



# Resources, Education and Support

CRANApplus is the peak professional body for the remote and isolated workforce in Australia

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Education  
Workforce Support and  
Professional Resources  
Industry Information





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CRANAplus

## CRANAplus

### The Peak Body for the Remote and Isolated Health Workforce

Working in remote health is a uniquely challenging and rewarding career. As the peak professional body for the remote and isolated health workforce, CRANAplus works to meet the challenges and share the rewards. CRANAplus provides education, support and professional services, while representing the remote health sector Australia-wide. Comprising individual and corporate members, we deliver a wide range of services and resources to support the remote and isolated health workforce and the communities, workplaces and industry we represent.

Established in 1983 as the Council of Remote Area Nurses of Australia, CRANAplus has built on a proud heritage of remote area nursing – evolving into a multidisciplinary organisation that reflects the diverse nature of all health disciplines working in remote and isolated communities. CRANAplus is an independent, member-driven, non-profit organisation, and one of the longest established bodies of its kind in Australia. We are partly funded by the Australian Government Department of Health, with a substantial portion of our revenue derived from membership fees and the many services we provide.

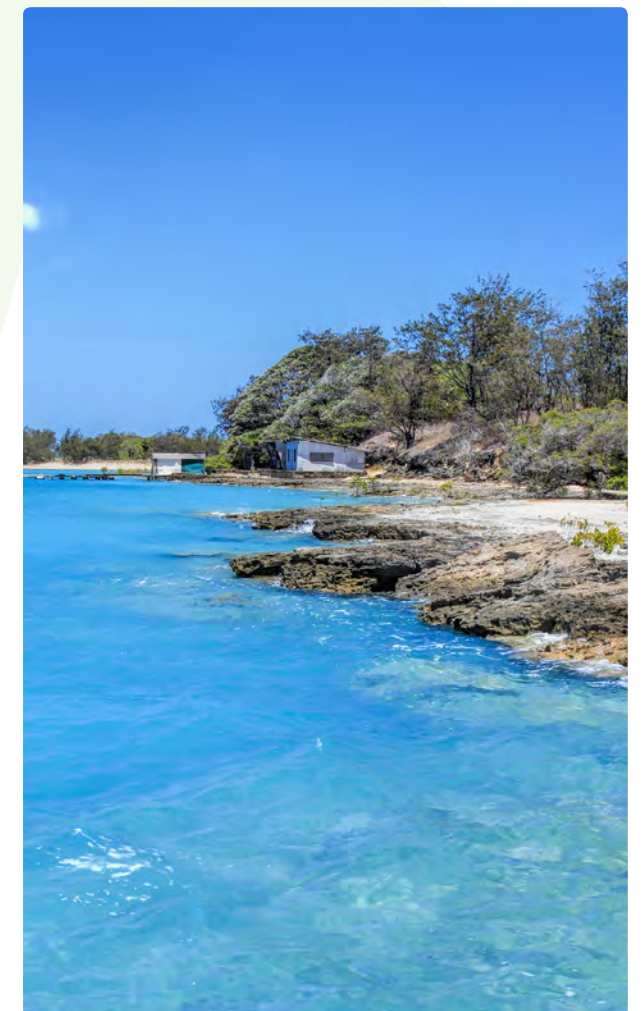
CRANAplus has offices in Cairns, Alice Springs and Adelaide with staff based in all states plus the Northern Territory. Our work is supported and furthered by hundreds of volunteers across Australia. Our ultimate goal at CRANAplus is to strengthen the health and wellbeing of all people living and working in remote and isolated Australia.

CRANAplus works to make remote and isolated health more sustainable and rewarding for everyone. We connect people and places, and we share knowledge and skills. CRANAplus provides the remote and isolated health workforce with the opportunity to be part of a professional network and a community of like-minded people. We support the remote health sector with an unrivalled range of services and resources. Partnering with our corporate

members and stakeholders we push for the advancement of our workforce, our workplaces and our industry. We provide expert advice and foster communication on key issues involving remote health and facilitate networks of interest in key areas. We provide the platform for connecting and sharing our experience and expertise. We communicate and connect with our members and supporters through our widely-read weekly newsletter and quarterly magazine, as well as social media. We provide organisations and employers the opportunity to reach a niche group of remote health professionals.

The CRANAplus website provides access to a wealth of information, and a gateway to our many services and resources, bringing remote and isolated health professionals closer together.

[www.crana.org.au](http://www.crana.org.au)





# About CRANAplus

## About CRANAplus

### Conference

The CRANAplus annual national conference brings together speakers and delegates from all over Australia. Our awards and fellowships recognise excellence in remote health practice and our scholarships and sponsorships encourage health students to experience remote practice. In many ways, CRANAplus is working to bond and unite the remote and isolated health workforce.

Annual Conference For more than 30 years, the annual CRANAplus Conference has provided an energetic professional and social forum for the remote health workforce. Held over two and a half days at a different location each year, the conference attracts health practitioners, managers, government representatives, policy makers, academics and students from across the country and around the world. Presentations are representative of all aspects of remote health delivery and development.

The CRANAplus conference has become a key event in the remote health practitioner's calendar. It also provides excellent marketing and promotional opportunities for industry.

### CRANAplus Awards

The CRANAplus Awards recognise remote health professionals who have made a significant contribution to improving health outcomes or their profession in general.

CRANAplus Awards are presented at the annual CRANAplus Conference in five categories:

- Excellence in Remote Health Practice
- Excellence in Education/Research
- Excellence in Mentoring in Remote Health
- Outstanding Novice/Encouragement
- Collaborative Team

### Aurora Award

The annual Aurora Award was established by CRANAplus to recognise individuals who have made an outstanding contribution to remote health. Aurora Award recipients provide the inspiration and leadership to make remote and isolated health a better place. The Aurora Award is presented at the awards dinner at the annual CRANAplus Conference.

### CRANAplus Merchandise

For all your remote workwear requirements such as bags, hats, shirts, high vis gear etc. support CRANAplus and purchase through our online store at [www.cranamerchandise.com.au](http://www.cranamerchandise.com.au)

### Membership

Join us and enjoy the benefits!

CRANAplus membership offers a wealth of benefits for individuals and organisations. It's the easiest way to stay connected and informed, and being a member supports the professional body that supports remote health.

Individual member benefits include:

- being part of a network of likeminded professionals
- discounts on education, training and workshops
- discounts on conference registration
- discounts on services and products
- eligibility for scholarships and sponsorships
- access to member forums and exclusive content on website

- weekly newsletter
- quarterly magazine
- subscription to Australian Journal of Rural Health
- strengthening the future of remote health

Additional benefits for corporate members:

- free recruitment advertising via website and newsletter
- discounts on advertising in CRANAplus magazine
- discounts on conference trade booths
- magazine features and editorial opportunities
- discounted CRANAplus membership for you employees/members

For more information on CRANAplus membership, and to join the organisation that supports you, visit our website: [crana.org.au/members](http://crana.org.au/members)

### Newsletter

Our weekly CRANAplus e-newsletter is distributed to more than 9000 contacts worldwide each week and features timely, relevant and interesting information for rural and remote health practitioners, from all disciplines. Subscribe to CRANAplus in the Resources section of our website.



## MAGAZINE

The CRANaplus Magazine is published on a quarterly basis and features high quality, unique stories and images from across Australia and around the world. We also welcome your stories and photos so please email us at [memberservices@crana.org.au](mailto:memberservices@crana.org.au) for more details and check out the vast array of stories from your fellow remote health practitioners. Subscriptions to CRANaplus magazine are available on our website, and come included with annual CRANaplus membership.

The magazine is also an excellent advertising opportunity for any business or organisation involved in the health sector. The magazine is distributed to all of our dedicated members, stakeholders and those with an interest in the remote health sector thereby allowing you to speak directly to this niche group of health professionals. A handy take anywhere A5 size and printed in full colour, the magazine is an inviting 'cover to cover' read, ensuring your advertising won't be missed! Each edition of the CRANaplus Magazine has a circulation of 15,000 copies.



