



**ACE RMO Intake
2022 Training Year
Wellington Regional DHB's
Employer Information Sheet**



Contents

Wellington Regional DHB's	3
Contact.....	3
Why Choose the Wellington Region?	3
Attractions to the Region.....	3
Selection Criteria.....	4
Positions Available	4
PGY1 Runs.....	4
PGY2 Runs.....	4
Late Starts	5
Vocational Training	5
Regular House Officer Teaching.....	5
Rosters	6
PGY1 Average Pay 2022	6
Communication with Interns	6

Wellington Regional DHB's

Covering Wellington Regional, Kenepuru, Hutt Valley and Masterton Hospitals

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Why Choose the Wellington Region?

The Wellington Region DHBs have 613 RMO positions across the 4 Hospitals (Wellington Regional, Kenepuru, Hutt Valley and Masterton). Our RMO positions are rotational which means that you will work across different sites during your time with us.

The Wellington DHB's endeavour to provide a great RMO experience, through robust medical supervision, teaching and progression opportunities. This means you can meet all of your training requirements within the one region which includes the possibility of rural attachments.

Attractions to the Region

Wellington has repeatedly been voted New Zealand's top life-style city and is the cultural and creative hub of the country renowned for its café culture, fantastic restaurants, sparkling harbour and close proximity to vineyards. For more information about working and Living in Wellington, visit Discover Wellington.

Wellington: Wellington is New Zealand's art and culture mecca and a city with something for everyone. From live theatre and performance every night at one of our local theatres to major annual and biennial arts and sports festivals. Wellington is full of fabulous restaurants, excellent coffee, cafes and eateries for you to experience. Surf at Lyall Bay, walk the hills or kayak in the inner harbour when you are off duty.

Hutt Valley: The beautiful Hutt valley is home to innovative art and cultural attractions, great shopping, nature escapes and gorgeous seaside communities. Some of the Wellington region's best kept secrets can be found in the Hutt Valley, where New Zealanders first settled and put their roots down.

Wairarapa: One of the country's finest wine regions, Wairarapa is just over an hour from Wellington. At the heart of the Classic New Zealand Wine trail, this region of big skies, wide valleys and small towns full of character. Wairarapa blends country charm with luxury retreats, olive groves, vineyard cafes, award winning restaurants and premium wines.

Kenepuru (Porirua): Just 20 minutes north of Wellington, Porirua offers peaceful surroundings with vibrant culture, art, shopping and outdoor activities. Go walking along tranquil waterways, sandy beaches and meet friendly people from diverse backgrounds.

Selection Criteria

The Wellington Region doesn't award additional marks based on the University you are graduating from or to candidates who have interned with us. All applicant CV's, Cover Letters and References are reviewed.

Helpful Tips:

- Career progression and aspirations linked to our 3 DHB's
- Commitments in the Region
- Family/Friends or support in the region

Interested applicants should complete a phone interview via an online expression of interest form.

Note: How you score by ACE contributes significantly to your application and your overall score so spend as much time as you can in having a solid ACE application and don't leave contacting your references to the last minute.

Positions Available

The exact number of positions expected per DHB will be released on the ACE RMO website and ACE RMO Facebook page during 2021.

PGY1 Runs

- Cardiology
- Community runs - various
- General Medicine
- General Surgery
- Geriatrics
- Neurosurgery
- Obstetrics & Gynaecology after 6 months
- Orthopaedics
- Otolaryngology
- Plastic Surgery
- Psychiatry
- Rehabilitation
- Renal
- Respiratory
- Urology
- Vascular

PGY2 Runs

- Anaesthesia
- Cardiology
- Cardiothoracic
- Community
 - Addictions
 - Community Geriatrics
 - Hospice
 - Public Health
 - General Practice
 - Older Persons Rehabilitation Services
- Emergency Medicine
- Gastroenterology

- General Medicine
- General Surgery & SAPU
- Haematology
- Neurology
- Neurosurgery
- Obstetrics & Gynaecology after 6 months
- Oncology
- Paediatrics
- Paediatric Surgery
- Plastic Surgery
- Psychiatry
- Relief runs – Medicine and Surgery
- Renal
- Respiratory
- Stroke/Rehabilitation

Late Starts

Late starts for PGY1's may be accommodated at the discretion of our DHB. Please note that our ability to facilitate late starts is dependent on a number of factors and may not be able to be confirmed until later in the year. A personalised orientation is provided to any intern who requires to start later in the year.

