National Rural Health Alliance eforum - 1 March 2013

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FEBRUARY 2013 eNEWS FROM THE ALLIANCE

FIFO report
The House of Representatives Standing Committee on Regional Australia has released its report on the use of fly-in fly-out (FIFO) and drive-in-drive out (DIDO) workforce practices in regional Australia, to which the NRHA made a submission and gave evidence. Chapter 6 of the report focuses on the delivery of health services and local training. It is pleasing to note the Committee's support for two of the NRHA's recommendations. The first of these is for a National Rural Health Plan "that sets strategies and targets for achieving fair access to services for people living in regional and remote areas." (Recommendation 19). The second, for each Regional Development Australia committee, in consultation with Medicare Locals, to have a health focus in its Strategic Plan, is picked up in Recommendation 20.

NHMRC Strategic Plan 2013-15
The National Health and Medical Research Council (NHMRC) identified nine Major Health Issues for this triennium, with some recognition of particular challenges for rural and remote health. The first Major Issue, National Health Priority Areas, specifically identifies access to evidence-based care in rural Australia as an issue, stating that "solutions based on evidence to
bridge the gaps in these settings will receive special attention." There is also a particular focus on the special challenges of overcoming health inequalities in rural and regional Australia and poorly served outer metro areas in the fourth Major Issue relating to primary health care. The NHMRC Strategic Plan 2013-15 may be revised in response to the Strategic Review of Health and Medical Research due to be handed to the Minister for Health at the end of February 2013.

12th Conference
Much of our focus is now on the 12th National Rural Health Conference to be held in Adelaide (7-10 April). You can register here. The Conference is an important part of the Alliances's work to improve the health and wellbeing of people in rural Australia. If you would like to attend the Writing a Grant Application workshop at the 12th Conference on Wednesday 10th April 2013 between 7am and 8.30am (breakfast provided) please advise the Conference organisers conference@ruralhealth.org.au.

National Disability Insurance Scheme (NDIS)
The NRHA wants people living with a disability in rural and remote areas to benefit as much as anyone else from the rollout of the National Disability Insurance Scheme. Our new Discussion Paper aims to promote further discussion of the issues of living with a disability in rural and remote areas of Australia. We have a short-term project in train with funding from FaHCSIA to help make the NDIS ‘fit for purpose’ in rural and remote areas. Our project reference group is interested in hearing from people with lived experience of a disability in a rural or remote location. Comments and suggestions to nrha@ruralhealth.org.au.

Social determinants of health
The Senate Inquiry relating to Australia's domestic response to the WHO Social Determinants of Health report is throwing a useful spotlight on this critical issue. Just how can Australia reduce the inequities in people's access to resources, income, education and power which do so much to determine health outcomes? A new Social Determinants of Health Alliance was launched on Thursday 7 February. See the Croakey report of the launch. See the NRHA's opinion piece on the issue and our submission on the WHO report.

Partyline No 46 - out soon
Partyline #46 is about to go to print. It will feature updates on telehealth and eHealth and outline recent developments relating to the social determinants of health. It will also examine rural aspects of the National Disability Insurance Scheme. For those registered (or thinking about registering) for the forthcoming 12th National Rural Health Conference, some of the activities and topics are showcased in Partyline's Conference supplement. Partyline is due in letterboxes in mid-March. If you would like to receive Partyline, subscription is free: partyline@ruralhealth.org.au.

AJRH February 2013 now on line
The February issue includes a major scoping review article on mental health disorders among male farmers. Original research articles examine a 'hub and spoke' approach to building community capacity for handling eating disorders, evaluation of parent education programs on autism in rural Australia, and multidisciplinary services for diabetes care.

Media and Communications
Media releases have been issued on the latest issue of the AJRH: "No farmers - no food": Farmers and mental illness, and on organ donation awareness: Donate Life Week: Hope
instead of despair. The following media releases were issued on the forthcoming National Rural Health Conference: ANU's APHCRI to partner with 12th Rural Health Conference; Improving systems for rural and remote health; Improving systems for remote health and governance; and Neighbourhood cohesion linked to resilience of rural women.

