

Health New Zealand
– Te Whatu Ora

South Canterbury

Timaru
Hospital



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What makes South Canterbury a great region?

- Timaru Hospital is located in a large coastal town, two hours between Christchurch and Dunedin.
- Here in South Canterbury we are very lucky to be close to numerous outdoor activities such as skiing, tramping and climbing.
- We are within easy reach of the lakes, rivers and mountains.
- Timaru has a good range of cafes, bars and restaurants.
- Health New Zealand – South Canterbury has two holiday homes in Tekapo which staff can rent.

Why South Canterbury?

- You will gain valuable hands-on experience directly with our Consultants.
- You will feel like a valued member of our team where the Consultants will know you by name.
- Your Work-Lifestyle balance is good.
- Only 18 Registrars and a small number of medical students – you will gain more experience.
- Whatever run you do, there are always opportunities to branch out and see a wide range of clinical scenarios.



Hospital Visits

- We encourage you to come and visit us. This gives you an opportunity to meet with the RMO Manager and Support Team and ask any questions you may have.
- The RMO Manager and Support Team will arrange for you to meet with one of the current House Officers so that they can give you a tour of the hospital. It also gives you an opportunity to ask them questions and to find out what it is really like to work at Timaru Hospital.
- In order to arrange a visit you will can either call or email the RMO Manager and Support Team.

What makes a successful ACE application?

- Here at Timaru Hospital, we do not conduct interviews, therefore we place more importance on your cover letter as this is your opportunity to tell us about yourself, why Timaru Hospital and what you can bring to our medical team.
- With only 18 Registrars and a relatively small House Officer cohort; candidates need to have a reasonably high level of academic achievement and clinical competence. Candidates must be able to demonstrate the following characteristics:
 - Supportive team member
 - Being self-confident, but aware of your limitations
 - A clear understanding of the Timaru Hospital environment
 - Flexible attitude and resilience
 - Excellent communication skills
 - A strong desire to work here

Review of ACE Applications

When reviewing an ACE application we take the following into consideration:

- Cover Letter
- CV
- Personal Statement
- References – ‘an outstanding comment’
- ACE Score
- Clinical competence and academic achievement
- Ties to the region and/or community, family
- Your fit to our region – ‘an active interest in Timaru’

Timeline for Reviewing Applications

Here at Timaru Hospital the RMO Manager and Support Team will review every application received.

This is carried out over the week following receiving your applications.

After this we have two weeks to rank all the applications received – this is done in conjunction with our two Prevocational Educational Supervisors (PES).

If you have any questions during this time, you are more than welcome to contact the RMO Manager and Support Team.