Vocational Training

Gastroenterology; Geriatrics; Haematology; Infectious Diseases; Immunology; Intensive Care; Neurology; Obstetric Medicine; Oncology; Palliative Medicine; Renal; Respiratory; Rheumatology; Intensive Care Medicine; Obstetrics & Gynaecology; Ophthalmology; Paediatrics; Pathology; Psychiatry; Public Health; Radiology; Surgery and Sub-Specialties; Orthopaedics; Paediatric Surgery; Urology; Neurosurgery; ORL Plastic Surgery; Cardiothoracic Surgery; Vascular Surgery and General Surgery.

Regular House Officer Teaching

CCDHB runs a robust and comprehensive intern training programme that is continually being reviewed to ensure the highest standards can be achieved this has meant allocation of more resources when necessary and adaptation to new methods of delivery. In 2020, as a result of the COVID-19 lockdown face to face teaching evolved to include the ability to participate in teaching via Zoom.

This has made the teaching more accessible to interns at our Kenepuru site who can now arrange to be at teaching in person for practical sessions but elect to “Zoom in” for other sessions.

- Weekly teaching session on a Tuesday afternoon 1200 – 1400
- ALERT course
- CORE – Certificate of Resuscitation & Emergency Care

We are committed to supporting interns through their prevocational years in terms of their own stress levels and mental health. Sessions are put aside every quarter in the PGY1 teaching schedule for a “catch up” with the PESs to discuss concerns and get feedback on the teaching programme. The PGY1 teaching programme includes formal sessions that focus on self-care and stress management for example surviving nights, the DHB approach to bullying, autonomy and LGBT issues.

In addition to the formal weekly PGY1 and PGY2 teaching programmes, all attachments provide weekly specialty specific teaching that the interns attend, for example:

Emergency Department	Thursday 9-11am
General Medicine	Monday 12:30-13:30pm and Thursday 12:30-13:30pm
Respiratory	Tuesday 11am-12pm
Cardiology	Tuesday 12:30-13:30pm
Ear Nose and Throat	Friday afternoon
Vascular Surgery	Tuesday morning
General Surgery	Friday morning
Haematology	Journal club Tuesday 10:30am, Teaching Friday 12:30pm
Oncology	Friday 8am
Neurology	Friday 9:30pm

Capital and Coast DHB provide an extensive list of additional work based teaching and training that is available to all DHB employees through the "ConnectMe" application. This includes, but is not limited to:

- Tikanga Māori
- Open communication
- Understanding bias in health care

Rosters

You will have the opportunity to rotate across each of our three regional DHB's; Wellington Regional hospital and Kenepuru hospital, located in Porirua; Hutt and Wairarapa hospital which is located in Masterton. Each hospital will provide a range of different experiences enabling you to build a balanced career.

Rosters are written by the RMO Unit in conjunction with the services and are all fully compliant with RDA and STONZ MECA requirements, and MCNZ provisions.

PGY1 Average Pay 2022

- For PGY1 Medical runs the average pay is Category D with some being Category C or above
- For PGY1 Surgical runs the average pay is Category C with some runs being Category B

Communication with Interns

We have a variety of methods for communication with interns. A regular RMO bulletin is published with important updates. We are also in regular email contact. We now have MedApp installed on all intern work mobile phones and can push alert notifications directly to the relevant recipients.