NSW Regional Dentistry Scholarship
Applications for the NSW Regional Dentistry Scholarship for 2013 closed on 18 February 2013. The scholarship is sponsored by NSW Nationals Senator John Williams and is managed by the Alliance.

Rural Australia Medical Undergraduate Scholarship (RAMUS) Scheme
Applications for RAMUS for 2013 have closed and applicants have been advised of the outcome of their applications. Further information about the RAMUS Scheme: http://ramus.ruralhealth.org.au.

RHCE2
There is information here on funded RHCE2 projects. We would like to have photos of your RHCE2 project activities, to put them on the RHCE2 website. Please contact the RHCE2 Program Manager to organise this on (02) 61623374 or email rhce@ruralhealth.org.au.

Photo and Poetry Competitions - $500 first prize
Friends of the Alliance welcome your entry into the 2013 photo and poetry competitions. $500 will be awarded to the winner of each category and $250 to entries in second place. Winners are chosen by popular vote at the Conference. You are welcome to submit photos or poetry on any subject matter relating to living and working in rural or remote Australia. To download an entry form visit the Friends page of the Alliance website.

NEIGHBOURHOOD COHESION LINKED TO RESILIENCE OF RURAL WOMEN

Emerging evidence suggests that older women living in Australia's rural areas have better mental health than their sisters in the cities. The findings come from the Australian Longitudinal Study on Women's Health (ALSWH) and will be examined in a colloquium on Resilient Rural Women at the 12th National Rural Health Conference to be held in April this year. The full text of the Alliance statement is at http://nrha.ruralhealth.org.au and is reproduced below.

IMPROVING SYSTEMS FOR REMOTE HEALTH AND GOVERNANCE

The tertiary cancer centre for the Kimberley region of WA is Perth - 2,400kms from Broome and 3,500kms from Kununurra. The Rural Cancer Nurse Coordinator for the region is based in Broome and the Palliative Care Nurse Coordinator in Kununurra. Despite these huge distances, care coordination can work well as long as there is teamwork and good communication between all health care providers, resulting in a smooth transition from diagnosis to treatment as required. Inspiring stories about how the management of care for
patients in very remote areas can be successfully achieved will be an important element of the 12th National Rural Health Conference in Adelaide in April. The full text of the Alliance statement is at http://nrha.ruralhealth.org.au and is reproduced below.

RURAL AND REMOTE HEALTHCARE POLICY THINK TANK OPPORTUNITY

Innovative health care models to meet the needs of people living in rural and remote areas and more flexible funding arrangements for the services that cater for those needs - does that sound familiar? It's what the National Health Care Reform program was promoting in 2011. Two years later, do you think it is happening? Come and have your say - and listen to what others think about it - at the joint AHHA/NRHA Rural and Remote Policy Think Tank to be held in conjunction with the National Rural Health Conference this April. See Alliance statement at http://nrha.ruralhealth.org.au.

12th NATIONAL RURAL HEALTH CONFERENCE
Strong Commitment. Bright Future

12th National Rural Health Conference eNews #4

Program
Have a look at the latest program for the 12th National Rural Health Conference. It's being held in Adelaide, 7-10 April 2013. We invite you to join us to help ensure a bright future for the communities of rural and remote Australia.

Recommendations
One of the strengths of the biennial National Rural Health Conference is its capacity to generate recommendations from the rural and remote health sector. Conference delegates are encouraged to contribute their ideas. The recommendations, when widely supported and agreed, play a key part in setting the rural health agenda by local, state or national governments, professional associations, universities or community groups. For more information visit the Recommendations page.

Keynote speakers
Keynote speakers include Minister Tanya Plibersek, Paul Rosair, Robyn Brogan, Tom Calma, Louise Sylvan, Jane Hall, Tanya Lehmann, Sue Middleton, Chris Baggooley, Alison Fairleigh, Dougie Herd and James Fitzpatrick. You can find a full list on the Conference website.

Concurrent sessions
There are over 300 concurrent session speakers on the program addressing a range of topics including eHealth, active ageing, 'deadly' health services, resilient rural women, Indigenous eye health, health indicators, hearing health, oral health, and arts and health.