## Contribute

CRANaplus welcomes philanthropy and fundraising initiatives to support remote and isolated health practitioners and the communities and workplaces they represent. Donations to CRANaplus of \$2 or more are tax deductible.

## Reconciliation

The CRANaplus vision for reconciliation is that self-determination, equality and equity for Aboriginal and Torres Strait Islander peoples will be achieved via the building of relationships, the application of respect and the availability of opportunities. We will continue to adopt the principles of Reconciliation in our core business and will encourage and model promotion of reconciliation at all times.

CRANaplus' values of integrity, social justice, respect, inclusiveness and excellence in all we do, align well with our Reconciliation Action Plan and with Reconciliation Australia's themes of relationships, respect and opportunities. Our updated Reconciliation Action Plan 2018-20, which has been endorsed by Reconciliation Australia, can be found on our website.

## BSS Contact

Telephone counselling: 1800 805 391 Website: [www.crana.org.au/support](http://www.crana.org.au/support) Email/SKYPE counselling: [scp@crana.org.au](mailto:scp@crana.org.au)







# Education

## EDUCATION

CRANApplus is integral in the delivery of educational products that assist in the preparation and further development of the remote area workforce. CRANApplus recognises the unique context in which remote health professionals work and ensure education products reflect this unique context. To ensure courses are accessible to the remote area workforce our courses are delivered in easily accessible locations across Australia. As a Registered Training Organisation (RTO 40719), CRANApplus also develops and delivers nationally recognised education products.

CRANApplus is dedicated to the development and delivery of high quality education programs that support and develop the remote and isolated workforce. CRANApplus recognises that excellence in learning is key to the delivery of best practice and safe health care and the retention of a skilled remote and isolated health workforce. We understand the challenges in accessing quality education in remote locations. We deliver education courses, which are clinically relevant across the lifespan and grounded in contemporary, evidence-based practice. Our courses are designed and written by a team of health professionals with unique skills in remote health, emergency, critical care and/or midwifery and clinical education.

Many of CRANApplus courses meet the recommended requirements as set out by many organisations for working in remote and isolated health settings and provides valuable continuing education and professional development opportunities that can be logged as continuing professional development points with accrediting and professional bodies.

CRANApplus has continued to expand its suite of education products to meet the changing needs of remote and isolated health workforce. Our courses are culturally respectful, with the delivery of many programs tailored to the specific needs of Aboriginal and Torres Strait Islander health professionals. Courses are delivered and facilitated by a nationwide team of passionate and highly skilled clinicians who volunteer their time to share their knowledge and skills.


CRANApplus members receive generous discounts on all courses and our Undergraduate Remote Placement Scholarships encourage student members to experience remote health first hand. CRANApplus education programs ensure remote and isolated communities Australia-wide have access to a highly capable health workforce providing quality, contemporary care.

- Our courses are unique in that they;
- Are contextualised to remote and/or isolated practice needs
  - Take into consideration jurisdictional differences and the broader needs of the health professional
  - Encourages candidates to apply the knowledge and skills learnt within the context of the policies of the employing health service and within each individual's own scope of practice.

All of the CRANApplus Education Courses utilise the evidence-based improvement strategies mapped to the National Safety and Quality Health Service Standards to ensure that all participants improve the quality of health service provision in remote and isolated practice. Further information on accreditations, endorsements and nationally accredited training for each course can be found on the CRANApplus website.

### On Demand Courses

Have you considered your staff professional development needs for the upcoming year? CRANApplus can provide courses specifically for your organisation that are flexible, affordable and tailored to meet the professional development requirements of your workforce. We are happy to discuss your requirements and tailor our courses and workshops.

You'll find all of our On-Demand courses and workshops in the Education section  s booklet, highlighted with this icon. For further information or to book your own on demand course, please contact Liz on (07) 4047 6400 or email [liz@crana.org.au](mailto:liz@crana.org.au)





All courses can be booked privately for your organisation, as long as minimum and maximum number requirements are met.

### Online Courses

CRANApplus offers an online learning platform that provides health professional with remote learning opportunities. Online learning assists with the challenges facing those who practice health in remote, isolated and rural settings who have limited access to education opportunities. It provides evidenced-based education programs that are current and enables health professionals to complete core mandatory and clinical training in their own time frame without travelling. Our CRANApplus eRemote courses can be identified with this +.

Benefits of CRANApplus Online Courses:









- Provides other external educational links and guideline access - a one stop shop for clinical currency
- Clinical educators available to support the Health Practitioner
- Professional Continuing Professional Development (CPD) points
- Staff become more familiar with using technology - conquering fear of working online
- CRANApplus provides an experienced remote clinical educator to provide support via phone, Skype and email
- CRANApplus provides IT support staff to assist in navigating and using the IT infrastructure to complete on line education.

### CRANApplus Facilitators

CRANApplus is well-known for the calibre of our volunteer facilitators who are drawn from a wide range of health disciplines and clinical experience. Our facilitators are highly skilled and experienced health professionals who understand the challenges of the remote and isolated areas of Australia.

We are always looking for appropriately skilled health professionals to volunteer to help deliver CRANApplus courses. If you would like to express an interest in becoming a facilitator with CRANApplus, please contact Liz on (07) 4047 6400 or email [liz@crana.org.au](mailto:liz@crana.org.au)

### Courses and Workshops

-  Face to face component
-  Online component
-  ATSI
-  Available to non-medical staff
-  On-demand only
-  Nationally-accredited course
-  CRANApplus eRemote (online program)
-  Management Course



### Aboriginal & Torres Strait Islander Communication, Consultation and Competency in Clinical Skills (4C's Program)

- Are you required to use the Primary Clinical Care Manual (PCCM) or CARPA Manual to assess and communicate findings to plan care?
- Are you looking to improve your competency and communication during handover?

The Aboriginal & Torres Strait Islander Communication, Consultation and Competency in Clinical Skills course is designed to meet the learning needs of the remote and isolated health workforce (Aboriginal and Torres Strait Islander Health Workers/Practitioners) who may be required to utilise communication, consultation and competency in clinical skills in their workplace.

The course is flexible, interactive and delivered face to face. It has a focus on using the PCCM/CARPA in the everyday clinical presentations experienced in remote health services with an emphasis on using the guidelines to document, consult and communicate. The development of these skills will assist Health Workers/Practitioners to deliver safe quality health care to

the communities in which they work. This course can be modified and delivered according to needs of individual health services. Please contact us to plan a course for your health service.

Graduates of this course will be able to:

- Describe and use a systematic patient assessment approach using primary and secondary survey and the PCCM/CARPA Standard Treatment Manuals.
- Describe and use a systematic patient assessment approach using primary and secondary Survey and the PCCM/CARPAManual guidelines.
- Undertake a comprehensive medical consultation and access the correct treatment protocol to plan clinical care.
- Identify the key components to quality clinical documentation.
- Identify the key success factors in good communication including; verbal and written communication and referrals.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)







## ALS - Advanced Life Support

### About this Course

- Do you panic when confronted with a cardiac emergency?
- Do you want to improve your management of adult cardiac arrest?
- Are you expected to be a competent Advanced Life Support provider?

The CRANApplus Advanced Life Support (ALS) One Day Course is based on the Australian and New Zealand Committee on Resuscitation (ANZCOR) Guidelines and best practice principles. The course will provide the remote health workforce with the advanced life support skills required in the management of the patient prior, during and after a cardio respiratory arrest with an emphasis on care in the remote and isolated setting.

CRANApplus recommends that ALS is completed every two years.

