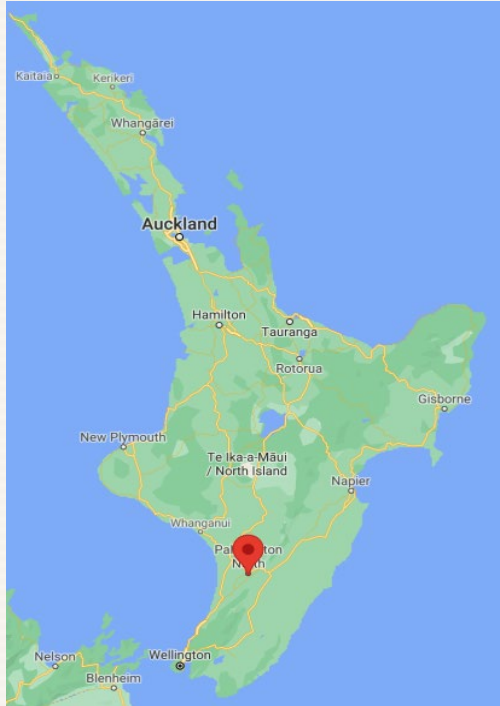


# Te Pae Hauora o Ruahine o Tararua | MidCentral

And Palmerston North City - New Zealand's best kept secret!

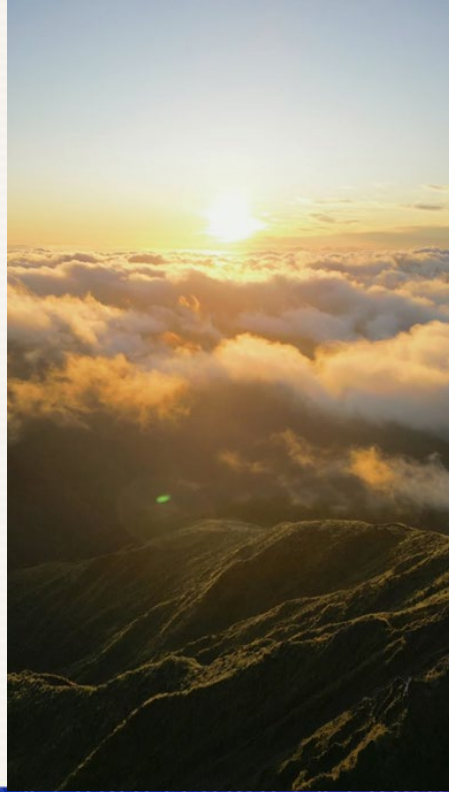
# So where is Palmy?



# Around the city



# Close to nature



# Outdoor activities



# Outdoor activities



# The hospital – including mountain views



# Everyone is friendly



Palmerston North City is located in the heart of the Manawatū in the Lower North Island

The beautiful Manawatū River runs through the city with a riverside walking path, an esplanade and lots of outdoor areas to enjoy

It is 30 minutes to the beach, Ruahines and Tararuas, two hours to Wellington, ski-fields and only a little bit longer to multiple other great destinations (Hawkes bay, New Plymouth, Martinborough)

# What can we offer?



Palmerston North boasts more cafes and restaurants per head of population than anywhere else in New Zealand



There are no traffic jams – getting to work is a breeze and heading out of town for the weekend even easier



Flat, perfect for biking or walking to work.



Airport, accommodation, gyms in close proximity to hospital → house buying opportunities!



# Lots of foodie places



# What about the district and the hospital?

- Te Pae Hauora o Ruahine o Tararua | MidCentral covers the area from Pekapeka in the south to Apiti in the north and from the Tasman Sea to the Pacific Ocean
- Palmerston North Hospital has 354 beds providing most clinical services with the exception of plastics, cardiothoracic and neurosurgery
- We have a brand new mental health unit which was completed in 2026
- The Regional Cancer Treatment Service (RCTS) is tertiary, providing care to the from Taranaki to Hawkes Bay
- There are about 170 SMOs and 180 house officers and registrars
- It is a very collegial place to work – everyone knows each other

