

A photograph of Nelson Hospital, a modern multi-story building with a mix of light yellow and grey-blue facades. The building features numerous windows and a blue metal railing on the upper levels. In the foreground, there are trees with autumn-colored leaves (red and orange) and a blue street sign that reads "Public Car Park" with a left-pointing arrow. The sky is a clear, deep blue. The text "Nelson Hospital" is overlaid in large white font, with a horizontal white line underneath it.

# Nelson Hospital

ACE Webinar 2025

# Introductory video

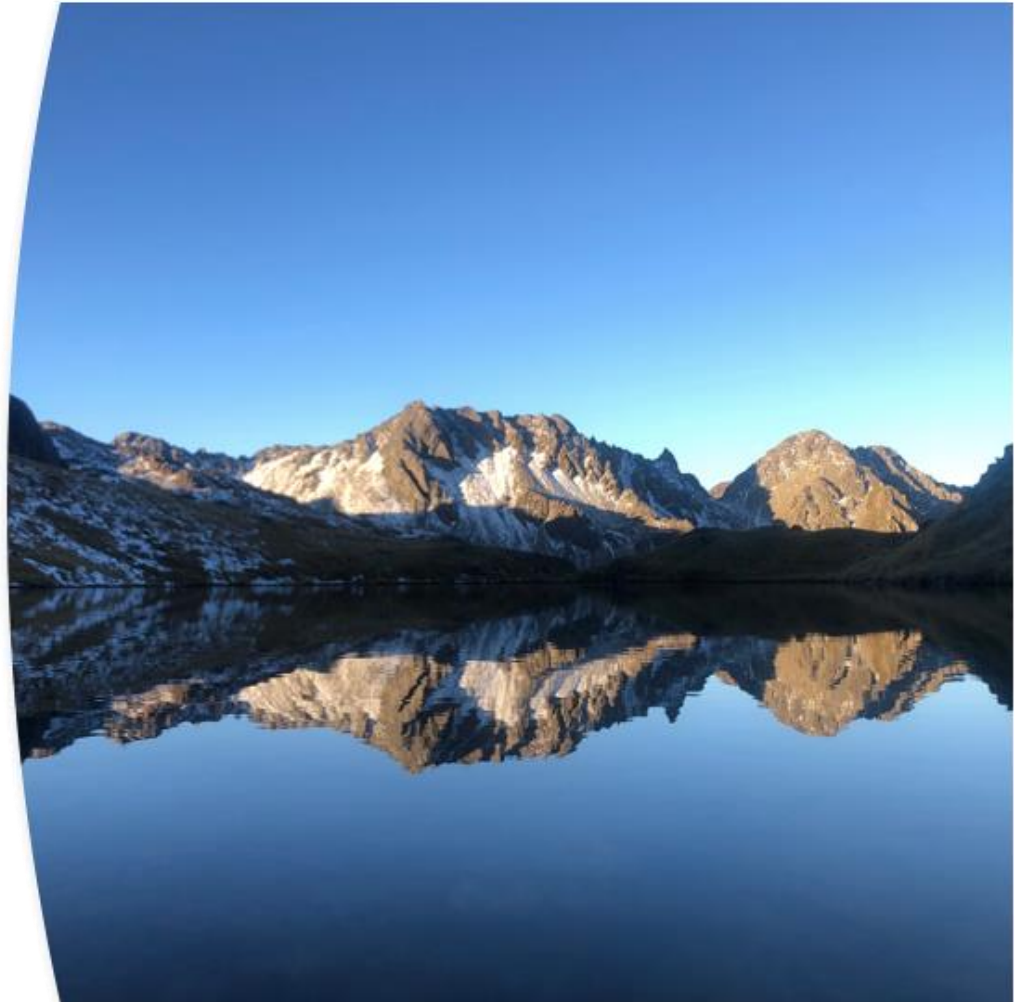
[Careers at Nelson Marlborough Health - YouTube](#)

**Kia ora!**

Alex Timmings, PGY1

Alexa Bryant, PGY1

Loretta Matheson, RMO team  
lead



# Nelson Hospital

NMDHB includes Nelson and Wairau Hospital

184 bed base hospital for the region

Nelson city population ~53,000

Serves a population of over 100,000

Nearby hospitals include Wairau (Blenheim), Grey Base (Greymouth), Wellington and Christchurch

Teaching hospital

New hospital in the pipeline?

