

Murray to the Mountains (M2M)

About Murray to the Mountains Intern Program



The M2M program is a Rural Generalist Intern Training program providing a unique, hands-on training experience in general practice, small and large regional health services.

The M2M program has been developed by a partnership between Alpine Health, Cobram District Health, Numurkah District Health Service and Yarrowonga Health.

The M2M placement structure provides an outstanding experience in both rural and regional hospitals in some of Victoria's most beautiful locations such as Cobram, Mt Beauty, Falls Creek, Yarrowonga, Benalla, Kyabram and Mansfield.

The core medical, surgical and emergency medicine rotations are provided at Northeast Health Wangaratta or Albury Wodonga Health (Wodonga & Albury Campus).

The aim of the M2M experience is for the interns to:

- maximize their exposure to generalist medicine;
- experience high levels of hands-on clinical experience & training
- experience medicine in a variety of settings – ambulatory, hospital and residential care;
- have core rotations of 10 weeks in surgery, medicine and emergency medicine in the Hume region;
- be the patient's first contact and follow the patient journey;
- have the opportunity to work in rurally based procedural general practice and small rural teaching services for 20 weeks;
- participate in parallel consulting;
- be exposed to sports medicine through working in the ski fields or water sports along the Murray River;
- access a high-quality education program that includes grand rounds, clinical review meetings, medical meetings geriatric & paediatric education sessions and skills workshops;
- be provided with opportunities for procedural based career pathways at PGY 2, 3 & 4 level;
- be supported in their career aspirations.

The M2M Program provides the opportunity for career progression from undergraduate to GP or specialist registrar and a strong foundation for a rural medical career. At the same time, the value of the M2M experience is readily translated to metropolitan specialist practice.

Other organisations involved with M2M include the Department of Rural Health of the University of Melbourne.

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Alpine Health

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Benalla Health

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NCN Health Cobram Campus

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Ph: (03) 5871 0701

Yarrowonga Health

33 Piper Street, Yarrowonga, 3730

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NCN Health Numurkah Campus

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Mansfield District Hospital

53 Highett Street, Mansfield, 3722

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Kyabram District Health Service

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Description of Hospitals

Moira, Alpine, Benalla, Mansfield and Campaspe Shires are in north-east Victoria, about 200 and 300 kilometres from Melbourne. The attraction of the Murray River as a popular holiday resort makes tourism an important industry and increases population markedly during holiday times. The region is a major fruit growing, dairying and beef district.

Alpine and Mansfield Shires are to the southeast of Victoria. They extend from numerous valleys to the mountains, snowfields and national parks. These regions include the Mount Hotham, Falls Creek and Mt Bulla ski resorts.

Yarrowonga Health

Yarrowonga is located in the north of the Moira Shire on the Murray River. Mulwala is a small town just across the Murray River from Yarrowonga, which looks to Yarrowonga for general practice and hospital services.

Yarrowonga Health complex comprises acute and subacute facilities. There are 19 acute medical/surgical/obstetrics beds plus dialysis chairs and day procedure beds. There are delivery rooms, operating theatre facilities and emergency department staffed by local GPs. Other services include medical imaging and a range of visiting specialists including Gynaecology, Orthopaedic Surgery, General Surgery, Paediatrics, Urology, Geriatrics and Nephrology.

There are three residential aged care facilities: Karana, with 30 high care beds; Warrina Hostel with 28 individual low care units, and Allawah Special Care Hostel with 30 dementia specific beds.

Yarrowonga Community Health Centre is located across the road from the acute facility.

Yarrowonga Denis Medical Group, one of the two general practices in Yarrowonga, has 5 full-time GPs, 2 part-time GPs and 2 full-time Registrars, Practice Nurses and Allied Health Professionals, with a mixture of skills including anaesthetics, women's health, minor surgery, emergency medicine and aged care. The Practice is an accredited teaching Practice in accordance with RACGP and ACRRM standards with 3 Supervising GPs, and also supervises Interns and Medical Students. Visiting Specialists include General Surgeon, Paediatrician, Psychologist, Nurse Practitioner, Mental Health Counsellor. With a Diabetic Educator and Dietitian they are able to run a Diabetes Clinic once a week.

The Yarrowonga Medical Clinic is a rural procedural GP clinic that has 6 Doctors in various stages of training and beyond, from Interns to MCCC basic, advanced and subsequent training positions and onto clinical assistantship, and 2 Supervising GPs – one who provides formal medical education. The Practice covers every aspect of patient care in a rural setting and 2 Practice Nurses in the Clinic at all times. The Practice Principal and Supervisor practices in anaesthetics and runs a Skin Cancer Clinic. The Practice hosts external health professionals in mental health, medical specialities and allied health.