Pre-conference
Pre-conference meetings on Sunday 7 April include Medicines in the Bush; Rural and
Remote Policy Think Tank; AJRH Writing for Publication Workshop; Rural Health Leaders Workshop; and Dealing with Depression.

Exhibition
There will be more than 50 exhibitors displaying their wares at the Conference. See the Conference website for a list of **current exhibitors**.

Other activities
Why not join other delegates on a free bus tour or an Aboriginal culture walk around Adelaide on the Sunday morning? Courtesy of Country Health SA, the bus will visit health facilities at Mt Barker and Strathalbyn. The Aboriginal culture walk around Adelaide will be led by local elder Ivan Copley.

Local composer, Robert Petchell, will be managing a musical sound project: The sound of many places. Delegates who play a musical instrument are encouraged to bring their instrument and join this group to produce a special piece of music highlighting the sounds of rural and remote Australia. To be part of this project, email your contact details to conference@ruralhealth.org.au.

Conference Dinner
The dinner is one of the highlights of the Conference. Proudly sponsored by HESTA, this year's dinner reflects the Conference theme and delegates are encouraged to wear their choice of bright colours. Winners of the Des Murray Scholarship and the Friends Unsung Hero award will be recognised at the dinner.

Register [here](#) for the Conference.


The Conference [website](#) will keep you up-to-date on the latest developments with the 12th National Rural Health Conference.

12th National Rural Health Conference
Strong Commitment. Bright Future.
Adelaide Convention Centre, South Australia
7-10 April 2013
Further information: 02 6285 4660 or conference@ruralhealth.org.au

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**RURAL HEALTH ON TWITTER!**

**National Rural Health Alliance** - [https://twitter.com/NRHAlliance](https://twitter.com/NRHAlliance)
NRHA commented on draft scope for the Paediatric surgery review today with an eye to how rural kids/families might be affected #ruralhealth
NRHA invited to give evidence to Senate Ctee next week on people living with a disability in rural/remote Australia. @EveryAustralian #ndi
NRHA Discussion paper on 'Issues relating to the NDIS in rural and remote areas of Australia' http://bit.ly/XhqOdDp #ndis @EveryAustralian
"Older women in Aust's rural areas have better mental health than their sisters in the cities" #ruralhealthconf http://bit.ly/YUDTso
MR "Neighbourhood cohesion linked to resilience of rural women" at #ruralhealthconf - http://bit.ly/YUDTso - #strongwomen @NRWCoalition
@SAHealth join Heart Foundation morning walking group at Nat Rural Health Conf in Adelaide 7-10 April 2013 - Departmental officers welcome
This week: first national consultation for a new National Oral Health Plan (2014-23) #oralhealth

The difficult rural health leadership conversations we need to have @ACHSM / @FHLchat event at #ruralhealthconf - http://bit.ly/15IJ9EQ
Planning another pre-conf event. Career pathways for Aboriginal & Torres Strait Islanders in health w'force with @Flinders @LowitjaInstitut
Writing a grant application workshop, Wednesday morning during #ruralhealthconf - http://www.nrha.org.au/12nrhc
Rural and remote policy think tank at #ruralhealthconf - Service Integration in Rural and Remote Australia - http://bit.ly/SHPZb #AJRH
Pre-conf bus tour to Mount Barker and Strathalbyn or Aboriginal culture walk around Adelaide at #ruralhealthconf - http://bit.ly/Yia9pk
Six pre-conf events: medicines in the bush; depression, ehealth, writing, rural health l'ship, think tank http://bit.ly/SHPZb
Min @tanya_plibersek to attend 12th Nat Rural Health Conf & receive priority recommendations from delegates #sharingshed #ruralhealthconf
Breaking news @AlisonFairleigh rural mental health activist, tweeter & keynote speaker at #ruralhealthconf http://bit.ly/ZadTdx #excited
Free pre-Conf event at #ruralhealthconf by @RACGP Using #eHealth record system to add value to clinical consultations http://bit.ly/SHfPZb
At 12th Conf in Adelaide in April, @COAGReform will confirm increasing rate of preventable hospitalisation by remoteness. #ruralhealthconf
NRHA working on discussion paper on 'Issues relating to the #NDIS in Rural and Remote Areas of Australia' out later this week.

