

Southland Hospital



About Us

Key points

- Great work life balance
- Fantastic opportunities for a broad range of cases
- Innovative and progressive
- Modern facility



Here at Southland Hospital, your professional life is easily balanced with all that Invercargill and the surrounding areas have to offer. You will enjoy a clinically challenging, training focused and rewarding job combined with a relaxed and satisfying lifestyle.



In addition to offering an innovative and progressive working environment,

Southland Hospital is small and intimate enough for new arrivals to quickly get to know those they work with as well as their patients. This is modern medicine practised in the most personalised way possible.



As a secondary level base hospital, our staff enjoy a broad range of cases which provides good opportunities for those starting off in their careers to gain a wide experience and exposure to clinical cases.



Southland Hospital services a 108,000-population base providing acute medical and surgical care, outpatient clinics, day procedures, 24-hour emergency department and comprehensive ancillary facilities. On average per year at Southland Hospital there are 30,000 Emergency Department attendances, 5,000 theatre operations and 17,000 discharges.

Living in Invercargill

Living and working in Invercargill, is pretty damn great! Whether you prefer city life or residing in a rural area, the opportunities to follow your lifestyle dream are endless!

We are proud of our café culture with great places to pass the time. For the serious 'foody', there are several restaurants that will deliver food to your table that is sublime.

For those who love beach life, visit Oreti Beach. Here, not only will you find surf and sand but many sports clubs who would love to meet you.

Commuting within the city, or to the surrounding areas, is a breeze! Choose to be close to the Hospital and have a 5-minute commute or if you prefer the rural life, no worries! You'll easily be able to get to the Hospital within 10 – 20 minutes.

Like to exercise? The opportunities are boundless! Walk through Queens Park, cycle around Pleasure Bay Lagoon or mountain bike through the Sandy Point Trails.

Feel like travelling further afield? Take a quick boat ride to Stewart Island. Jump in the car for a meander around the fabulous Catlins or head up the road to the adventure capital that is Queenstown.



Key points

- Good broad experiences available
- Opportunity to preference your runs



About the Role

Our available PGY1 runs consist of the following:

- General Medicine
- General Surgery
- Orthopaedics
- AT&R (after the completion of 6 months)

Our PGY2 and SHO runs consist of:

- The above runs
- O&G (6 months)
- Paediatrics (6 months)
- ED (6 months)
- Psychiatry
- ED / Trauma Orthopaedics (6 months)
- Community Based Attachments
- Reliever

House Officers are asked for their run preferences and where possible, runs are allocated as such

About the Role

- PGY1 doctors are not rostered to nights for the first 6 months
- Generally, PGY1 doctors will be rostered to work across 3 weekends per quarter and 1 long day per week
- Regular formal protected teaching takes place on Wednesdays and Thursdays



Career Options

- Vocational Training occurs daily at Southland Hospital, and we have opportunities for Rural Hospital Training.
- We regularly have trainees in the following:
 - Anaesthesia
 - General Medicine
 - General Surgery
 - Orthopaedics
 - O&G
 - Paediatrics
 - ED

- House Officers in their second year are encouraged to undertake further training in the specialties they are interested in training in.

Key points

- Plenty of vocational training opportunities
- Many Southland Hospital House Officers step up to Registrar roles

Key Supporters

Support for House Officers at Southland Hospital can be found everywhere and including from:

- Prevocational Educational Supervisors (Drs Ryan Paganelli Anthony Buddle and Mavis Orizu)
 - Dr Kathryn Forwood, Medical Director Prevocational Education
 - The RMO Unit team
 - The Prevocational Educational Training and Management Committee
 - Unions and union delegates
 - Registrars, Clinical Supervisors and Clinical Directors
 - Medical Directors
 - Service Managers
 - Charge Nurse Managers and the Nursing team
- Health NZ | Te Whatu Ora- Southern has several other options to find support such as:
 - Tuakana Teina Programme
 - Speak Up
 - Vitae

A graphic with a green and yellow woven texture background. The text "Tuakana Teina Support" is written in a large, black, serif font, centered on the image.

Tuakana
Teina
Support

A graphic featuring a black speech bubble with a white lightning bolt tail. Inside the bubble, the words "SPEAK UP" are written in large, white, bold, sans-serif capital letters. Below the bubble, the words "WE'RE LISTENING" are written in a smaller, black, sans-serif font, slanted upwards to the right.

SPEAK UP
WE'RE LISTENING

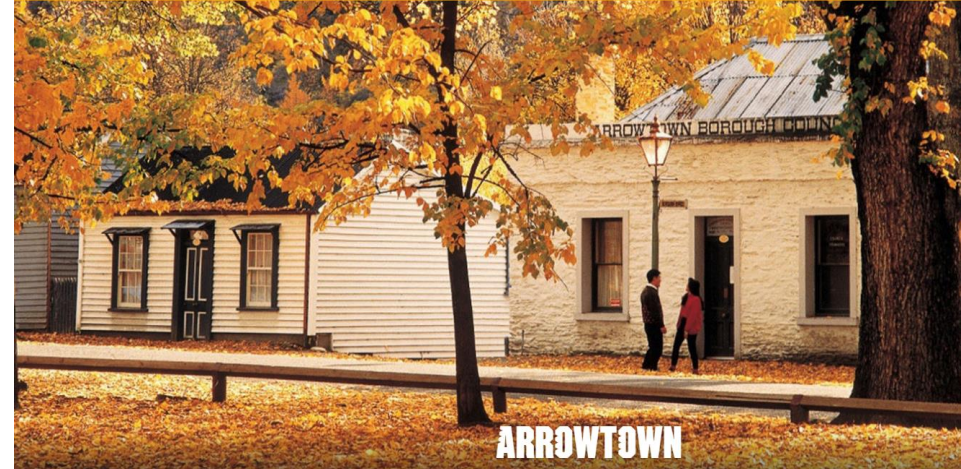
Additional Information

Community Based Attachments based in

- Invercargill
- Gore Hospital
- Gore Medical Centre

Opportunity to rent one of three Southland Hospital Holiday Homes in

- Queenstown
 - Arrowtown
 - Te Anau
- Get your work and contribution recognised at the Health NZ | Te Whatu Ora Southern Annual Excellence Awards
 - Gain access to our state-of-the-art simulation and learning centre on the Hospital campus
 - Join in with some of the teams and events arranged by Hospital staff
 - And of course.... Take us up on our offer of working with the fabulous, friendly people of the South!



Making an Application



Applications

To make an application through ACE, please ensure you:

- Include a cover letter outlining why you want to work in Southland
- Choose your referees carefully
- We are happy to meet you in advance, either in person or virtually, so please make contact. We would love to meet you!

Selection Criteria

- We use the ACE spreadsheet as a guide to our ranking. We will adjust the ranking to allow for those who have contacted us and will ensure we review the applications of all candidates who identify as Maori or Pacifica.

Delayed Start

- If you are eager to come to Southland but have a delayed start, please do contact us

Positions available

- We currently have 10 positions that will be available for 2026

A Day in the Life of a House Officer.....

- While we work through any questions you may have, please enjoy some pictures of what Southland has on offer
- [Southland NZ](#)



Ngā mihi nui

