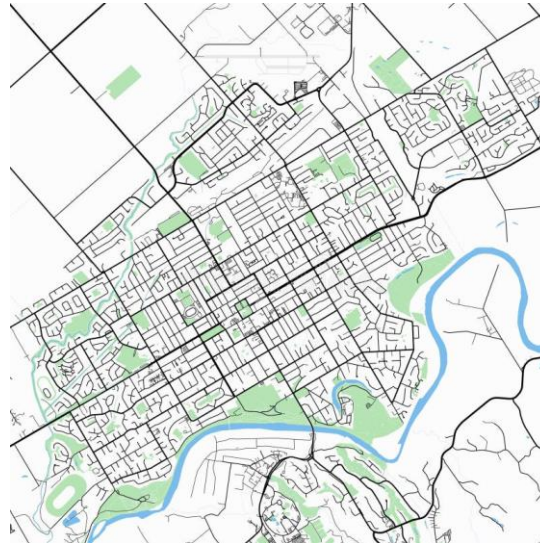
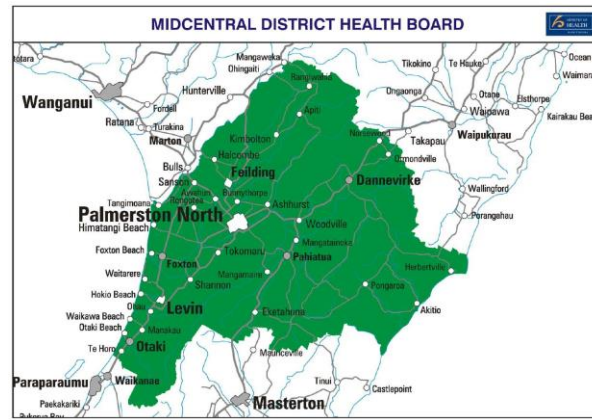
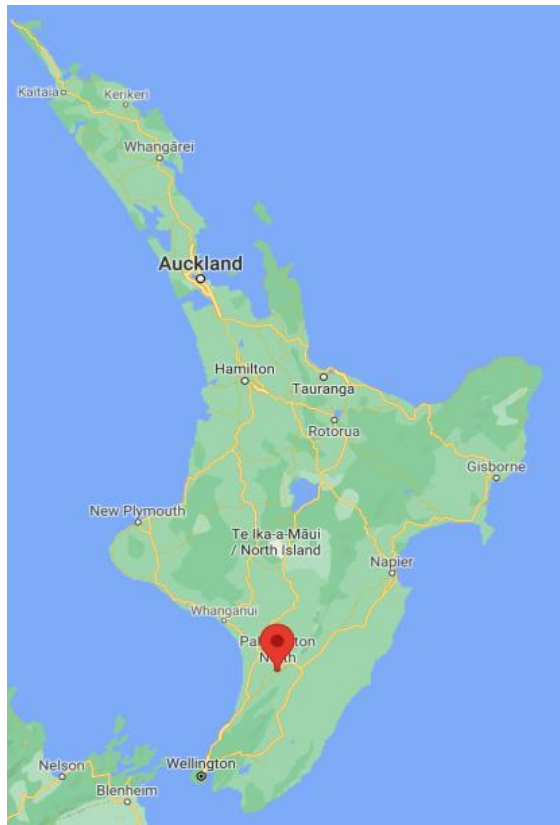


Te Pae Hauora o Ruahine o  
Tararua | MidCentral

And Palmerston North City  
New Zealand's best kept secret!



Where is Palmy?











# Activities



The Hospital – the old and the new



# Where are we and what do we offer?



Palmerston North City is located in the heart of the Manawatū in the Lower North Island