Next edition of Partyline #46 will include updates on #telehealth, #eHealth, #SDOH, #NDIS, #ruralhealthconf Due in letterboxes in mid-March

National Rural Health Alliance fortnightly eforum out today: http://bit.ly/UFghdi #ruralhealth

'Dealing with Depression: Mental Health Skills Training' - pre-conf event by @blackdoginst at #ruralhealthconf- http://bit.ly/SfPZb

Keynote speaker, Aust Govt Chief Medical Officer - 'Health ready' for all eventualities - at 12th Nat Rural Health Conf in Adelaide in April


RESEARCH AND DATA

ABS conducting largest survey of Aboriginal and Torres Strait Islander Health

The Australian Bureau of Statistics (ABS) has commenced the largest Aboriginal and Torres Strait Islander health survey which will improve our knowledge of the health issues affecting this group of Australians. This survey will expand on the 2004-05 survey by increasing the number of participants by 30 per cent, collecting new information on exercise, diet (including bush foods) and measures of cholesterol, blood glucose and iron. The survey will be conducted over 2012-13 across the country in cities and remote communities to create evidence to measure progress in improving Aboriginal and Torres Strait Islander health and contributing to Closing the Gap in life expectancy. The first survey results will be released in November 2013. Further information and detailed questions and answers are available on the ABS website at www.abs.gov.au/australianhealthsurvey.

The ABS statement is at http://www.abs.gov.au

Positive findings in some areas of Indigenous health

Health trends among Aboriginal and Torres Strait Islander people are improving in some areas, according to a AIHW report Healthy for Life: results for July 2007- June 2011, shows rises in average birthweight, drops in maternal drinking and smoking, and increases in the proportion of clients with health assessments and care plans.

The AIHW media release is at http://www.aihw.gov.au

The full report is at http://www.aihw.gov.au

PHOTO AND POETRY COMPETITIONS - $500 FIRST PRIZE

Friends of the Alliance welcome your entry into the 2013 photo and poetry competitions. $500 will be awarded to the winner of each category and $250 to entries in second place.

Winners are chosen by popular vote at the 12th Rural Health Conference. You are welcome to submit imagery or poetry on any subject matter relating to living and working in rural or remote Australia. To download an entry form visit the Friends page of the Alliance website at http://nrha.ruralhealth.org.au/Friends/?IntCatId=4.
Join Friends in 2013
Members of Friends are entitled to a discounted Conference registration fee and eligible for a 12-month online subscription to the Australian Journal of Rural Health for an additional $62.70. An application form is available on the Friends webpage.

AUSTRALIAN JOURNAL OF RURAL HEALTH

The Australian Journal of Rural Health is a multidisciplinary journal, which aims to facilitate the formation of interdisciplinary networks to build and advance rural practice for all health professionals. Get published in the Australian Journal of Rural Health! The Journal welcomes short reports and letters to the editor as well as review articles, original research articles and clinical perspectives. For useful tips on submitting your manuscript, read the FREE editorial, How to get published in the Australian Journal of Rural Health.

Manuscripts can be submitted online at http://mc.manuscriptcentral.com/ajrh Manuscript Central or posted to AJRH. The Australian Journal of Rural Health is published on behalf of the National Rural Health Alliance by Blackwell Publishing Asia Pty Ltd 155 Cremorne Street Richmond Vic 3121
Tel +61 (0)3 9274 3100 Fax +61 (0)3 9274 3101 E-mail melbourne@johnwiley.com.au

February 2013 issue now available. Contents include:
Editorial - Do we need rural health researchers living in rural Australia?
Review Article - Male farmers with mental health disorders: A scoping review
Original Researches
A hub and spokes approach to building community capacity for eating disorders in rural Western Australia
The influence of social support, lifestyle and functional disability on psychological distress in rural China: Structural equation modelling
Understanding Autism and understanding my child with Autism: An evaluation of a group parent education program in rural Australia
Utilisation of multidisciplinary services for diabetes care in the rural setting
Community understanding of the preventability of major health conditions as a measure of health literacy
Supporting GP advanced rural skills training
Short Reports
Increasing the feasibility of the Role Functioning Scale as a measure of consumer outcomes in a rural Personal Helpers and Mentors service
An uncommon presentation of Hashimoto's disease
From the Journal Associates
CRANAplus 31st National Conference - 25-28 September 2013
The National Disability Insurance Scheme (NDIS)
Filler - Moving from the city to the country