Cobram District Health

Cobram is located in the north of Moira Shire on the Murray River.

Cobram District Health (CDH) operates 12 medical and surgical beds plus four day procedure beds, operating theatre facilities and an emergency department staffed by local GPs. Other services postnatal, medical imaging and an after-hours medical clinic run out of the emergency department.

Co-located on the hospital campus is Irvin House, a 30 bed high care residential aged care facility, and an educational facility, with Cobram Community Health Centre located across the road and Cobram Rehabilitation Centre.

CDH have established a "GP Super Clinic" on campus, extending and developing the Cobram Medical Clinic to incorporate the Cobram Dental Clinic. On-site Pathology, X-Ray and Ultrasound are also available.

The Cobram Medical Clinic has 7 GPs, 6 Practice Nurses and 3 Visiting Psychologists. Visiting Specialists include Orthopaedic & General Surgeons, Gynaecologist, Paediatrician, Geriatrician & Psychiatrist. The Practice is an accredited teaching Practice in accordance with RACGP and ACRRM standards and also supervises medical students. Other services are monthly Audiology Clinics, Sleep Studies, Weekly Pap Smear Clinics, care Plan Clinics and Full Body Skin Check Clinics.

Alpine Health Mount Beauty Campus/Falls Creek

Alpine Health is a multi-purpose service meeting the health needs of the Alpine Shire communities and has campuses located at Myrtleford, Mt Beauty and Bright.

Mt Beauty is situated at the foot of Mt Bogong in the Kiewa Valley and is a popular tourist destination with its close proximity to skiing at Falls Creek.

Mt Beauty Campus provides an Urgent Care Centre with the local General Practitioner workforce providing Medical Officer support.

The hospital provides acute beds for medical, minor surgical, day procedure, paediatric, obstetric and nursing type patients, and resuscitation and stabilization of emergency patients prior to transfer to a higher centre. Residential Aged Care is also provided along with radiography and a community health centre.

Mt Beauty Medical Centre currently has 7 GPs and 1 GP Registrar. The GPs have a special interest and experience in trauma and emergency medicine which is necessary when managing the Falls Creek Medical Centre over winter. Five of the Doctors offer Obstetric services and the patient base spans all age groups. The practice has visiting Allied Health Professionals including a Dietitian, Diabetes Educator, Podiatrist and Counsellor, as well as numerous Visiting Specialists including General Surgeon, Cardiologist, Endocrinologist (via Telehealth) and an Echo Technician. The Practice has 2 EFT Practice Nurses who are booked as heavily as the GPs. Mt Beauty Medical Centre is an accredited teaching Practice in accordance with RACGP and ACRRM standards and has two full time medical students through the Extended Rural Cohort Program with the University of Melbourne.

Benalla Health

Benalla is located approximately 200 kilometers north of Melbourne with a population of approximately 15,000.

Benalla Health provides a 24 bed Medical Ward, a 12 bed Surgical Ward, a 6 bed Urgent Care Centre (UCC), a 10 bed Day Procedure Unit, 3 fully contained Midwifery birthing suites and a double operating theatre and CSSD complex. Residential Aged Care is also provided at the Morrie Evans Wing and the Benalla Community Health Centre is a division of Benalla Health.

The UCC is manned by highly skilled Registered Nurses with Benalla's General Practitioner workforce providing Medical Officer support.

The operating theatre provides surgery and procedures of minor to medium complexity and also provides a 24hr oncall service to facilitate emergency obstetric cover including Caesarean Sections. Visiting specialists include:

- Ophthalmology (Cataract surgery)
- Orthopaedics (Arthroscopy, Rotator cuff Repair, ACL Repair).
- General Surgery (Hernia Repair, Vasectomy, Laparoscopic Cholecystectomy)
- Endoscopy (Colonoscopy, Gastroscopy)
- Faciomaxillary (Removal of Wisdom Teeth)
- Gynaecology (Laparoscopy, Hysteroscopy, Hysterectomy)
- Urology (Cystoscopy, T.U.R.P Prostate Surgery)

Benalla Church Street Surgery and Benalla Carrier Street Clinic are two of three general practices in Benalla. Benalla Church Street Surgery has 12 general practitioners, practice nurses and allied health professionals. The practice is an accredited training practice meeting RACGP, ACRRM and AGPAL standards. The practice supervises GP registrars and University of Melbourne medical students. The practice has GP Obstetricians and GP Anaesthetists.

Benalla Carrier Street Clinic has 7 general practitioners, practice nurses and allied health professionals. The practice is an accredited training practice meeting RACGP, ACRRM and AGPAL standards. The practice supervises GP registrars and University of Melbourne medical students. The practice has GP Obstetricians and GP Anaesthetists.

