



Useful information for new Remote Area Nurses (RANs):

Cultural Safety:

If you have not recently done a cultural safety course the following link will take you to a free on-line course: <http://lms.cucrh.uwa.edu.au/login/index.php>

Clinical Experience:

There really is no substitute for diverse clinical experience. In general the consensus is that 3 years post graduate experience would be the minimum, with a balance between Emergency, adult acute medical and paediatrics in a setting where you have dealt with and managed a range of complex clinical presentations.

You should have well consolidated basic nursing clinical skills and should be moving towards an advanced clinical competence. You should have excellent advanced clinical assessment skills - both adult and paediatric and you should feel confident to triage, initiate and manage appropriate first line emergency care.

You should also have sound medication calculation, Pharmacotherapeutics and dispensing skills. Skills like venepuncture, IV cannulation, basic plastering, suturing and Point of Care equipment are used regularly in this setting.

Primary Health Care skills are an advantage. Experience in women's / men's health, infant and child growth monitoring, chronic disease management and public health screening is useful.

Other skills:

- Good IT skills and previous experience with Patient Information Management Systems is a big advantage. NHC clinics and programs use Communicare. All patient records are electronic – paperless.
- Previous experience with ordering and managing stock helps
- Good organisational and administrative skills
- An ability to be flexible and adaptable is very important

Reference Material and courses

1. Obviously knowing **CARPA** and the **"Women's Business Manual"** inside out and back to front will help you a lot. There is a reference manual containing the literature supporting the protocols and procedures in CARPA. You can purchase copies of these manuals on-line. Click on or copy and paste to your browser this link: <http://www.remotephcmmanuals.com.au/>. These manuals are also available on-line – see below to access the manuals:

Nganampa Health Council (NHC) uses the CARPA and the Women's Business Manual (WBM). Deviations from these protocols require consultation with NHC Medical Officers.

To Register:

Click on the link below or copy and paste the link into your browser <http://www.remotephcmmanuals.com.au/>

hcm.allette.com.au/home.html

The screenshot shows the homepage of the Remote Primary Health Care Manuals website. The header includes the site name and navigation links: home, about, contact, manual content, search, and login. The main content area features a 'Welcome to the Remote PHC Manuals website' section with a list of manuals: CARPA Standard Treatment Manual, 6th edition; Mitymaku Kutju Tjukurpa Women's Business Manual, 5th edition; Clinical Procedures Manual for remote and rural practice, 3rd edition; Medicines Book for Aboriginal Health Workers, 3rd edition; and Reference Book for the Remote Primary Health Care Manuals. A 'REGISTRATION' button is highlighted with a red circle and a callout box that says 'Click this button'. Below the registration button is a 'Login' section with fields for email and password, and a 'SEARCH' button.

Click this button

hcm.allette.com.au/register.html

The screenshot shows the registration page of the Remote Primary Health Care Manuals website. The page has a 'Registration' heading and a form with fields for First Name, Surname, Occupation (a dropdown menu), Email, Password, and Repeat Password. A 'Terms of Use' section is visible below the form, with a checkbox for 'I accept the Terms of Use' and a checked checkbox for 'Notifv.me by email when the website or the manuals are updated'. A red circle highlights the registration form fields, and another red circle highlights the 'Terms of Use' section.

- Complete this section.
- Choose a password that you will remember

- Accept the terms of use

Make a note of your user name and password

2. Vaccinations are an important part of primary health care. You need to have completed an accredited Vaccine Provider Certificate before you can give vaccinations in NHC Clinics. South Australian regulations require successful completion of the SA online Immunisation course. The course attracts 40 CPD, costs \$198.00 which is reimbursable when you are contracted to one of the NHC clinics. The online course is easily accessible via this link: <http://sahealthimmunisation.e3learning.com.au/>
3. Remote Area Health Corps (RAHC) have a free elearning suit of relevant remote area learning modules which provide a general basis for some aspects of nursing in remote areas <http://www.rahc.com.au/elearning>
4. The Council of Remote Area Nurses of Australia (CRANA) *Plus* is an organisation for remote area nurses. The organisation provides a number of important services for remote nurses. Some of the services provided are:
 - a. The Bush Support Service provide a 24-hour confidential support to people in the bush - <http://bss.crana.org.au/1-confidential-24-hour-support-line-1800-805-391.html>
 - b. an e-learning program that is relevant to nurses new to remote area nursing and to RANs who need to update and maintain competencies: <http://courses.crana.org.au/83-page-eremote-modules-explained-crana.html>
 - c. Short courses preparatory to commencing work in remote areas - <http://courses.crana.org.au/>
 - d. *Clinical Procedures Manual for remote and rural practice*. This contains information and instructions related to most procedures you are likely to be confronted with in an emergencies or unusual circumstances. You can obtain copies of this manual and the CARPA manuals through CRANA *Plus* <http://shop.crana.org.au/1-products-publications.html>
5. Australian College of Emergency Nurses (ACEN) Courses are also good value. NHC runs all these courses on a rotating basis. The ITLS – adult early each year then one of the other courses late in the year. Courses, dates and locations can be found on the website: <http://www.acen.com.au/courses/>
6. The Centre for Remote Health - cnr Simpson & Skinner Streets, PO Box 4066 Alice Springs NT 0871, Ph 08 8951 4700 Fax: 08 8951 4777 Email: crh@flinders.edu.au They run longer certificate, diploma, masters courses for remote nurses - <http://www.crh.org.au/content/view/12/9/> . They also do short course modules that can be credited towards certificates etc. <http://www.crh.org.au/content/view/25/22/>
7. Point of Care – NHC Uses a number of Point of Care machines. It will help you to have completed the competencies prior to starting with NHC. You need to register first then do the competencies (it's free) <http://www.iccnet.sa.org.au/Secure/Register.aspx?returnurl=%2fhome.aspx>
If you have any problems please contact Rosy Tirimacco - ICCnet CHSA M: 0412 749 418

Hope this helps

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