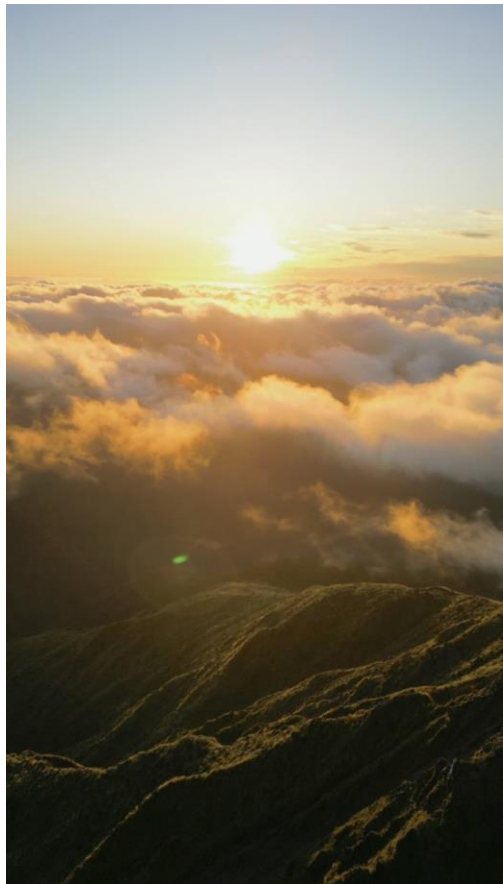


The beautiful Manawatū River runs through the city with a riverside walking path, an esplanade and lots of outdoor areas to enjoy



It is 30 minutes to the beach, Ruahines and Tararuas, two hours to Wellington, ski-fields and only a little bit longer to multiple other great destinations (Hawkes bay, New Plymouth, Martinborough)







# Where are we and what do we offer?



Palmerston North boasts more cafes and restaurants per head of population than anywhere else in New Zealand



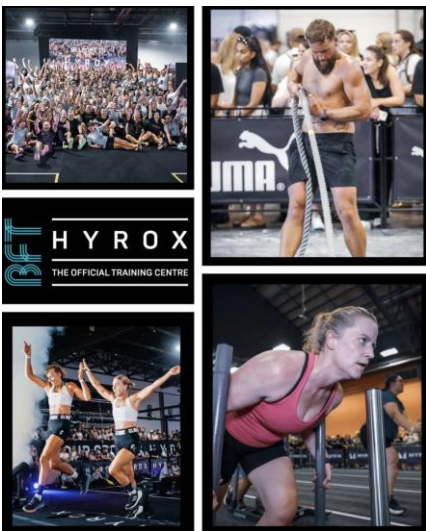
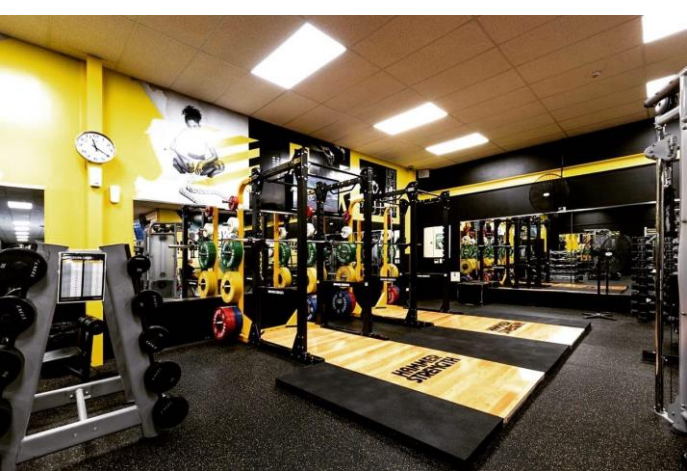
There are no traffic jams – getting to work is a breeze and heading out of town for the weekend even easier



Flat, perfect for biking or walking to work.



Airport, accommodation, gyms in close proximity to hospital → house buying opportunities!



Work life balance





## Foodie Places



# What about the District and the hospital?

Te Pae Hauora o Ruahine o Tararua | MidCentral covers the area from Pekaheka in the south to Apiti in the north and from the Tasman Sea to the Pacific Ocean.

Palmerston North Hospital has 354 beds providing most clinical services with the exception of plastics, cardiothoracic and neurosurgery. With a new mental health ward being built

The Regional Cancer Treatment Service (RCTS) is tertiary, providing care to the from Taranaki to Hawkes Bay



# What about the District and the hospital?

There are about 170 SMOs and 180 house officers and registrars

It is a really collegial place to work - everyone knows each other

- SMO's are great to work with, easy to phone specialties - you grow to know most of the people you contact
- Some of the SMOs have been here as HOs too

# What runs can I do in PGY1 and PGY2?

PGY1	PGY2
General Medicine General Surgery Orthopaedics Psychiatry Elder Health – Rehab Urology Respiratory O+G (4 <sup>th</sup> Quarter)	Community runs – Hospice, GP, St Johns ED – 3 or 6 month runs Haematology Medical Oncology Radiation Oncology Renal Cardiology Elder health/community ENT/Ophthalmology Urology Orthopaedics Medical Education House Officer O+G Paediatrics
Nights from Quarter 3	Relief runs – medicine or surgery, not compulsory