# What runs can I do?

PGY1	PGY2
General Medicine	Community – GP, Hospice, Ambulance
General Surgery	ED
Orthopaedics	Haematology
Psychiatry	Medical or radiation oncology
Elder health	Renal
Urology	Cardiology
Respiratory	ENT/ophthalmology
Acute geriatrics	Medical Education
	O&G
Nights from Q3	Paediatrics

# What should I put in my ACE application?

If you are interested in being ranked for MidCentral the following things are important to include in your application:

- Cover letter outlining why you want to come to Palmerston North and in particular any links you have to the city or region
- Your CV should include information about you as a person – what you do in your spare time, previous employment (including holiday jobs) and other qualifications
- We DO NOT interview but we do welcome visits or phone calls if you would like to know more about us and to tell us more about yourself
- If you would like to be considered for a part time position please contact: [christine.wood@midcentraldhb.govt.nz](mailto:christine.wood@midcentraldhb.govt.nz) to discuss further

# What else makes MidCentral special?

- Teaching program run by RMO's for House Officers
- Departmental teaching programmes as well so there are lots of learning opportunities
- For interns who identify as Māori we have a Pre-Vocational Education Supervisor who is Māori
- Trainee interns are placed in Palmerston North, lots of teaching/mentoring opportunities - adds a lot to the culture, makes us better doctors

## Malignant Hyperthermia:

- Incidence of susceptible malignant hyperthermia patients for anaesthesia in the Manawatu – Horowhenua region is relatively high
- Large susceptible family, and partly because of this, testing for MH susceptibility was commenced at Massey University in 1978
- Testing was subsequently taken over by Palmerston North Hospital Anaesthetic Department in 1986

# Orientation

A week organised to cover the essentials of working in Midcentral

Powhiri and a chance to meet education supervisors and fellow colleagues

Work shops covering: prescribing, Common MET calls, computer skills

Practical sessions: Vascular access with ultrasound, ACLS course

The Forms Challenge - learn the hospital processes/procedures

Many of the sessions are run by senior House Officers or Regs

Shadow/buddy shifts – you join onto a long day during O-week and then you have a buddy for help for your first long day

Spend all day Friday with the team you will be joining on your first day



# Region specific opportunities

## Run specific

- Lots of experience ascertained
- Lots of registrar opportunities - easy to step up
- Great place to do O&G - with concomitant diploma
- Great place to do Paediatrics - with concomitant diploma
- ICU SHO job in third year provides amazing experience
- E.D six month placements - very hands on
- Medical Education House Officer position for those interested in teaching
- Lots of practical opportunities - if you want them!

## Continued medical education funding

- Not too difficult to get access to courses from PGY2 onwards, if supported by educational supervisor and related to future vocational aspiration

# Education opportunities

Protected teaching time from 12-1, every Tuesday and Friday from RMOs specific to HO needs

T.I teaching sessions – Tuesday afternoons, great place to start teaching

PGY2 specific slots looking into the subspecialities

Grand Rounds for different specialties

Department specific teaching and simulations e.g. in E.D, paed, O&G etc

Medical Education House Officer position (0.4 FTE)

Library medical resources – online resources

# RMO lounge and sleep room



# Protecting wellbeing

Leave is generally easy, can be arranged with RMO unit, depends on the run and the time of year – just need to be a little flexible with dates

Try and give more than 28 days notice to ensure the RMO unit can find cover

Intern Meetings during protected teaching time to touch base with PESs/MAU and voice issues/concerns



# The cafeteria

## Main Meal:

- Hot meals and frozen meals
- Range of sandwiches, salads, paninis and croissants
- Pies, sausage rolls, hot chips, wedges

## Snacks:

- Seasonal fruits
- Slices, cakes, bliss balls, protein bars
- Corn chips, nuts, popcorn, protein yoghurt

Drinks – water, juices, fizzy drinks

Spacious and collegial - RMOs eat together which is a great time to meet new people and catch up with people

You can order what you want on nights – just put in the form and its delivered to the RMO room

