

Pathway to Remote Practice - Following Up

Following up is about actively finding out where, how to, and what resources, knowledge and skills you will need to know about and prepare for, prior to taking up employment as a remote health professional.

Preparation for Remote Practice

The Table below outlines the preparation requirements and resources inclusive of courses that are essential* to equip you for meeting the unique community health needs as well as, the nuances you need to know prior to working in a remote and isolated area.

<i>What are the things I need to know and prepare for?</i>	<i>Where do I look to find out more about this?</i>
<p>* Essential short courses or continuing professional development activities</p>	<p>CRANAplus suggests that the following short courses or continuing professional development activities would equip you with the expected knowledge, skills and expertise for remote practice prior to commencement of employment.</p> <ul style="list-style-type: none"> • Cultural Safety * • Emergency Care* • Primary Health Care • Immunisation • Pharmacology (endorsement for schedule medicines)* • Chronic Disease course i.e. diabetes, asthma, renal • Workplace Health and Safety • Conflict management • Paediatrics* • Social determinants of health <p>* Registration standard for endorsement for scheduled medicines registered nurses http://www.nursingmidwiferyboard.gov.au/Registration-Standards.aspx</p> <p>Remote and Isolated Practice Registered Nurse (RIPRN) endorsement by NMBA as being qualified to obtain, supply and administer limited schedule 2, 3, 4 or 8 medicines appropriate to the registered nurse's scope of practice. (Relevant to Queensland and Victoria; Registration Standard currently under review).</p> <p>For immunisation courses refer to the Public Health Units of State and Territories Health Department's website for further information on immunisation accreditation and current course providers' contact details.</p> <p>If you want to work in Northern Territory it is a pre-requisite that nurses/midwives complete a Remote Emergency Care (or equivalent course), Maternity Emergency course and pharmacotherapeutic course prior to employment.</p> <p>CRANAplus has a mix of Nationally Accredited training and Short Courses designed specifically for health practitioners working in remote or isolated settings. Continuing Nursing Education (CNE) Points are awarded to modules and courses.</p>

<p>* Essential Short courses or continuing professional development activities (cont.)</p>	<p>Mandatory e-learning program provides an arrange of modules available at: https://crana.org.au/education/eremote/programs/eremote-core-mandatories/</p> <ul style="list-style-type: none"> • Basic Life Support (2CNE) • Building a respectful workplace (1CNE)* • Cultural awareness (1CNE)* • Fire awareness (2CNE) • Introduction to Infection Control (2CNE) • Managing difficult behaviours (2CNE) * • Managing Conflict in the Remote Workplace • Manual handling including ergonomics (2CNE) • Medication Calculations – adults, paediatrics and mental health (0.5CNE – each module.) • Natural disaster (2CNE) • Professional development • Medico-legal documentation (1CNE) <p>Other Modules: e-learning: https://crana.org.au/education/eremote/programs/</p> <ul style="list-style-type: none"> • Basic Life Support (2CNE)* • Advanced Life Support (13CNE) • Clinical Upskilling (13 modules – various CNE points) • First aid program • Physical assessment (7 modules – CNE points)* <p>CRANApus Education Team facilitates workshops in remote and isolated areas across Australia. You may wish to access prior or on commencement of employment, namely, First Line Emergency Courses* visit website: https://crana.org.au/education/course-participant-information/course-entry-requirements/</p>
<p>Current State or Territories Legislation</p>	<p>Have a good understanding of the State and Territories legislations that will govern your scope of practice as a health care professional. The titles of the Acts will vary in accordance to State & Territories laws.</p> <ul style="list-style-type: none"> • Health Practitioners Regulation National Law (as per jurisdiction) Act • Drug and Poisons Act • Mental Health Act • Occupational Health and Safety Act • Consent to Medical Treatment Act • Advance Care Directive Act • Palliative Care Act • Aviation Act • Radiation Act • Road Safety Act • Working with Children Act • Keep Them Safe Act
<p>Professional Standards of Remote Practice: Nurses and Midwives</p>	<p>Professional Standards The Professional Standards of Remote Practice: Nurses and Midwives are underpinned by primary health care framework. The Professional Standards have been endorsed by CRANApus as the benchmark for current nursing and midwifery practice in remote and isolated health services. These Standards outline the requirements for nurses and midwives to meet as a recognised Remote Area Nurse/Midwife. The Professional Standards are available, visit website: https://crana.org.au/files/pdfs/ Professional Standards Remote Pract Nurses Midwives Oct 13.pdf</p>
<p>Clinical Practice</p>	<p>Important to check with the employer, prior to employment, what manuals are used in clinical practice.</p> <p>Practice Clinical Manuals</p> <ul style="list-style-type: none"> • CRANApus Clinical Procedures Manual for remote and rural practice • CARPA Standard Treatment Manual