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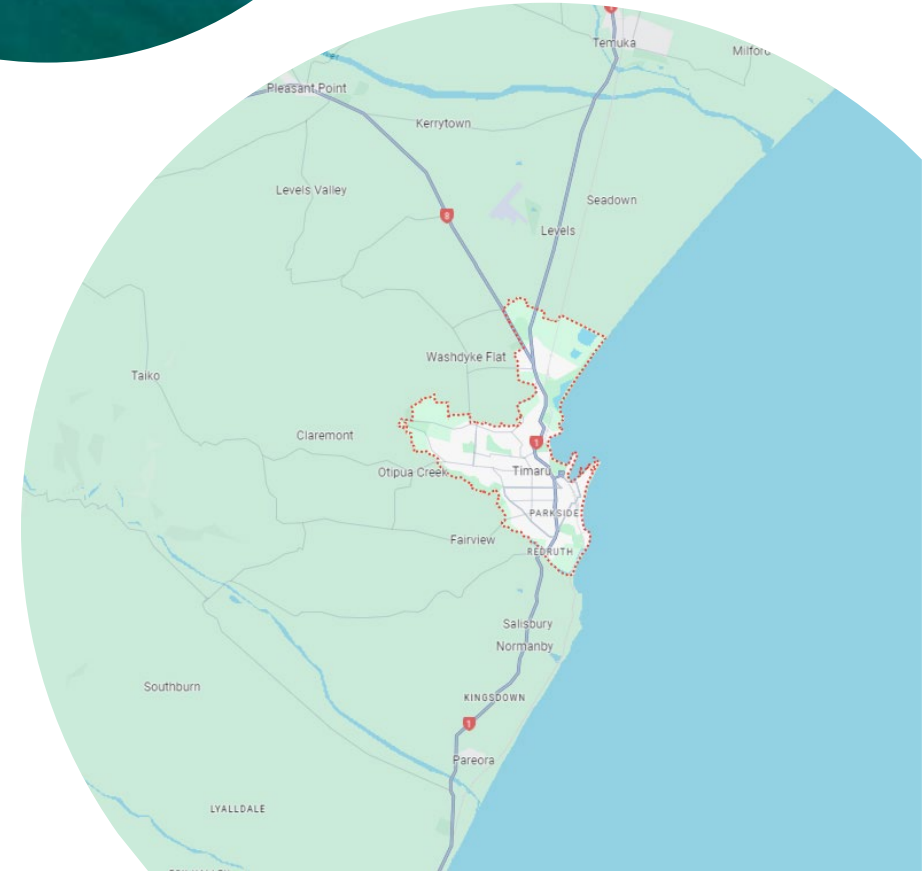
Dr Phoebe Wynands (PGY1)

Dr William McKeown (PGY1)

Dr Hannah Cooper (PGY3)

Timaru

- 2 hours from Christchurch and Dunedin
 - 3 hours from Wanaka
 - 4-5 hours from the West Coast
 - 4 hours from Queenstown
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- Timaru Hospital
 - Secondary Centre offering general and trauma services
 - Provides care to Timaru, Mackenzie and Waimate Districts
 - Receives overflow from Waitaki and Ashburton Districts



Why Timaru?

- A close team of 26 House Officers and 18 Registrars, currently includes 8 PGY1, 7 PGY2 & 8 PGY3+ – many social activities/events
- Opportunities
 - Study/training, experience and responsibility
- Huge variety of work
- Work/life balance and location
 - Mountains and the sea, plenty of time for holidays
 - Cheap and easy place to live



- **Basic runs for PGY1**

- General Medicine
- General Surgery
- Geriatrics
- Orthopaedics



- **Additional runs for PGY2**

- Emergency Medicine
- Community – GP
- Community – Psychiatry & Palliative Care
- Obstetrics & Gynaecology
- Paediatrics
- Relief



What will you do here?

- Rostered day shifts 0800-1600 Monday-Friday
- Weekends and long days
 - Medical weekend 0800-1600 & 0800-2200
 - Surgical weekend 0800-2200 Saturday & Sunday
 - Long days – weekdays 1600-2200
- Night shifts (6 months into PGY1)
 - 2200-0800
 - Working in pairs alongside the ED and ICU registrars
 - Covering the wards and reviewing patients in ED



Teaching and Study Opportunities

- Weekly protected teaching time – ED, Consultant and CME presentations
- Hands-on opportunity on the wards, in clinic and in theatre
- Hospital-run courses (ACLS, NBLS, PROMPT)
- Audits
- Opportunities in PGY2
 - External courses e.g., APLS, BASIC and EMST
 - Obstetrics & Gynaecology diploma
 - Paediatric diploma



A day in the life of a House Officer in Timaru Hospital

- **Surgical runs**

- Rounding with Consultants/Registrars
- Clinics
- Operating theatre
- Admissions & Discharges
- Research opportunities

- **Medical runs**

- Handover
- Ward rounds
- Clinical procedures
- Admissions & Discharges



What the wider Timaru District/Central South Island can offer

- **Nearby ski fields**

- Mount Hutt
- Mount Dobson
- Ohau
- Roundhill

- **Getaways**

- Aoraki / Mount Cook National Park
- Tekapo / Twizel
- Central Otago / Queenstown
- West Coast



Good Luck!

Thank you for your time today