### Graduates will be able to:

- Describe normal cardiac anatomy and physiology
- Incorporate advanced life support skills and knowledge in the management of cardio-respiratory arrest including post-resuscitation care
- Demonstrate an understanding of the concept of clinical deterioration
- Identify life threatening cardiac arrhythmias and 12 ECG changes
- Describe the legal, ethical and OH&S issues in relation to advanced life support
- Demonstrate complex clinical decision-making, effective team leadership and advanced communication skills in the management of cardio-respiratory arrest

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



## AREC - Advanced Remote Emergency Care

### About this Course

- Are you expected to be a competent and current practitioner with advanced emergency skills and knowledge?
- Do you have the ability to lead your team taking on a senior position?
- Are you expected to be a competent Advanced Life Support provider?

The CRANApplus Advanced Remote Emergency (AREC) Care course aims to extend the competencies of the experienced remote and isolated health practitioner to an advanced level beyond that of the Remote Emergency Care course. It has a focus on team leadership, critical thinking and communication in emergency situations.

### Graduates of this course will be able to:

- Demonstrate the application of the Australian Resuscitation Council algorithm/s in case scenarios and the final individual assessment
- Demonstrate a comprehensive, systematic approach using the primary, secondary survey to deliver emergency care to the critically ill adult and child.
- Identify early physiological deterioration and understand the use of appropriate treatment options in a timely manner
- Analyse and discuss treatment options, including the escalation or de-escalation of management choices in the trauma patient
- Demonstrate effective team leadership during the management of an emergency presentation
- Demonstrate effective and accurate clinical documentation and handover

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)





### ATSI REC - Aboriginal & Torres Strait Islander Remote Emergency Care

#### About this Course

- Are you an Aboriginal and Torres Strait Islander Health Professional working in a remote or isolated health care setting?
- Are you required to be a competent practitioner and take first on call in your clinic?
- Do you need to have up to date knowledge and skills to perform this role?

The CRANApplus Aboriginal and Torres Strait Islander Remote Emergency Care Course is designed to ensure Aboriginal and Torres Strait Islander health workers/practitioners manage trauma and medical emergencies in the remote and isolated health care setting, using the DRABCD primary and secondary survey approach. The Aboriginal and Torres Strait Islander Remote Emergency Care course content can be modified according to needs of the health service, with a first aid component or focus as required.

Graduates of this course will be able to:

- Identify the process to respond in a safe, timely and appropriate manner to an emergency in the remote context including using equipment, communication systems, transport and retrieval.
- Demonstrate an understanding of the principles of management for the severely ill or injured patient in the remote setting.
- Demonstrate a systematic approach to primary and secondary survey.
- Demonstrate immediate life support skills required in the management of the critically ill patient.
- Recognise the role of the Aboriginal & Torres Strait Islander Health. Practitioners/Workers in the management of the critically unwell patient.
- Perform Basic Life Support as per Australian Resuscitation Council guidelines.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



### ATSI MEC - Aboriginal & Torres Strait Islander Maternity Emergency Care

#### About this Course

- Does a pregnant woman coming to your clinic make you feel nervous?
- Would you know what to do if a pregnant woman came to your clinic/hospital in labour and there was no midwife available?
- Can you give good care, within your scope of practice to pregnant women?

The Aboriginal and Torres Strait Islander Maternity Emergency Care Course is designed to upskill Aboriginal and Torres Strait Islander Health Workers/Practitioners to provide emergency care for pregnant women and their babies in the remote and isolated setting.

The Aboriginal and Torres Strait Islander Maternity Emergency Care course content can be modified according to needs of the health service, with male and female specific courses available.

Graduates of this course will be able to:

- Demonstrate the principles managing an unexpected birth in a remote and/or isolated setting
- Demonstrate the principles of giving first line emergency care to a woman in labour and immediately following childbirth.
- Identify appropriate responses to the following maternal and neonatal complications:
  - Vaginal bleeding in pregnancy
  - Hypertension
  - Pre-eclampsia
  - Maternal trauma
  - Pre-term labour
  - A baby requiring resuscitation after birth
  - Post partum haemorrhage
- Develop strategies for providing timely referrals to trained maternity service providers and newborn health services in geographically isolated regions

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)







## **BLS - Basic Life Support**

### About this Course

- Are you part of a health team that requires Basic Life Support (BLS) skills?
- Would you know how to save a life when there is no breathing or response present?
- Is BLS part of your organisations annual core competence requirement?

The CRANApplus BLS course is designed to provide a flexible learning opportunity that will ensure best practice and is contextualised to the remote and isolated setting.

### Graduates of this course will be able to:

- Perform Basic Life Support as per Australian Resuscitation Council guidelines
- Describe the components of the BLS algorithm (DRSABCD)
- List the steps in using an automated external defibrillator (AED) and safety precautions
- Discuss cessation of BLS

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)

### The BLS Course can be undertaken in a number of different modes:

1. Both theory and clinical assessment delivered face to face
2. BLS theory completed online with a Skype assessment
3. BLS theory completed online with assessment undertaken by a BLS assessor on site

BLS can either be undertaken either as a unit of competency (Provide Cardiopulmonary Resuscitation) if required by your workplace or as a non unit of competency.



## **CGM - Clinical Governance Made Easy**

### About this Course

- Are you a remote manager looking to improve your knowledge of clinical governance?
- Would you like to provide leadership in your workplace by putting national standards into practice?

This workshop provides an opportunity for clinicians and clinical managers to actively focus on the NSQHS Standard 1: Clinical Governance for further improvement in their workplace. This one-day workshop can be stand-alone or part of a short course tailored to the health service staff's learning needs. For example, a short course consisting of 2-day workshop: 1st day Clinical Governance and 2nd day Triage.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)





## Clinical Upskilling

### About this Course

- Do you feel like it's time for a 'skill refresh'?
- Are you a remote or isolated health professional looking for a time and cost-effective way to update your knowledge?

The Clinical Upskilling Modules have been developed to ensure health professionals have

an opportunity to remain clinically current via an online delivery mode meaning the clinician can undertake these modules to upskill at a time and place suitable to their circumstance. This suite can be completed as a comprehensive package, or purchased as individual modules.

For more information and to enrol in our online modules, please visit [www.crana.org.au](http://www.crana.org.au)



## Core Mandatory Suite

### About this Course

- Are you up to date with current professional best practice?
- Have you been tasked with managing the staff and procedures at your clinic or health workplace?

The Core Mandatory Modules have been designed to provide the remote and rural workforce with the necessary information to enhance current knowledge of clinical and discretionary competencies in professionally agreed organisational requirements.

This suite can be completed as a comprehensive package, or purchased as individual modules

For more information and to enrol in our online modules, please visit [www.crana.org.au](http://www.crana.org.au)





### FLTC - First Line Triage Course

#### About this Course

- Are you the first point of contact for patients in your health service?
- Are you required to assess patients for an appointment?

The CRANaplus First Line Triage Course (FLTC) focuses on the triage of patients and appointment management in a primary health setting. The course up-skills the primary health practitioner to confidently assess patients and apply the principles of triage to ensure patients receive appropriate care.

#### Graduates will be able to;

- Discuss the principles of triage assessment in a primary health setting
- Describe the challenges associated with triaging in a primary health setting
- Demonstrate an understanding of "The prioritisation of patients: A guide to urgency for non-clinical staff" (Popguns Triage Tool) and its implementation
- Develop an understanding of the medico-legal aspects of triage

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



### Fundamentals of Rural Nursing Practice

#### About this Course

- Are you a Registered or Enrolled Nurse working in a rural setting?
- Do you wish to enhance your knowledge in recognising and responding to the clinically deteriorating patient?
- How effective are your communication and clinical handover skills?