# What should I put in my ACE application?

If you are interested in being ranked for MidCentral the following things are important to include in your application:

- Cover letter outlining why you want to come to Palmerston North and in particular any links you have to the city or region
- Your CV should include information about you as a person – what you do in your spare time, previous employment (including holiday jobs) and other qualifications
- We DO NOT interview but we do welcome visits or phone calls if you would like to know more about us and to tell us more about yourself
- If you would like to be considered for a part time position please contact: [christine.wood@midcentraldhb.govt.nz](mailto:christine.wood@midcentraldhb.govt.nz) to discuss further

# What else makes MidCentral special?

Teaching program run by RMO's for House Officers

Departmental teaching programmes as well so there are lots of learning opportunities

For interns who identify as Māori we have a Pre-Vocational Education Supervisor who is Māori.

Trainee interns are placed in Palmerston North, lots of teaching/mentoring opportunities - adds a lot to the culture, makes us better doctors

## Malignant Hyperthermia:

Incidence of susceptible malignant hyperthermia patients presenting for anaesthesia in the Manawatū-Horowhenua region is relatively high

Large susceptible family, and partly because of this, testing for MH susceptibility was commenced at Massey University in 1978.

Testing was subsequently taken over by the Palmerston North Hospital Anaesthetic Department in 1986

# Our O-Week:

A week organised to cover the essentials of working in Midcentral

Powhiri and a chance to meet education supervisors and fellow colleagues

Work shops covering: prescribing, Common MET calls, computer skills

Practical sessions: Vascular access with ultrasound, ACLS course

The Forms Challenge - learn the hospital processes/procedures

Many of the sessions are run by senior House Officers or Regs

Shadow/buddy shifts – you join onto a long day during O-week and then you have a buddy for help for your first long day



# Region Specific Opportunities

## Run specific

- Lots of experience ascertained
- Lots of registrar opportunities - easy to step up
- Great place to do O&G - with concomitant diploma
- Great place to do Paediatrics - with concomitant diploma
- ICU SHO job in third year provides amazing experience
- E.D six month placements - very hands on
- Medical Education House Officer position for those interested in teaching
- Lots of practical opportunities - if you want them!

## Continued medical education funding

- Not too difficult to get access to courses from PGY2 onwards, if supported by educational supervisor and related to future vocational aspiration

# Education Opportunities on Offer



Protected teaching time from 12-1, every Tuesday and Friday from RMOs specific to HO needs

T.I teaching sessions – Tuesday, great place to start teaching

PGY2 specific slots looking into the subspecialities – run in teaching slot

Grand Rounds for different specialties

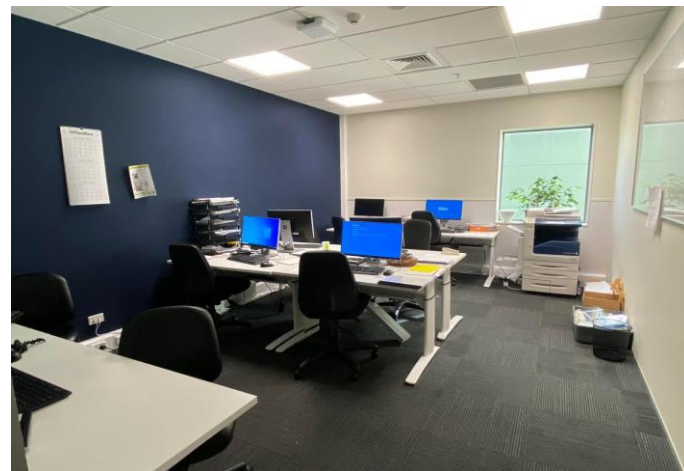
Department specific teaching and simulations e.g. in E.D, paed, haematology etc.