RURAL HEALTH ON THE ABC
Travelling for treatment: breast cancer in regional Australia
Women often face tough decisions when diagnosed with breast cancer, but this process is particularly complicated for those who have to travel long distances for treatment.

http://abcmail.net.au

ACRRM COUNTRY WATCH
(Subscribe by email to acrrm@acrrm.org.au)

21 February 2013
* More REST courses for final year of the triennium
* Ultrasound courses- the one-day 'how to' for rural medical emergencies
* RPL for Independent Pathway candidates released this week
* Independent Pathway workshop in Brisbane rated as 'excellent'
* The 750,000-square-km telehealth oncology practice
* Working Safe to help protect rural and remote professionals
* President's Prize winner follows patient journeys at Jabiru
* Are you qualified to assess medical acupuncturists?
* Dates for your diary

LOWITJA INSTITUTE eBULLETIN
(Subscribe here)

18 February 2013
* Constitutional recognition of Australia's First Peoples
* Closing the Gap 2013 Prime Minister's Report
* What's new at the Lowitja Institute
* Call for continued Lowitja Institute funding
* Communications Survey
* NAIDOC Week 2013 (7-14 July)
* Conferences
* Events, seminars, courses and important dates
* Jobs
* Media
* Publications
* Resources
* Scholarships, funding, grants and tenders

LIFELINE INFORMATION SERVICE

The Lifeline Information Service provides access to a variety of self-help tool kits with information about issues such as mental illness, depression, suicide prevention, and more.
Theses resources focus on practical steps to help promote mental health and are available online at [http://www.lifeline.org.au/infoservice](http://www.lifeline.org.au/infoservice). A limited number of printed tool kits are available on request by emailing [infoservice@lifeline.org.au](mailto:infoservice@lifeline.org.au). For more information please visit [http://www.lifeline.org.au](http://www.lifeline.org.au). If you are in need of 24 hour crisis support, call Lifeline on 13 11 14

**RURAL TELEHEALTH SERVICE**

The Queensland Government has unveiled plans to boost health services and facilities in small country towns through the creation of a Rural Telehealth Service. The Service - with at-call access to expertise including the best clinicians in the state - will serve small, remote communities where current difficulties in recruiting staff caused a downward spiral in health access and blowouts in health costs. [http://statements.qld.gov.au](http://statements.qld.gov.au).

**The Salvos** are among those at the coalface in rural areas with suicide prevention - [http://suicideprevention.salvos.org.au/](http://suicideprevention.salvos.org.au/)

**HEART FOUNDATION NEWS**

Heart Foundation Conference 2013 - early registrations close 8 March
Register now for the Heart Foundation conference: Prevention of cardiovascular disease: translating evidence into practice. Held at the Adelaide Convention Centre, 16-18 May 2013. View the full program to find out about more confirmed keynote speakers such as Dr Steven Nissen, Dr Christine Albert, Professor Ian Meredith and Professor Stephen Nicholls. Early registrations close 8 March. To find out more and to register visit [www.heartfoundation.org.au/conference](http://www.heartfoundation.org.au/conference)

**Australian Organ Donor Register** is Australia's only national organ and tissue donor register and serves as a lifeline to the people on the organ transplant waiting lists. Register online at [http://www.medicareaustralia.gov.au/public/services/aodr/register.jsp](http://www.medicareaustralia.gov.au/public/services/aodr/register.jsp) to be an Australian Organ Donor now!