# NMDHB values

1. **Respect, Manaakitanga:** We care about, and will be responsive to, the needs of our diverse people. *Kia horahia te manaakitanga ki ngā iwi katoa me ngā hāpori, kaimahi hoki.*
2. **Innovation, Auaha:** We will provide an environment where people can challenge current processes and generate new ways of working and learning. *Kia auaha me whakahoutia i ngā pūkenga ākonga, me ngā mahi ki tēnei hāpori.*
3. **Teamwork, Whakarāmemene:** We create an environment where teams flourish and connect across the organisation for the best possible outcome. *Kia whakarāmemene i ngā kaipupuni hauora katoa.*
4. **Integrity, Ngākau tapatahi:** We support an environment which expects openness and honesty in all our dealings and maintains the highest integrity at all times. *Kia taea i te ngakau tapatahi i runga i te tika me te pono i ngā mahi katoa.*

# RMO information

12 PGY1 positions available

46 House Officers total, 32 Registrars (training and non-training)

## PGY1 runs

- General Medicine (4), General Surgery (3)
- Urology/ENT, General Surgery/Vascular, Gynae/Ophthal, Orthopaedics
- Cardiology, AT&R

## PGY2 runs

- O&G diploma, paediatric diploma (6 months)
- ED (6 months)
- Inpatient psychiatry, psychogeriatrics
- Anaesthetics (likely removed 2026)
- Community; Hospice, GP, community psychiatry, urgent care
- Relief; Medical, Surgical, General

Pay scales: Category D

# RMO extras

Admission shifts

Shift flexibility / able to request weekends off in advance

Back up roster available

Able to get remote access from home

6% matched employer contribution to kiwisaver

3 weekends / each run

- Work one long day and one short day in a weekend
- Weekends = medical, surgical, O&G/paeds

1 long day per week

- Do not work a long day either side of weekend worked
- Weekdays = one medical/surgical long day, one O&G/paeds long day

Start nights after 9 months

# House officer teaching

Grand round Tuesday 12.30

Protected teaching sessions

- Wednesday 12.00-1.30 (2 x 45 min sessions on clinical topics)
- Thursday 12.00-1.00 (wellbeing topics)

CORE/ACLS course

PROMPT, Paediatric life support, Family violence, Simulation training



# Working as a PGY1 in Nelson Hospital

<https://www.youtube.com/watch?v=CDcsfzRRllc>

# Why we love working in Nelson Hospital

Everyone knows everyone!

Supportive and collegial environment

Amazing clinical experiences / opportunities / people keen to teach

- Trauma calls
- Rapid responses
- Hands on procedures

Cafe food / free barista coffee

Easy to get to work

Finishing on time (with some exceptions)

Lovely patients!

# Possible limitations

Some niche subspecialties not available in Nelson

- Complex patients sometimes transferred to larger centres
- Some complex operations not done in Nelson Hospital

Small town lifestyle = minimal nightlife

Smaller Māori / Pasifika community / demographic

# ACE applications

Mandatory **Nelson specific** cover letter

Strongly encouraged to come and visit the DHB

- Contact Loretta (RMO team lead) to organise a time

Consideration of CV, ACE scoring and references

Connection to Nelson / whānau / friends in the region

Very important to be able to work in a small team - being a team player is key!