Very flexible on how much you can take so you can save a lot of money

# Social events



# Financially

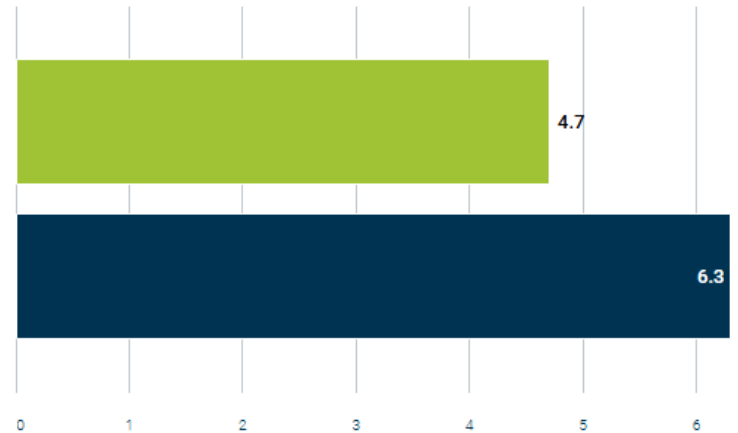
## Effective 7 July 2025

Cat	Hours	Year 1	Year 2	Year 3
F	40-44.9	77,934	82,321	86,785
E	45-49.9	87,029	91,876	96,870
D	50-54.9	98,381	103,916	109,569
C	55-59.9	111,905	118,263	124,579
B	60-64.9	125,422	132,595	139,712
A	65+	141,197	149,288	157,445

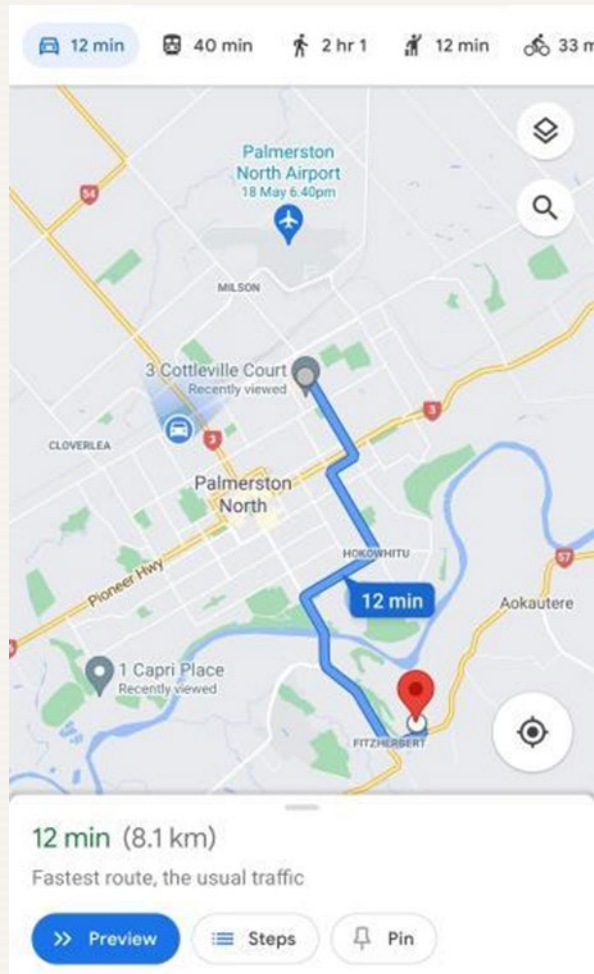
### Housing affordability

Ratio of house prices to household incomes, year to December 2025

Palmerston North City New Zealand



# Easy commute to work





# Summary

- Pros

- Easy to city to live in
- Minimal traffic and a short commute
- Collegial environment
- Good food
- Affordable housing and rent
- Good structured teaching programme
- Opportunities for clinical growth, easy to step up
- Practical procedures easier to come by
- Mentors who will look after you and teach you a lot

- Cons

- Not the most up to date with technology
- Not a bustling city but only a couple of hours to Wellington and great outdoors

# Any questions?



# Books based on Palmerston North Hospital