	<ul style="list-style-type: none"> • Women’s Business Manual • Bush Medicines Book (if working in NT and other specific jurisdictions you will be required to refer to the CARPA Manual for evidence-based guidelines) http://www.carpa.org.au/manual_reference.htm • Primary Clinical Care Manual (if you are working in Qld and other specific jurisdictions or the Military you will be required to refer to the Manual for clinical care guidelines and health Management Protocols, especially for Scheduled Medicines Rural and Isolated Practices Registered Nurses and authorised Aboriginal and Torres Strait Islander Health Workers to administer and supply medications). http://www.health.qld.gov.au/pccm/pccm_resource.asp • National Midwifery Guidelines for Consultation and Referral: Australian College of Midwives: 3rd Edition: 2013 http://www.midwives.org.au <p>Health Service Standards A Clinical Governance Guide for remote and isolated health services in Australia https://crana.org.au/files/pdfs/CRANApplus_Clin_Gov_Guide_online_Sep13.pdf</p> <p>National Safety Quality Health Service Standards 10 Standards which all health services are required to be compliant http://www.safetyandquality.gov.au/wp-content/uploads/2011/01/NSQHS-Standards-Sept2011.pdf</p>
Self care	<p>CRANApplus Bush Support Services (BSS) 24-hour confidential psychologist driven phone line (1800 805 391) supports remote health professionals and their families.</p> <p>Other Tips for Self-care:</p> <ul style="list-style-type: none"> • Get enough sleep • Maintain proper nutrition • Build in regular exercise to your daily/weekly routine • Find a hobby – drawing/reading/gardening • Keep the mind sharp – challenge memory and attention with brain games • Think positive – be positive in your attitude • Maintain social supports through phone and internet <p>Self-care and Stress Management Workshop tailored to your needs is available at: https://crana.org.au/support/support-services-workshops/</p> <p>National Rural Health Student Network (NRHSN) “When the Cowpat hits the Windmill” (2008) available at: https://www.nrhsn.org.au</p> <p>Employee Assistance Program If you are employed within the State or Territory’s public health sector there is an employee assistance program available for all employees.</p>
Professional Isolation	<p>Maintain professional networks / teleconferences/ conferences/ on-line forums Become a member of CRANApplus – receive the 3-monthly magazine – Friday Newsletter and Updates, visit website https://crana.org.au/members/ Stay connected through twitter, facebook with other health professionals, and peers.</p>
Social Isolation	<p>Limiting social isolation requires keeping in contact with friends and relatives through Skype, emails, phone, taking regular annual leave. It is important for reducing social isolation to get to know and build your relationships with local community members and networks.</p>

Safety and survival skills

You will need to have a current driver license and maybe required prior to commencing employment or once employed to undertake 4x4 wheel driving and 2-way radio training courses.

You will need to know about:

- landline connection – availability and access
- satellite mobile access
- internet access
- road surfaces – graded dirt road or bitumen road
- ‘land lock – down’ road notices as a result of torrential rain
- reporting in when travelling from one site/place to another
- weather patterns – refer to BOM website: <http://www.bom.gov.au/cyclone/>
- water supply – importance being hydrated
- staying cool or warm.
- protective clothing and shoes to wear
- maintaining physical fitness and wellbeing – walking in safe places
- cultural places
- cultural ceremonies e.g. Men’s Business