10 rosters with long days and weekends but no nights for the first six months.

PGY1 Average Pay

Most medical and surgical runs are Category D or Category C runs (NZRDA: \$98,381 - \$111,905; STONZ: \$103,700 - \$118,170)