



ACE RMO Intake 2026 Training Year Employer Information Sheet

Health New Zealand
Te Whatu Ora

Waikato District

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Waikato DISTRICT

Contacts

Waikato District RMO Support Service Manager Tina Gupwell 027 265 5355
tina.gupwell@waikatodhb.health.nz

Waikato District RMO Support Recruitment Officer Tahnee Sells 027 308 1193
Tahnee.sells@waikatodhb.health.nz

Ekeraam Jones 027 206 9165
Ekeraam.Jones@tewhatauora.govt.nz

Website

[Waikato DISTRICT Careers](#)

Why Choose Waikato District?

Waikato will support you through your prevocational training pathway. Collectively we will, assist you to achieve your general registration with Medical Council. We also have a career counselling pathway and will assist you to make future career choices tailored to your preferences, needs and lifestyle aspirations. We support you further with the design of additional learning options that will assist with selection pathways into desired vocational programs.

While the Waikato hospital has supported the usual range of speciality training (and have been successful in supporting workforce growth in these areas), we are especially focused on the provision of primary care/general practice pathways to meet the health needs for New Zealanders.

We have 14 community-based attachments which you can experience during your first two years. This is an important focus and one we continue to develop.

We are also working steadily to create a rural hospital training program in the Waikato region which will incorporate Thames, Te Kuiti and Tokoroa hospitals.

Annually we survey our house officers and registrars about the learning environment and workplace. One of the questions we have asked; why have you chosen to work at the Waikato hospital? These were some of their top reasons for wanting to further their careers here:

- Excellent senior and junior teaching staff
- Supportive atmosphere with friendly and flexible working environments
- Wide range of specialties on one campus – opportunities to learn procedures
- Empathetic & caring RMO Support Service (RMOSS) dedicated to supporting you
- Availability of good, affordable accommodation close to the hospital
- Outdoor lifestyle options

Attractions to the Region

- Hamilton central city - good location for restaurants and pubs
- Raglan beach and wharf
- Skiing
- Cycling
- Kayaking
- Thames/Coromandel East Coast beaches
- Round the Bridges [Round the Bridges](#)
- Rowing (Lake Karapiro)
- Hakarimata rail trail and walkway
- Pirongia Forest Walks

- Field days
- Hamilton Lake Domain
- Hamilton Gardens
- Waikato Artspost and museum
- Caving, white water rafting and glow worm caves
- Hobbiton
- Hamilton Zoo

Selection Criteria

Waikato District uses both the scoring criteria established by ACE, as well as a set of local criteria e.g. local iwi, whānau/family/home connections, TI at Waikato hospital or prior medical attachments completed here.

Positions Available

The number of positions expected per District will be released on the ACE RMO website during 2024.

PGY1 attachments

- General medicine
- Cardiology
- Haematology
- Geriatrics
- Mental Health
- Community-based attachments
- Respiratory
- Orthopaedics
- Plastic surgery
- General surgery
- Neurosurgery
- Paediatric surgery
- Urology

PGY2 Attachments

- All the above options
- Medical reliever role
- Gastroenterology
- Neurology
- Oncology
- Oral and Maxillofacial
- Paediatric Medicine²
- Orthopaedics (Bone Shop)
- Surgical reliever role
- Cardiothoracic surgery
- Vascular surgery
- ENT
- Obstetrics & Gynaecology¹
- Thames rural hospital
- Renal

GY3+/SHO

- ED
- ICU/HDU
- Anaesthetics

¹ We support four PGY2 house officers undertaking diplomas/certificates for Women's Health

² We also support four PGY2 house officers undertaking diplomas/certificate in Paediatric medicine or equivalent

Late Starting options:

Late starts for PGY1's are not encouraged but may be accommodated at the discretion of our District. Please note that our ability to facilitate late starts is dependent on several factors and may not be able to be confirmed until later in the year.

Vocational Training

Basic and core vocational training is offered in all speciality services and advanced training/fellowship training in most.

Regular House Officer Teaching

- Weekly 1-hour teaching sessions (this is protected teaching time with pagers being held for the duration of the teaching)
- Tuesday afternoon (PGY1 level)
- Wednesday afternoon (PGY2/SHO level)
- We run a skills workshop for the PGY1 group annually; these are small group skills activities

Rosters

Rosters vary across the specialities however to give you an idea on average you will work:

Medical and Surgical: Clinical attachments mostly consist of:

- 8 - 13 long days per quarter (0800-2230/0730 -2230)
- Up to 3 weekends per quarter (0800-2230 and 0800-1600)
- Medical attachments - 1x set of 7-night duties per quarter (3/4 split) in the second 6 months only may be rostered
- Surgical attachments – 1x set of 7-night duties per quarter (3/4 split) in the second 6 months only may be rostered

Mental Health

- 10x long days and 3x weekends per quarter – No nights

Haematology

- 4x long days per quarter (0800-2230)
- 4x weekends per quarter (0800-1200 'on duty' then 'on call' from 1200-2230)
- 1x set of 7 night duties (3/4 split) in the second 6 months only may be rostered

Weekend Rosters: Rosters vary across specialties but in general terms:

- Medical clinical attachments - up to 3x weekends per quarter.
- Mental Health - up to 3x weekends per quarter
- Surgical clinical attachments - up to 3x weekends per quarter

PGY1 Average Pay 2024

PGY1 attachments typically range between Category B to E.

The majority of attachments, however, are either in:

- Category C (55 - 59.9 hours / week) or,
- Category D (50 - 54.9 hours per week).

Salaries per STONZ or NZRDA SECAs