The CRANaplus Fundamentals of Rural Nursing Practice (FRNP) is designed to meet the learning needs of registered nurses, enrolled nurses, and nurses new to rural practice. The one-day workshop is designed to develop and enhance the knowledge and skills of the rural nursing workforce in the following areas:

- Clinical assessment and decision making
- Comprehensive history taking
- Recognising and responding to the deteriorating patient
- Escalation of care in a rural context
- Communication for safety – clinical handover

On completion participants will be able to:

- Identify the key elements of a comprehensive history and physical assessment
- Undertake a comprehensive history and physical assessment
- Describe interview techniques utilised to ensure a comprehensive patient history
- Identify factors which contribute to the deterioration of the patient in the rural context
- Discuss the significance, consequences and management of altered clinical observations
- Describe the elements of good communication that contribute to quality patient documentation and clinical handover
- Describe the components of the ISBAR communication process

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)







## MEC - Maternity Emergency Care (MEC)

### About this Course

- Does the sight of a pregnant woman in your clinic make you nervous?
- Would you know what to do if a pregnant woman presented at your clinic/hospital in labour and no midwife was available?

The Maternity Emergency Care (MEC) Course is designed to enable the health workforce to develop the knowledge and skills necessary to provide emergency care for pregnant women and their babies.

Please refer to the Midwifery Upskilling Course if you are a current midwife.

For many employers MEC is a mandatory prerequisite to work in remote locations.

Graduates of this course will be able to:

- Demonstrate the principles of first line emergency management of a woman in labour and immediately following childbirth.
- Identify appropriate responses to the following maternal and neonatal complications:
  - Pre-term labour
  - Vaginal bleeding in pregnancy
  - Diabetes
  - Hypertension
  - Pre-eclampsia
  - Maternal trauma
  - Birth asphyxia
  - Post partum haemorrhage

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



## MHE - Mental Health Emergencies

### About this Course

- Are you confident of your ability to manage mental health emergencies?
- Would you like to develop your skills in responding to acute mental illness and severe distress?
- Are you required to deal with substance-affected persons in your workplace?

The Managing Mental Health Emergencies (MHE) course is designed to enable remote health staff to develop the knowledge and skills necessary to respond with confidence when encountering acute mental health issues, substance affected patients and episodes of acute distress as a result of traumatic events such as attempted/ completed suicide.

Graduates of this course will have covered:

- Effective communication in mental health
- Mental health assessment
- Mental health emergencies - acute distress and acute mental illness
- Managing acute mental disturbance – current best practice in the remote & isolated health context
- Managing acute intoxication and withdrawal – current best practice in the remote & isolated health context
- Self-harm and suicide
- Debriefing & clinician wellbeing (optional)

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)





### MIDUS - Midwifery Upskilling

- Are you often working alone or in isolation in your midwifery practice?
- Would you be confident in managing a midwifery emergency?
- Do you need to an update on current evidence-based practice?

The Midwifery UpSkillng Course (MIDUS) aims to provide an overview of current practice in antenatal, intrapartum and postnatal care, including discussion of complications in pregnancy and birth, and the emergency management of a pregnant woman and her baby, with an emphasis on care in the remote and isolated setting.

For many employers MIDUS is a mandatory prerequisite to work in remote locations.

Graduates of this course will be able to:

- Incorporate the principles of Cultural Safety in maternity care.
- Demonstrate the principles of ante & postnatal care provision within a remote or isolated setting. Demonstrate the principles of managing complications in pregnancy, labour and immediately following childbirth including:
  - Preterm labour
  - Bleeding in pregnancy Diabetes
  - Hypertension in pregnancy
  - Pre-eclampsia / eclampsia
  - Cord prolapse
  - Breech birth
  - Shoulder dystocia
  - Neonatal resuscitation
  - Events requiring maternal resuscitation
  - Postpartum haemorrhage
  - Retained placenta
  - Perinatal Mental Health issues

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



### PEC - Paediatric Emergency Care

About this Course

- Do you experience anxiety with paediatric presentations?
- Do you want to improve the emergency management of infants and children in remote or isolated practice settings?
- Are you expected to be a competent Paediatric Life Support provider?

The CRANApplus Paediatric Emergency Care (PEC) Course is an interactive, practical course that covers aspects of the emergency management of children in the remote and isolated setting. The course aims to increase confidence with paediatric presentations and focuses on team leadership, communication and critical thinking in paediatric emergency situations. It is based on best practice principles and Australian Resuscitation Council guidelines providing the health workforce with:

- Core paediatric emergency skills required in management of the critically ill and/or injured child in the remote and isolated setting
- Core basic and advanced life support skills required for the management of paediatric cardio-respiratory arrest.

Graduates will be able to:

- Demonstrate a comprehensive and systematic approach to the assessment and management of the critically sick and/or

injured infant and child

- Incorporate paediatric basic and advanced life support skills and knowledge in the management of cardio-respiratory arrest including post resuscitation care
- Demonstrate an understanding of the concept of clinical deterioration and apply this knowledge to the early identification and management of the critically ill and/or injured infant and child
- Describe the legal, ethical and WH&S issues in relation to paediatric advanced life support
- Demonstrate complex clinical decision-making, effective team leadership and advanced communication skills in the management of cardio-respiratory arrest
- Demonstrate effective and accurate clinical documentation and handover.
- Identification and management of the critically ill and/or injured infant and child
- Describe the legal, ethical and OH&S issues in relation to paediatric advanced life support
- Demonstrate complex clinical decision-making, effective team leadership and advanced communication skills in the management of cardio-respiratory arrest
- Demonstrate effective and accurate clinical documentation and handover.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)







## Physical Assessment (7)

These modules have been compiled to assist the remote, rural and isolated health practitioner in gaining the theoretical knowledge on the

various clinical areas of physical assessment and its application to patient health outcomes.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



## PS - Practical Skills (1,2)

- Are you looking for a refresher in practical skills such as plastering, suturing, eye and ear assessment?
- Do you want to gain some practical skills for going remote?

The CRANaplus Practical Skills (PS) Course is based on best practice principles and provides the health workforce with an opportunity to receive instruction in, and practice of, key skills needed in the remote and isolated setting including:

- Ear assessment
- Management of Eye Injuries
- Wound Closure & Suturing
- Plaster Back Slabbing of upper and lower limbs.

Graduates will be able to:

- Identify basic anatomy of the ear, common presentations of ear conditions and their assessment and management.

- Demonstrate the use of an otoscope in ear examination.
- Identify basic anatomy of the eye, common presentations of eye conditions/injuries and their assessment and management.
- Develop knowledge of the pathophysiology and management of common fractures of upper and lower limbs including neurovascular assessment.
- Demonstrate backslab application to upper and lower limbs and identify complications of backslab application and removal.
- Describe the assessment and management of lacerations including simple wound closure using interrupted sutures.
- Describe the use of local anaesthesia including digital blocks.
- Demonstrate simple wound closure.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)





### REC - Remote Emergency Care (1,2)

- Are you prepared for a critically ill or injured patient?
- Would you like to develop a systematic approach to trauma assessment and prioritising care?
- Are you required to stabilise a patient before transporting?

The Remote Emergency Care (REC) Course is designed to enable the health workforce to develop the knowledge and skills necessary to respond with confidence to emergency situations and to deliver safe, evidence based quality care in the remote and isolated setting. For many employers REC is a mandatory prerequisite to work in remote locations.

Graduates of this course will be able to:

- Demonstrate principles of management of the acutely ill and injured patient/s in the remote and isolated setting
- Describe and implement a systematic patient assessment approach to the acutely ill or injured patient
- Explain the different requirements of ill or injured patients through the life span including the unique differences in managing paediatric and obstetric patients
- Demonstrate competence in skills required to support the findings of the systematic assessment
- Demonstrate knowledge and skills in the management of airway, breathing, circulation and spinal immobilisation
- Perform basic life support as per Australian Resuscitation Council guidelines.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



### PSTEC - Practical Skills Triage Emergency Care (1,2,5)

- Are you required to effectively and efficiently assess and triage emergency patients and primary presentations in your work?
- Are you looking for a refresher in practical skills such as plastering and suturing?