**ARTICLES IN RURAL AND REMOTE HEALTH**

'Immersing undergraduates into an interprofessional longitudinal rural placement'
This research investigated how Australian health students’ rural-placements can be enhanced in multidimensions using a multidisciplinary learning model.
BUSH SUPPORT SERVICES (formerly Bush Crisis Line) - 1800 805 391
The Bush Support Services Line is a 24 hour confidential telephone support service for workers, and their families, who work in health related services in remote and isolated situations. It is staffed by qualified psychologists with remote and cross cultural experience, is toll free and available from anywhere in Australia. For more information:
http://www.bss.crana.org.au

AUSTRALIAN RURAL DOCTOR NEWSLETTER
(Subscribe at http://www.ruraldr.com.au/)
* IBD answers could lie with Aborigines
* Workplace violence support project launched
* Mining firm funds $1.3m telehealth project
* Should MBS rebates favour rural consults?
* Blame game may spell the end for rural GP proceduralists
* Roaming clinic to improve Indigenous health
* Retirement from ill health likelier in bush
* Dialysis bus service deaths disputed
* Seminar by the sea

RDAA NEWS
19 Feb 2013
New online hub to tackle violence against rural professionals
http://www.rdaa.com.au

Every Body's Business - Getting back to basic
Target Audience: Nurses and allied health professionals
The Continence Foundation of Australia invites you to attend a FREE one-day education forum for health professionals about getting back to the basics of continence care. This multidisciplinary forum will feature presentations from experts in the field of continence and local practitioners.
Friday March 15, 2013 9am -4pm
Quality Hotel Lord Forrest, 20 Symmons St Bunbury WA
www.continence.org.au/events
Reinventing Community Organisations for a New Century: Voice, Belonging, Social Infrastructure, Governance
National Conference
Monday 25 March 2013

World Health Day
7 April 2013
http://www.cute-calendar.com/event/world-health-day/6297-world.html

12th National Rural Health Conference: Strong Commitment. Bright Future
7 - 10 April 2013
Adelaide, SA
Further information: 02 6285 4660 or conference@ruralhealth.org.au
Bookmark the website: http://nrha.org.au/12nrhc/

World Day for Safety and Health at Work
28 April 2013

APNA Conference 2013
2 - 4 May 2013
Sebel Hotel, 64 Queens Rd, Melbourne
http://www.apna.asn.au

7th Australian Women's Conference 'Gender Matters: Determining Women's Health'
7-10 May 2013
Sydney
The conference will continue Australia's focus on showcasing cutting edge research and best practice approaches in women's health policy and practice locally, across Australia and internationally.

Activity Based Funding Conference 2013
13 - 16 May 2013
Sydney Convention and Exhibition Centre
The Independent Hospital Pricing Authority (IHPA) is pleased to announce its Activity Based Funding Conference 2013. This conference is a four day event consisting of a two day conference (15-16 May 2013) and two days of pre-conference workshops (13-14 May 2013). IHPA's Activity Based Funding Conference 2013 will bring together local and international experts to discuss health reform and the best approaches to implementing activity based funding in Australian public hospitals. With the commencement of Activity Based Funding in July 2012, this year's conference will focus specifically on:
* Implementing Activity Based Funding locally
* Future directions for classification development
* Costing issues at the hospital level
* Pricing safety and quality
* Pricing and funding model development
For more information please visit [www.abfconference2013.com](http://www.abfconference2013.com)

**Heart Foundation Conference 2013**
4th Heart Foundation Conference
Prevention of cardiovascular disease: translating evidence into practice
16 - 18 May 2013
Adelaide Convention Centre, Adelaide, South Australia.
The Heart Foundation is the leading organisation in the fight against cardiovascular disease in Australia. The conference will host leading international and Australian speakers showcasing the latest updates on key clinical, research and public health cardiovascular disease issues.
Register your interest by calling 08 9389 1488 or visit [http://www.heartfoundation.org.au/about-us/conference/Pages/welcome.aspx](http://www.heartfoundation.org.au/about-us/conference/Pages/welcome.aspx)

**International Council of Nurses 25th Quadrennial Congress**
18 - 23 May 2013
Melbourne
[http://www.icn.ch](http://www.icn.ch)

**2nd Aboriginal Maternal and Child Health Conference, Working together to Close the Gap: Building on success for the future**
29 - 30 May 2013
Perth
amssu@health.wa.gov.au or phone (08) 9340 1555