Medical Education House Officer position (0.5FTE)

Library medical resources – online resources including MedMastery



The RMO Lounge + sleep space





# Protecting Wellbeing

Leave is generally easy, can be arranged with RMO unit, depends on the run and the time of year – just need to be a little flexible with dates

Try and give more than 28 days notice to ensure the RMO unit can find cover

Intern Meetings during protected teaching time to touch base with PESs/MAU and voice issues/concerns

# The Cafeteria

## Main Meal:

- Three daily hot meal options
- Salad options
- Range of sandwiches, paninis and croissants
- Pies, sausage rolls, hot chips, wedges
- Themed food during special holidays

## Snacks:

- Fruits including watermelon and rock melon when in season
- Slices, cakes, bliss balls
- Corn chips, nuts, popcorn, yoghurt

## Drinks

- Water
- Juices
- Fizzy Drinks

Spacious

RMOs eat together – great time to meet new people and catch up with people

You can order what you want on nights – just put in the form and its delivered to the RMO room





# Financially

Effective 7 July 2025

Cat	Hours	Year 1	Year 2	Year 3
F	40-44.9	81,990	86,430	90,860
E	45-49.9	91,640	96,590	101,550
D	50-54.9	103,700	109,300	114,910
C	55-59.9	118,170	124,560	130,940
B	60-64.9	132,640	139,810	146,980
A	65+	149,520	157,600	165,680

		House Officer		
Cat	Hours	Year 1	Year 2	Year 3
F	40-44.9	77,934	82,321	86,785
E	45-49.9	87,029	91,876	96,870
D	50-54.9	98,381	103,916	109,569
C	55-59.9	111,905	118,263	124,579
B	60-64.9	125,422	132,595	139,712
A	65+	141,197	149,288	157,445

Median weekly rent City Centre

**\$570** 1.8% ↗

Rental supply

Listed last year

999

Listed in February 2025

57

Median days to rent

**21 days**

 1 bedroom

**\$372** 4.9% ↗

 2 bedrooms

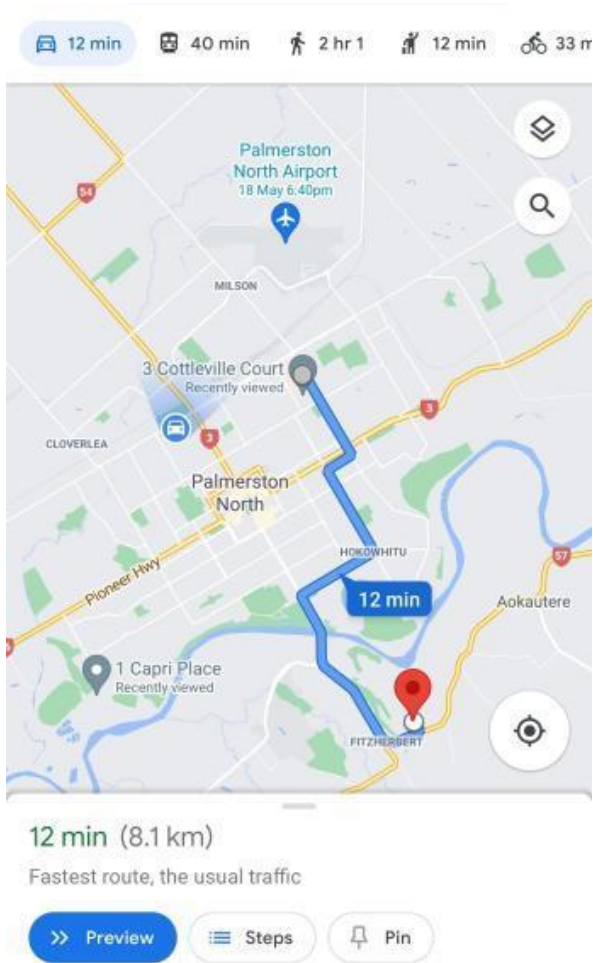
**\$550** 12.2% ↗

 3 bedrooms

**\$635** 6.3% ↗

 4 bedrooms

**\$720** 2.9% ↗



# The Commute

Waking up at 7am for 7 30 handover!!!

Especially handy when you're on surgery **EVEN** if you live on the other side of town

# Summary

## **Pros:**

Very easy city to live in - everything you need close by, zero hassle

Minimal traffic and minimal stress – the commute will be short

Collegial environment - nice colleagues, approachable seniors

Good food

Available housing market and easy renting

Teaching programme – Made to fit what you need

Good opportunities for clinical growth - easy to step up

Practical procedures easier to come by

Will prepare you well for other hospitals

Mentors who will look after you and teach you a lot - help is never far away

I smile when I walk into work in the morning

# Summary

## Cons:

1. Poor use of technology in the hospital - a work in progress
  - a. PAGERS
  - b. We are rolling out MEDCHART (latest version)
2. Not a bustling New Zealand city, but it's what you make of it.



# Questions



# BOOKS BASED ON PALMERSTON NORTH HOSPITAL