The CRANaplus Practical Skills Triage Emergency Care (PSTEC) course is based on best practice principles and will provide the health workforce with an opportunity to receive instruction in and the practice of key skills needed in the remote and isolated setting including;

- Triage
- Suturing
- Plaster Back Slabbing of upper and lower limbs.

Graduates will be able to:

- Demonstrate the principles of triage assessment techniques using a primary secondary survey approach.
- Understand the pathophysiology and management of common fractures of upper and lower limbs including neurovascular assessment.
- Understand the principles and complications of backslab application and removal.
- Demonstrate backslab application to upper and lower limbs.
- Describe the assessment and management of lacerations including simple wound closure using interrupted sutures.
- Describe the use of local anaesthesia including digital blocks.
- Demonstrate simple wound closure.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)







## **RMP - Remote Management Program Essentials for Remote Managers (1,2,4,5,8)**

### About this Course

The Remote Management Program is designed to enhance and broaden the manager's existing expertise regarding leadership and management, clinical governance, and project management underpinned by an action learning approach.

- Would you like to increase your confidence in leadership and management?
- Do you understand the role of Clinical Governance?
- Do you need project management skills?
- Would you like to gain professional support through participating in Mentorship Program provided by a registered member of Australasian College of Health Service Management (ACHSM)?

CRANApplus understands the challenges remote managers experience on a daily basis in dealing with staff at a distance, leading change, being

responsible for the delivery of safe, quality care. Whilst there is a gamut of leadership and management programs, there are none that address the contextualisation of remoteness and associated challenges managers experience in remote health services.

Graduates of this course will be able to:

- Reflect upon and enhance management skills.
- Describe leadership and management attributes necessary for the implementation of quality improvement projects.
- Outline clinical governance, managers roles and responsibilities and its application in remote settings.
- Undertake workplace needs analysis.
- Plan, develop, implement and evaluate quality improvement project.
- Undertake an evaluation project report.
- Participate in the Australasian College of health Service Management Mentoring Program

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



## **SSS - Stay Safe & Secure (1,2)**

- Do you place priority on your personal safety and security?
- Would you like to increase your confidence in dealing with threatening situations?
- Are you required to prevent and/or manage aggression and violence?

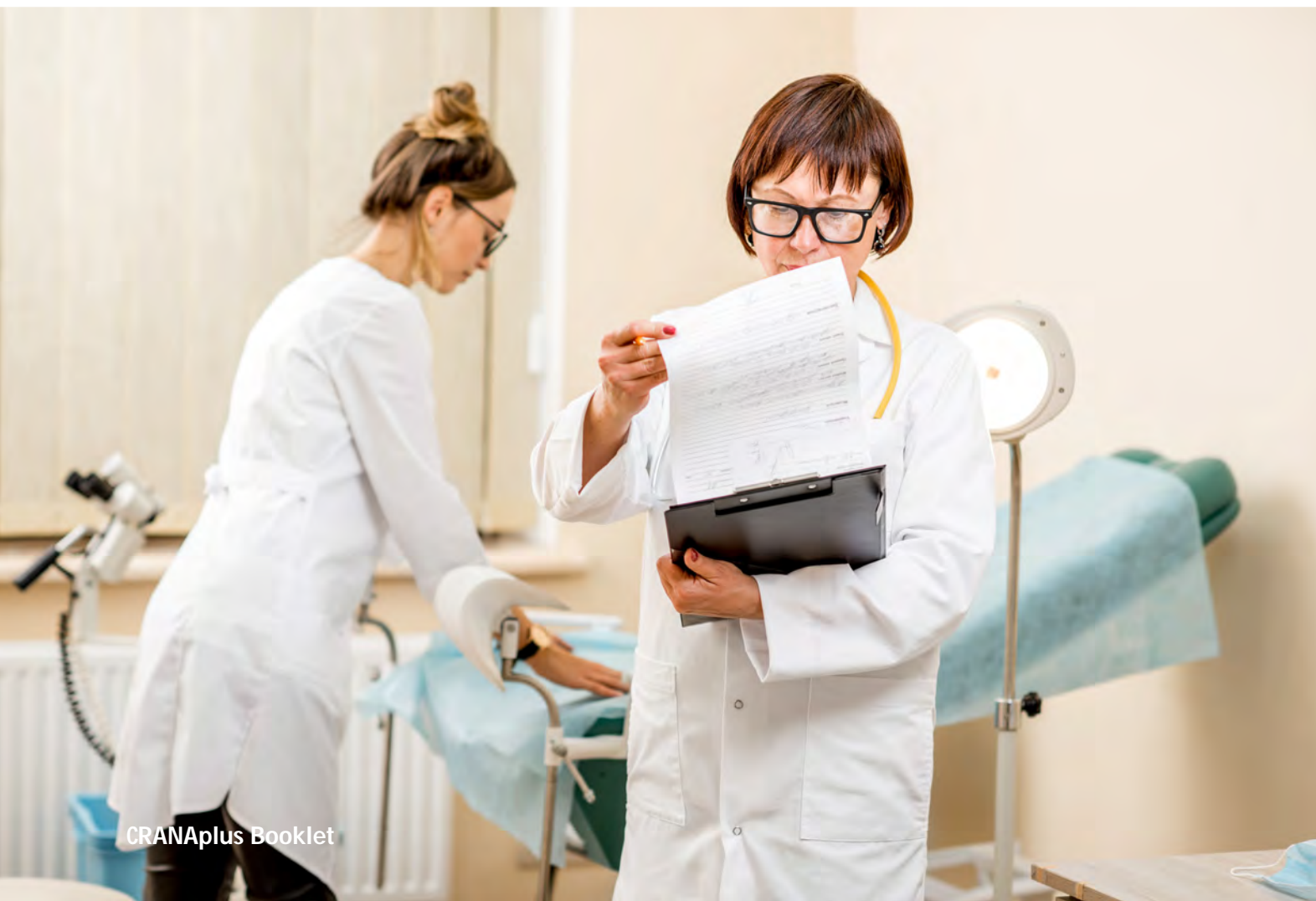
The Stay Safe and Secure (SSS) Course is designed to enable the remote health staff to develop the knowledge and skills necessary to prevent and manage with confidence incidences that threaten personal safety and security in a remote health setting with a focus on aggression and violence.

The course can be modified according to the needs of a health service and be delivered on an organisational basis.

Graduates of this course will be able to:

- Demonstrate an understanding of the importance of occupational health and safety and relevant legislation, principles and guidelines;
- Explain how the most significant threats to remote workforce health and safety are controlled within your work; and
- Identify, assess and respond to aggression and violence in according to their needs and abilities.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)







### TEC - Triage Emergency Care (1,2)

#### About this Course

- Are you required to effectively and efficiently assess and triage emergency patients and primary presentations in your work?
- Do you need to enhance your triage skills?
- Are you familiar with the Australasian Triage Scale and Emergency Triage Education Kit?

The CRANApplus Triage Emergency Care (TEC) Course is based on the Emergency Triage Education Kit (ETEK) with a focus on application for rural, remote and isolated settings. The course upskills the remote/rural triage practitioner to confidently assess patients and apply the Australasian Triage Scale to allocate an appropriate triage category.

#### Graduates will be able to:

- Demonstrate the principles of triage assessment techniques using a primary survey approach.
- Demonstrate an understanding of the Australasian Triage Scale and its implementation in the workplace.
- Develop an understanding of the medico-legal aspects of triage.
- Develop an understanding of the unique differences between urban and rural triage practices.
- Describe the techniques for physical assessment.

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)



### TPC - Trauma Preparedness (1,4,5,6)

#### About this Course

- Are you part of the team that needs to “go out in the ambulance”?
- Do you and your team members know your ambulance and equipment?
- Do you and your health personnel know about scene safety?