**5th SNAICC National Conference For Our Children: Living and Learning Together**
4 - 6 June 2013
Cairns Convention Centre
The conference is hosted by the Secretariat of National Aboriginal and Islander Child Care (SNAICC), the national non-government peak body in Australia representing the interests of Aboriginal and Torres Strait Islander children and families. Enquiries to Sharyn Low, tel 02 4572 3079 or email sharyn@sharynlow.com.au
http://www.snaicc.asn.au/index.cfm

The inaugural conference for Women's Healthcare Australasia
5 - 7 June
Gold Coast, Queensland
http://women.wcha.asn.au/

4th Australasian Mental Health Outcomes & Information Conference 2013
11 - 13 June 2013
Novotel Brighton Beach Sydney

21st National Conference Australian Health Promotion Association: 'Changing Settings: liveable, vibrant, healthy places'
17 - 19 June 2013
Sydney Convention and Exhibition Centre, Darling Harbour
The focus of this conference will be on settings in health promotion with emphasis on workplaces, children's environments, local government as well as the virtual communities and the role of social media in health promotion. http://www.ahpa2013.com.au/

Remote Medical Education Conference
Sofitel Hotel, Brisbane
28 - 29 June 2013
The conference will explore how the educational needs of remotely-located doctors can be addressed depending upon location and cultural context, while considering the role that new technology plays in the delivery and enhancement of learning.

2013 Primary Health Care Research Conference
10 - 12 July
Hilton, Sydney
11th Biennial National Rural Remote Social Work Conference
`Diversity in Rural and Remote Communities: Responding to Challenges & Opportunities'
25 - 26 July 2013
RACV Resort - Inverloch

http://www.aasw.asn.au/events/category/vic
Contact: Martin Butler mpbutler@bigpond.com, Olga Gountras olga.gountras@slatergordon.com.au

2013 ILCA Conference: Born to Breastfeed: A Global Public Health Imperative
25 - 28 July
Melbourne Convention & Exhibition Centre
http://www.ilca.org

14th International Mental Health Conference 2013
5 - 6 August 2013
Outriggers, Surfers Paradise
http://anzmh.asn.au/conference/

United Nation's International Day of the World's Indigenous People
9 August

Health Emergencies in Disasters 2013
17 - 19 August 2013
Darwin Convention Centre
Click here for further information

LIME Connection V: Re-imagining Indigenous Health Education: Harnessing energy, implementing evidence, creating change
26 - 28 August 2013
The fifth biennial LIME Connection will continue to support collaboration between medical schools and build linkages with other health disciplines. The LIMElight Awards, which acknowledge and celebrate the many successes in the field, will also be presented at LIME Connection V.

http://www.limenetwork.net.au/content/lime-connection-v

Australian Nursing and Midwifery Conference 2013
'Inspiration, Innovation and Education: Quality & Research in Nursing & Midwifery Practice'
Newcastle City Hall
17 - 18 October 2013

Australian Men's Shed Association 5th National Conference:
Ballarat Lodge and Convention Centre, Ballarat, Vic
27 - 29 October 2013

8th Health Services and Policy Research Conference
2 - 4 December, 2013
Wellington, New Zealand

The purpose of the Health Services Research Association of Australia and New Zealand is to facilitate communication across researchers, and between researchers and policymakers, to promote education and training in health services research, and to ensure sustainable capacity in health services research in Australia and New Zealand. More information from Jackie Cumming, by email jackie.cumming@vuw.ac.nz.
http://www.hsraanz.org

CONTRIBUTION AND SUBSCRIPTION INFORMATION AND DISCLAIMER

The NRHA e-forum is published fortnightly. Contributions are sought on any topic relevant to rural health concerns. Please send contributions to the moderator at grovesc@winshop.com.au (do not "reply" to this email - send contributions to grovesc@winshop.com.au). Contributions received by the Friday of publication will be included in the e-forum.

The NRHA e-forum is edited by a third party moderator, Jim Groves of the Sapere Research Group. As such, the Alliance does not control postings and the contents do not necessarily
reflect the opinions of the Alliance. Nor do postings necessarily reflect the views of Jim Groves or the Sapere Research Group.