# Workplace culture

The Free House

RMO Wine and Cheese

NMDHB Ball

Pizza night at Ros's

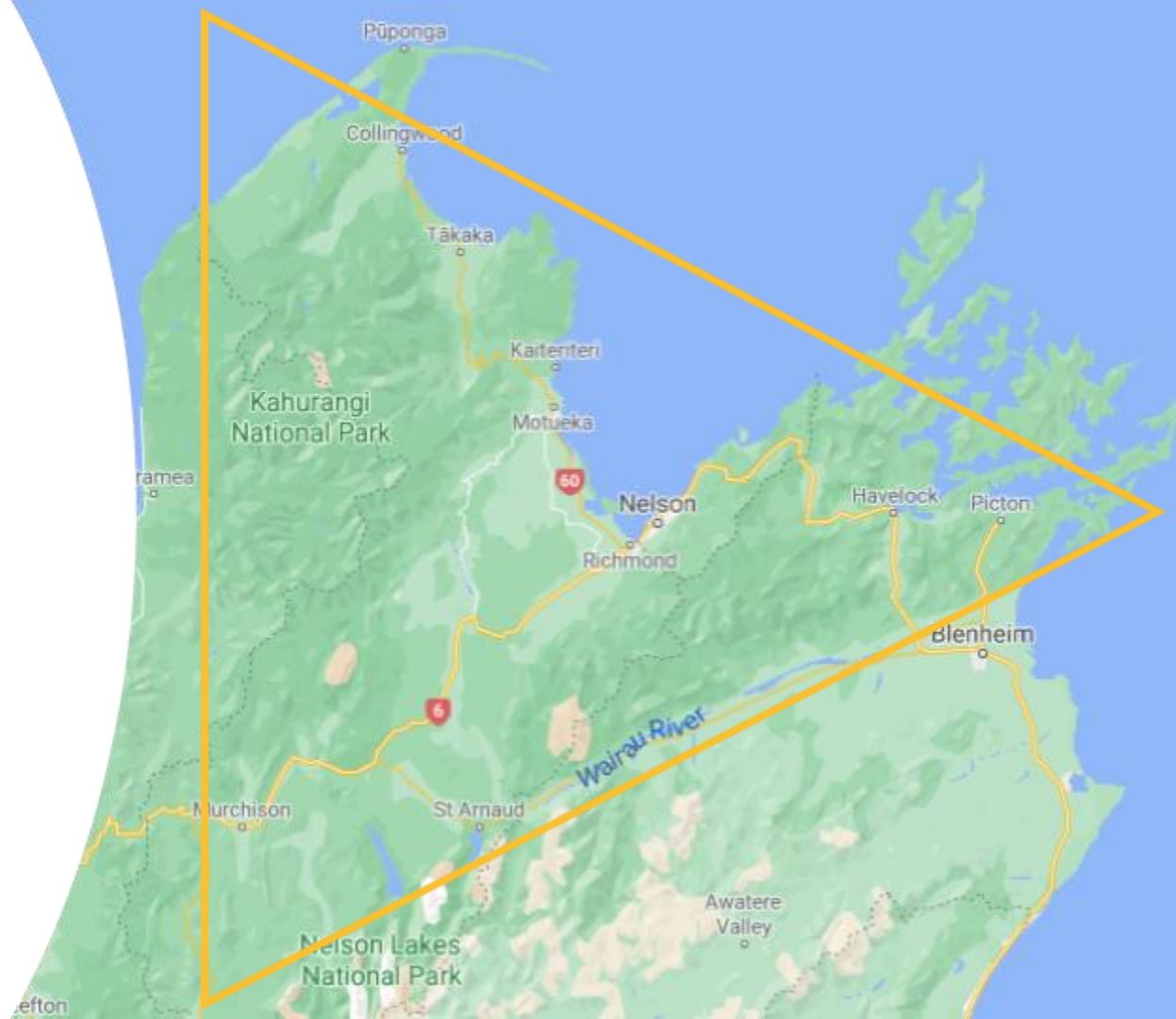
Social sports teams

Onsite gym / pool

Nelson lifestyle is unbeatable!

- Always people keen for activities
- Lots of UK doctors that love exploring the region

# ‘The Golden Triangle’

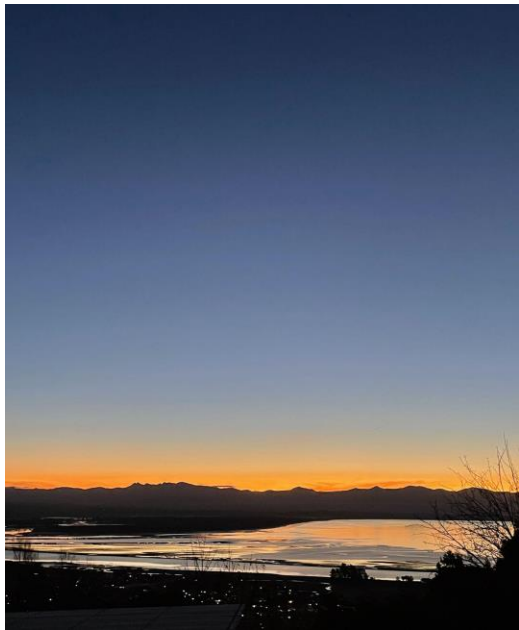
























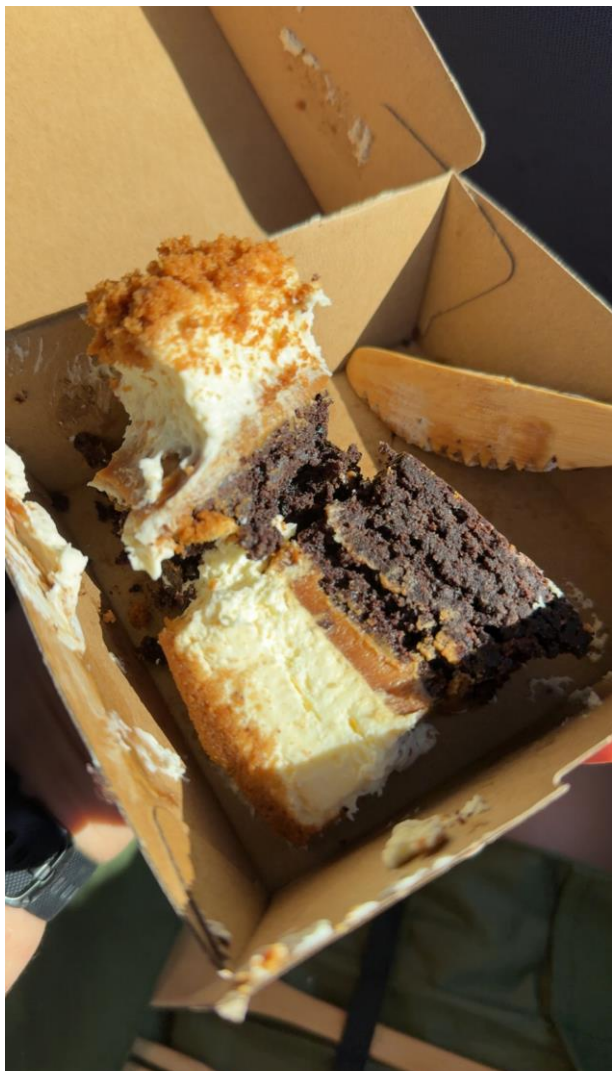














# Get in touch!

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