The CRANApplus Trauma Preparedness (TPC) Course focuses on the pre-hospital environment and is designed to prepare and upskill the remote, rural and isolated health workforce to work as a team so they may confidently respond to medical emergencies and trauma.

This course upskills primary health care and/or hospital personnel in the pre-hospital early management of trauma. It includes safe extrication from vehicles and psychological education that explores ways of minimising difficult emotions that could lead to further complications if not addressed.

TPC Course content can be modified according to needs of the health service.  
Graduates will be able to:

- Describe and implement a systematic patient assessment
- Demonstrate the principles of management for the acutely ill and the trauma patient in the pre-hospital setting
- Demonstrate and apply the principles of managing an incident involving multiple casualties
- Demonstrate competence in clinical skills; airway, breathing, circulation spinal immobilisation and extrication from vehicles
- Describe types and management of common maternity emergencies
- Demonstrate awareness and use of ambulance equipment
- Perform Basic Life Support as per Australian Resuscitation Council guidelines
- Demonstrate awareness and identify coping mechanisms in a traumatic event or unexpected death

For more information and to book this course, please visit [www.crana.org.au](http://www.crana.org.au)





## Fundamentals for Rural Nursing Practice Workshop

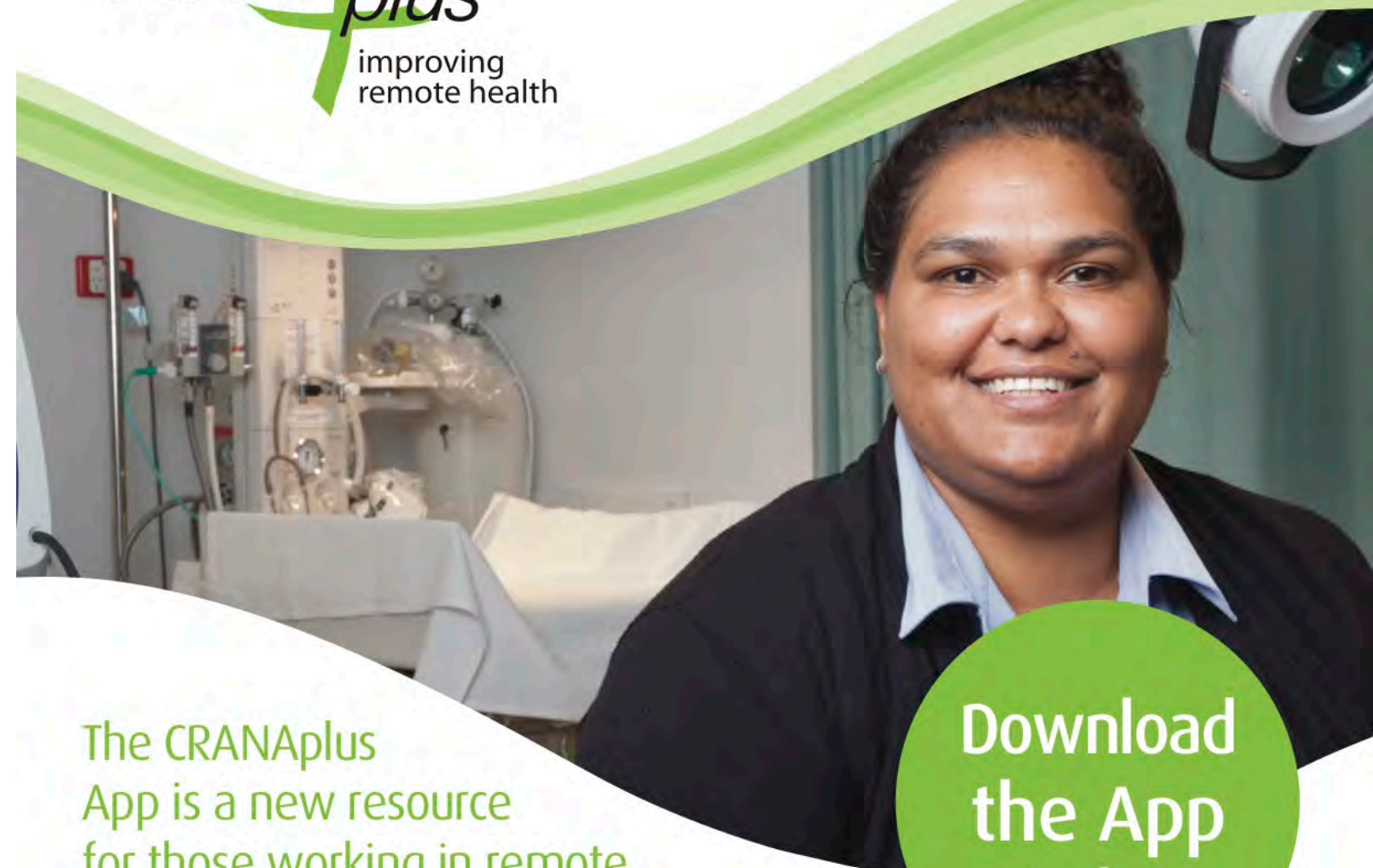
CRANaplus has listened to Rural nurses who have told us that they prefer locally delivered face-to-face professional development workshops, which recognise the context in which rural nurses practice.

Overview of the workshop:  
The Fundamentals for Rural Nursing Practice is a locally delivered professional development workshop designed to update and enhance nurses knowledge and clinical assessment skills in recognising and responding to clinical deterioration, effective communication and clinical handover.

## Pathway to Rural Practice

The pathway to Rural Practice guide is a good starting point for prospective nurses who are considering a career in Rural Nursing regardless of where they are on the career continuum. The Pathway to Rural Practice Guide was developed after consultation with rural nurses from across the country.

This resource provides points and tips for consideration with the aim to build confidence to make the move to a rural location, and embark on a career in rural nursing.

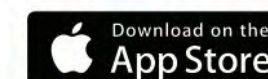


Download  
the App  
today

The CRANaplus App is a new resource for those working in remote and isolated Australia

- Learn how to recognise bullying in the workplace and how to manage it
- Complete a safety and security audit
- Call Bush Support Services 24/7 direct from the app
- Complete a safety and security Rapid Risk Assessment

Download FREE from the App Store



For more information visit  
[www.crana.org.au](http://www.crana.org.au)





## WORKFORCE SUPPORT

### CRANApplus Bush Support Services

CRANApplus is unique in providing specialised dedicated support services for remote and isolated health practitioners/workers and their families. CRANApplus Bush Support Services provides a comprehensive suite of tools to help manage the pressures that come with remote, isolated and rural practice.

**CRANApplus Bush Support Line**  
**1800 805 391 Toll-free 24/7**

The CRANApplus Bush Support Line offers free personal counselling with registered psychologists experienced in working and living in remote and isolated locations. Our dedicated counsellors extend support to meet the many challenges that can face those delivering health services in remote, isolated and rural communities. The service is also open to families of the health workforce.

The only psychologist-staffed service of its kind in Australia, the Bush Support Line is a toll free service, operating 24 hours a day, every day of the year.

Calls are confidential and you can choose to remain anonymous if you wish. You can speak to the same counsellor on subsequent calls and Indigenous counsellors are also available. If you're on a mobile, we'll happily call you back.

#### Internet Counselling

In addition to the telephone, Internet Counselling services are also available. Contact [scp@crana.org.au](mailto:scp@crana.org.au) anonymously if you wish and make a time.

#### Workshops

CRANApplus Bush Support Services also deliver a range of self care workshops which can be tailored to meet additional needs on request.

#### Online Courses

For information regarding the Self Esteem Guide or the Managing Conflict Course visit our website: [crana.org.au/support](http://crana.org.au/support)

#### Who are BSS?

CRANApplus Bush Support Services is a twenty-four hour, 7 day per week telephone counselling/support service originally established in 1997 through funding from the Office of Aboriginal & Torres Strait Islander Health Service. BSS is now funded by the Commonwealth Department of Health and is the Support Division of CRANApplus. Bush Support Services is staffed by eleven highly-trained and experienced psychologists (including two aboriginal psychologists) and supported by two administrative staff.