Please forward a copy to any colleague you think may be interested.

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**Media Release**

**Improving systems for remote health and governance**

The tertiary cancer centre for the Kimberley region of WA is Perth - 2,400kms from Broome and 3,500kms from Kununurra. The Rural Cancer Nurse Coordinator for the region is based in Broome and the Palliative Care Nurse Coordinator in Kununurra. Despite these huge distances, care coordination can work well as long as there is teamwork and good communication between all health care providers, resulting in a smooth transition from diagnosis to treatment as required.

Inspiring stories about how the management of care for patients in very remote areas can be successfully achieved will be an important element of the 12th National Rural Health Conference in Adelaide in April. This Kimberley tale will be told by Sarah Davies and Sally Thomas.

However, not all aspects of life and service delivery in remote areas receive such a positive report. Bruce Walker and Fred Chaney, from Desert Knowledge Australia in Alice Springs, will make the case that Australia's system of democracy and economy and the accompanying policy and program settings have progressively been altered to serve the coastal areas where some 85 per cent of Australia's population lives - at the expense of remote Australia, its people and how its communities are governed.

Bruce and Fred will argue the need for systemic change which will have to be based on a paradigm shift in policy which cannot come from within the present governance framework. They will refer to their recent report titled *Fixing the hole in Australia's heartland: How government needs to work in remote Australia*.

In his paper in the same concurrent session, John Wakeman will discuss the growing recognition of the remote, as distinct from rural, health sector. John will report on a study which used both quantitative and qualitative data to distinguish the characteristics of remote health and health services, drawing out implications for health policy and practice.

The session will be rounded out by Dean Carson, Professor of Rural and Remote Research at Flinders University, who will use data from the 2001, 2006 and 2011 censuses to examine how the spatial and occupational distributions of health professionals in South Australia and the Northern Territory changed over that decade.

More information on the Conference can be found at [www.ruralhealth.org.au](http://www.ruralhealth.org.au).
Neighbourhood cohesion linked to resilience of rural women

Emerging evidence suggests that older women living in Australia's rural areas have better mental health than their sisters in the cities. The findings come from the Australian Longitudinal Study on Women's Health (ALSWH) and will be examined in a colloquium on Resilient Rural Women at the 12th National Rural Health Conference to be held in April this year.

The longitudinal study provides information from three birth cohorts of women - those born 1973-1978, 1946-1951 and 1921-1926 - and the focus of the colloquium will be urban-rural differences in women's mental health and wellbeing.

Sue Conrad's paper on Neighbourhood cohesion among middle-aged women is a good news story for rural women who report better neighbourhood safety and connection, and better neighbourhood attachment and trust than women living in cities. There are a number of reasons why this might be so, including demographic and psychosocial factors, community resources and the physical environment.

However the news is not all good, with women in rural areas more likely than urban women to experience depression across the lifespan. The paper Mental health trajectories in three cohorts of women: are there urban-rural differences? to be presented by ALSWH Data Analyst Richard Hockey finds that, overall, rates of doctor-diagnosed depression in women increase until about age 45, then decrease until the mid-80s when there is a small increase.

When it comes to uptake of mental health services Xenia Dolja-Gore, from the Research Centre of Gender, Health and Ageing at the University of Newcastle, will report in her paper Trends in mental health service utilisation for Australian women that while there has been a gradual uptake of services under the Better Access Scheme (BAS) it has mostly been young women in urban areas who have benefited from the services compared with other groups of women. The BAS was introduced in 2006 with the rollout of new Medicare items to improve access to mental health care, but the study shows that a large percentage of women with self-reported depression and anxiety have not been treated under the BAS.

The final presentation in the colloquium will be from Deirdre McLaughlin, Senior Research Fellow with the ALSWH at the University of Queensland. Her paper on Mental health in older rural Australian women shows that although older adults generally report lower rates of depression than younger adults, there are conflicting findings regarding urban-rural differences in psychological distress in older adults.

The colloquium will be chaired by Libby Kalucy, former Director of the Primary Health Care Research and Information Service (PHCRIS) and editor-in-chief of the Australian Journal of Primary Health.

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