#### What do we do?

CRANApplus Bush Support Services provides a free telephone counselling, debriefing, psychological intervention and support service to rural and remote area health professionals/workers and their families. Due to isolation, remote area health professionals chronically face higher levels of occupational stress than their city counterparts. If you require on-going support, Bush Support Service psychologists can offer you structured, regular support with the same psychologist.

Bush Support Services offer free telephone counselling and support for families of Rural or Remote Health Professionals living / working anywhere in Australia.

Feel the need to chat with someone outside the square? Call the CRANApplus Bush Support Services Toll Free Support Line on 1800 805 391.



## Self Care Booklets

### "CRANaplus Bush Support Services Guide to Bush Survival"

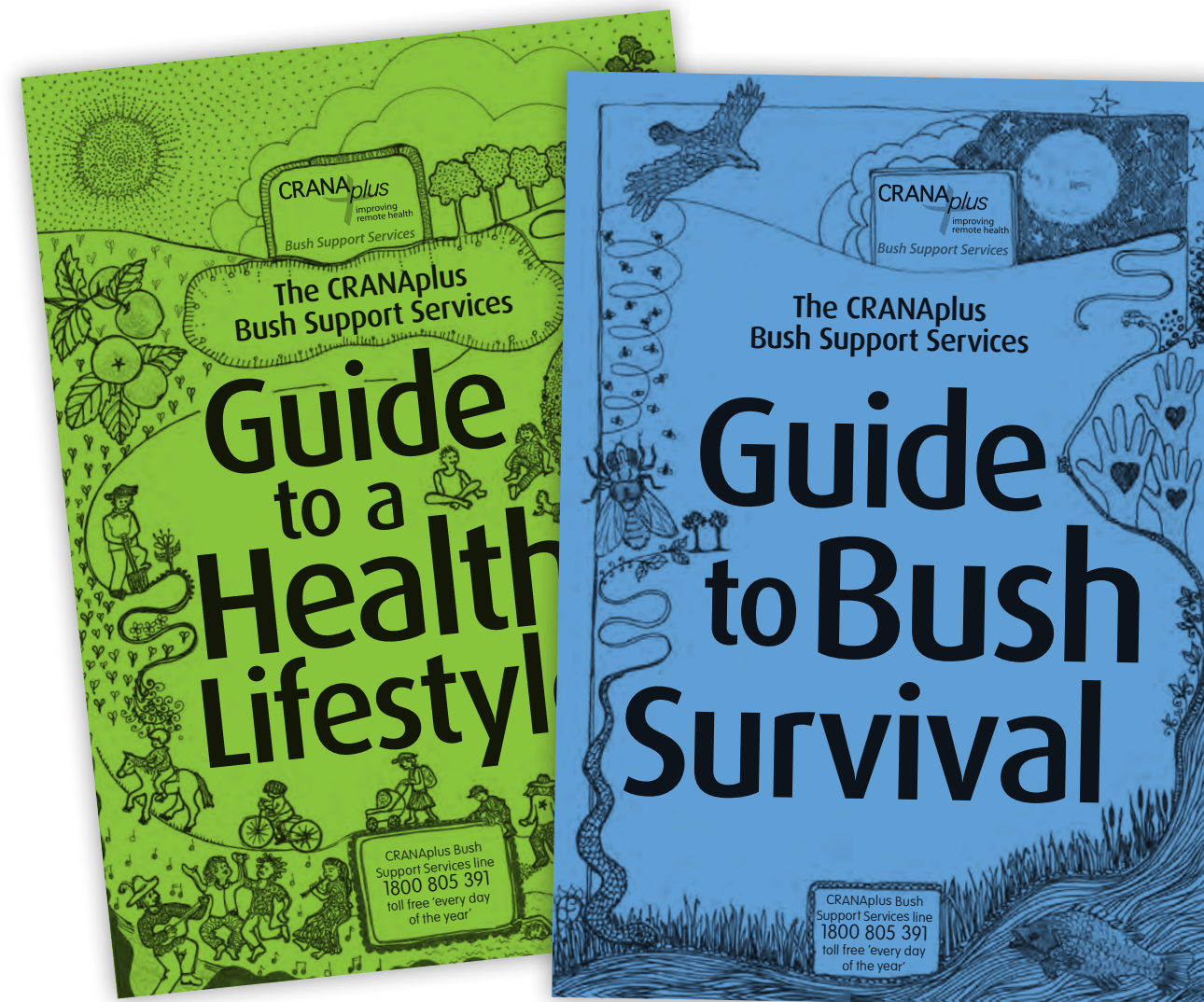
Just as the remote area health setting is changing, current psychological thinking about the ways of assisting people to cope with stress has also evolved. There has been a shift away from a focus on negative emotions such as anxiety, depression, stress and trauma to a more positive psychology.

The CRANaplus Bush Support Services Guide to Bush Survival aims to help health workers understand the stressors they may encounter in the rural and remote health setting and to consolidate and build resilience through a variety of positive skills and strategies.

### "CRANaplus Bush Support Services Guide to a Healthy Lifestyle"

The CRANaplus Bush Support Services Guide to a Healthy Lifestyle was written with the view of encouraging rural and remote area health workers to reflect on their own behaviour and attitudes that impact on their overall well-being and personal health.

The self-care strategies explored in this booklet include exercising, healthy eating and drug and alcohol factors in order to maintain optimal physical fitness and good mental health. This booklet encourages health workers in the remote context to make holistic healthy lifestyle choices as part of their repertoire of dealing with workplace stress. It suggests ways of staying energised and motivated through having fun, and promoting relaxation.



## Mindfulness Monday Newsletter

Mindfulness is an important focus in current psychological thinking. The reason for the interest in mindfulness is because of the increasing volume of research findings that it is an extremely effective way to reducing stress. Moreover, a regular practice of mindfulness increases self-awareness and allows individuals the opportunity to deal with negative thoughts and feelings. Subscribe to our weekly Mindfulness Monday newsletter (link to mindfulness Monday subscription) to receive strategies to help you focus in on your present experience, and build emotional and psychological resilience.

## Bush Support Services Informational DVD

"Have you got a minute?" is the opening line in the CRANaplus Bush Support Services DVD, which outlines and promotes our confidential 24-hour telephone service. It is narrated by actor Jack Thomson, and was a finalist in the 2015 New York International Film Festival. You can access this resource at <https://crana.org.au/resources/support/bss-products/> or request a hard copy from: [bssadmin@crana.org.au](mailto:bssadmin@crana.org.au)



## Bush Support Services Workshops

Bush Support Services offers a comprehensive portfolio of resilience-building workshops aimed at improving the psychological, social and emotional wellbeing of those working in the bush. These workshops are skills-based with the primary goal of sustaining people and enabling them to not only survive, but to thrive whilst working in the remote context.

Facilitators are experienced psychologists who are living and working in rural and remote locations around Australia and have many years experience in the provision of workshops in remote locations including Torres Strait Islands, Cocos and Christmas Island, Kimberley, Alice Springs, Gove, North and West Queensland and outback NSW.

### CECW - Collaborative, Engaging and Connected Workplaces

The CECW workshop explores the central idea that respectful behaviours are central to a healthy workplace culture. The workshop addresses interpersonal skills, values-based and reflective practices that are necessary for dealing with the complexities of workplace culture.

The aim of the workshop is to allow participants to explore remote health workplace culture and to develop alternative ways of responding to workplace conflict through a restorative framework.

### Helpful Conversations (Basic Counselling Skills)

Health professionals of all disciplines need to be able to communicate with their patients, colleagues and clients in helpful ways. This workshop introduces the fundamentals of counselling style. It explores the unique array of communication skills, such as body language, attending, questioning and active listening and empathy that are employed by counsellors to relate to others and to effect change.

### PPT - Psychological Preparedness for Trauma

Workers in remote health workplaces are more likely to experience traumatic events. This workshop looks at ways participants can prepare for the psychological impact of trauma. The workshop explores specific strategies aimed at mitigating the emotional and behavioural consequences of being exposed to trauma.

### RES - Building Resilience & Reflective Practice

Resilience is the extent to which individuals can cope with adversity. It is a skill rather than a personality trait. Using the principles of positive psychology, this workshop aims to explore the skills necessary to better cope with stress. The workshop covers topics such as the importance of connecting with others, having a passion, creativity and mindfulness. The aim of the course is to build psychological resilience in the remote and isolated health workforce.

### Online DIY Managing Conflict Course

In this course we explore some different ways of handling conflict, including issues such as expressing your feelings, building self-confidence and improving communication. The module is presented in seven discrete sections which contain background reading material together with suggested exercises which are to be completed before advancing to the next Learning Package.

## NOI Groups

Networks of Interest groups are a collective of CRANaplus members with common professional areas of interest. They serve as an avenue for the sharing of resources and support within the group and for discussing topical issues, raising questions or asking for advice.

Networks of interest also form a dedicated communication pathway when CRANaplus is seeking or disseminating information that is of sole relevance to that area of practice and professional interest.

To join a Network Of Interest Group, find the "Groups" tab on our CRANaplus Facebook page at [www.facebook.com/CRANaplus](http://www.facebook.com/CRANaplus)

## Links Mentoring Program

CRANaplus LINKS Mentoring program offers rural and remote health professionals an opportunity of mutually rich learning and development - beneficial for both the mentee and mentors.

LINKS program is voluntary for individuals to register as either a mentee and mentor. LINKS is a structured program with an online module and mentoring contract agreement. In addition, it is flexible and accommodates individuals' specific learning needs in a supportive and nurturing manner.

Together with Bush Support Services the program coordinator will provide support to develop the mentoring relationship through regular contact including use of telephone, emails, and Skype.

## Scholarships and Grants

Scholarships and Grants to support the ongoing development of remote Health Professionals and students are welcomed by CRANaplus. Information about a range of CRANaplus and relevant public and private scholarships and grants are available on our website.

## Supporting Students

CRANaplus has always prided itself on its engagement with students. There has been a long-standing tradition to actively support students, in the interests of promoting remote health as a career choice, and ensuring for a future remote workforce.

In partnership with NRHSN, we aim to support new graduates to consider a career in remote practice, through a number of specific activities. Read more about our student resources on our website.







# Professional Resources and Industry Information

## PROFESSIONAL RESOURCES and INDUSTRY INFORMATION

CRANApplus provides a diverse and constantly growing suite of professional services and resources for the remote and isolated health sector.

When we refer to remote health professionals it is important to realise that the term may not always refer to geographical location but is also inclusive of health professionals who may work in isolation – how you practise not just where you practise. Remote health professionals work in a variety of settings that include Aboriginal and Torres Strait Islander communities, outback towns, on and off-shore oil rigs, railway and mining communities, pastoral properties, islands, tourist resorts - and are an integral part of the delivery of health care to remote Australia.

We draw on our substantial corporate membership and supporter base to build a community of like-minded individuals who can connect, network and share. Our unique insight and reach make CRANApplus a valued and effective collaborator and partner with governments, employers and the broader remote health industry. Our dedicated staff and network of experts develop industry-wide initiatives and customised programs for workplaces and applications, and produce a range of resources to support clinical and organisational processes and practices.

As a leader in remote and isolated health resources, support and education, CRANApplus has defined pathways into remote practice and developed a clinical governance guide for remote health. We have established professional standards for remote nursing and midwifery practice and regular position papers are prepared on topical issues of significance.

Through targeted professional services, CRANApplus is strengthening the remote and isolated health sector. We publish and distribute the CRANApplus Remote Clinical Procedures Manual and provide professional support to our nursing, Aboriginal health and allied health teams.

We encourage you to take advantage of the range of professional resources on our website to inform and support your work.

### Position Papers

As the voice for remote health in Australia, at CRANApplus we regularly contribute our stance on health policy and issues, to increase the awareness of the remote perspective, give rise to change and advocate for best practice.

Position statements are an evolving process and reflective of current, as well as past and ongoing issues. They are generated by CRANApplus to provide our approved and ongoing view on issues that are broad and industry wide. We endeavour to ensure they remain relevant through evaluation and develop new ones responsive to needs.

### Literature Reviews

Over the past 20 years there has been extensive research undertaken in Australia, regarding the roles of rural nurses and workforce recruitment and retention issues. CRANApplus has undertaken a review of the current literature around rural nurses' professional engagement and disengagement.

We are aware nursing in the rural environment is shaped by the context, whereby differences do exist in providing healthcare to meet community needs. The nature of the rural nursing practice is broad, and requires rural nurses to utilise a wide range of skills both to manage patients across the lifespan and meet community needs.

### Employment

Advertising a vacancy in the employment section of the CRANApplus website not only exposes you to the considerable traffic visiting the site, it will be drawn to the attention of readers of CRANApulse, an e-newsletter distributed to in excess of 9000 recipients every week.

Many employment opportunities that are listed are with our Corporate Members and could see you working in a variety of settings that include Aboriginal and Torres Strait Islander communities, outback towns, on & off-shore oil rigs, railway and mining communities, pastoral properties, islands, tourist resorts - and becoming an integral part of the delivery of health care to remote Australia.



## Research

We are committed to research through collaborative opportunities to actively participate in research projects as well as supporting research with particular focus on context of remote and rural practice.

## Definitions, Frameworks and Standards

CRANaplus believes it is imperative to have a nationally-consistent understanding of practice for remote health service delivery to improve health outcomes for those living in remote areas. We have developed a range of professional industry standards, frameworks and definitions related to remote and isolated health practice in Australia to contextualise remote nursing and identify what the role encompasses. This information can be found on our website.

## Ran Certification

A CRANaplus Remote Area Nurse (RAN) Certification provides a nurse with the requisite skills, knowledge and experience to be responsive to the fundamental health needs of

their remote, rural and/or isolated community, employer and patients. This Certification process is for nurses to measure and demonstrate their practice against the 9 Professional Standards of Remote Practice, which CRANaplus believes is the minimum standard requirement for remote and isolated practice.

Becoming RAN Certified also provides career development opportunities through this nationally recognised process. For more information or to begin your RAN Certification, visit [www.crana.org.au](http://www.crana.org.au)

## Fellowships

CRANaplus Fellowship recognises members who have shown exceptional commitment in their professional practice and made an outstanding contribution to remote and isolated health. Our Fellows represent a network of recognised expertise on a wide range of issues. As a CRANaplus member, you can nominate a colleague or apply yourself as a nominee for Fellowship of CRANaplus. For more information, visit [www.crana.org.au](http://www.crana.org.au)







# CONTACT US

## Cairns

Address  
Suite 2  
Wallamurra Towers  
189-191 Abbott Street  
Cairns, QLD 4870  
Tel - 07 4047 6400  
Fax - 07 4041 2661

Postal  
PO Box 7410  
Cairns, QLD 4870

**Alice Springs**  
Address  
c/- Centre for Remote Health  
cnr Simpson and Skinner Streets  
Alice Springs, NT 0870  
Tel - 08 8955 5675

Postal  
PMB 203  
Alice Springs, NT 0871

## Adelaide

Address  
Unit 1  
81 Harrison Road  
Dudley Park, SA 5008  
Tel - 08 8408 8200  
Fax - 08 8408 8222

Postal  
PO Box 127  
Prospect, SA 5082

Email  
crana@crana.org.au

## Connect with us on social media

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