Mansfield District Hospital

Mansfield is located at the foothills of the Victorian Alps and Great Dividing Range and is approximately 180kms north east of Melbourne. Mansfield has a district population of approximately 9000 people, swelling to 30,000 people in peak times at summer and Easter. The population is varied with long established local farming families, tourist-oriented businesses, retirees, holiday-makers, artists and young families.

The Mansfield District Hospital provides a 24 bed Acute Unit for medical conditions and ongoing care post surgery. The Hospital has a specialized bariatric room, 3 rooms dedicated to the Midwifery Unit, an Urgent Care Centre, 2 Operating Theatres, and a Day Stay Unit. The Primary Care Centre includes services such as a 3 chair Dialysis Unit, Antenatal Clinic, and a vast range of Allied Health Services. Aged care services include Buckland House, a 30 bed high care nursing home and Bindaree which is a 42 bed low care hostel.

Mansfield Medical Clinic (MMC) is a busy rural practice catering for a wide variety of population including a thriving tourist element. The Practice has 4 full-time and 4 part-time GPs, 2 GP Registrars, 4 Practice Nurses, Allied Health Professionals (including an Osteopath, a Physiotherapist and 2 part-time Psychologists), rehabilitation gym with 2 personal trainers.

A mixture of skills exists amongst the Practice including anaesthetics, obstetrics, women's and men's health, paediatrics, minor surgery, emergency medicine and aged care. MMC is an accredited teaching Practice in accordance with RACGP and ACRRM standards.

The Practice also supervises medical students. Visiting Specialists include general & Orthopaedic Surgeons, General Physician, Gynaecologist & Obstetrician, Ophthalmologist and a Paediatrician.

The Central General Practice Mansfield has 4 GPs and 2 GP Registrars, Practice Nurses and Allied Health Professionals, with a mixture of skills including anaesthetics, obstetrics, women's health, men's health, paediatrics, minor surgery, emergency medicine and aged care. It is an accredited teaching Practice in accordance with RACGP and ACRRM standards and the Practice also supervises medical students. Visiting Specialists include General and Orthopaedic Surgeons, General Physician, Obstetrician & Gynaecologist, Cardiologist, Ophthalmologist and Paediatrician.

Kyabram District Health Services

Kyabram is located approximately 200 kilometers north of Melbourne with a population of approximately 11,000.

Kyabram District Health Service provides an integrated range of acute, subacute, residential aged care, allied & primary health care services. Kyabram District Health Service has been providing services to the community since 1933.

Kyabram District Health Services has a:

- 32 bed Acute Ward,
- 4 bed Urgent Care Centre (UCC),
- 8 bed Day Procedure Unit,
- double operating theatre and
- 4 chair renal dialysis unit
- 4 chair chemotherapy unit
- 42 Residential Aged Care

Kyabram Community Health Centre is a division of Kyabram District Health Services.

The UCC is manned by highly skilled Registered Nurses with Kyabram's General Practitioner workforce providing Medical Officer support.

The operating theatre provides surgery and procedures of minor to medium complexity and also provides a 24hr oncall service to facilitate emergency presentations. Visiting specialists include:

- Ophthalmology
- Cardiology
- Orthopaedics (Arthroscopy, Rotator cuff Repair, ACL Repair).
- General Surgery (Hernia Repair, Vasectomy, Laparoscopic Cholecystectomy)
- Endoscopy (Colonoscopy, Gastroscopy)
- Faciomaxillary (Removal of Wisdom Teeth)

- Gynaecology (Laparoscopy, Hysteroscopy, Hysterectomy)
- Urology (Cystoscopy, T.U.R.P Prostate Surgery)
- Paediatrics

Kyabram Regional Clinic is one of two general practices in Kyabram. The practice has 10 general practitioners, practice nurses and allied health professionals. The practice is an accredited training practice meeting RACGP, ACRRM and AGPAL standards. The practice supervises GP registrars and medical students. Kyabram Regional Clinic has two satellite clinics in the surrounding towns of Tongala and Stanhope. The practice has GP Surgeons and GP Anaesthetists.

Services Available

The interns:

- will receive supervision that makes a difference
- will receive access to a mentoring program
- receive unprecedented access to working with local general practitioners and a wide variety of visiting medical specialists including: General Surgery, Obstetrics and Gynaecology, Paediatrics, Orthopaedic Surgery, Geriatrics, Urology, Ophthalmology, Anaesthetics
- will actively participate in procedural medicine.

Our Program

- A comprehensive, challenging approach
- Unrivalled access to teaching facilities and educational resources
- Designed to develop your medical independence
- Tailors your placement activities to meet your career progression
- Locally based assessments evaluated by the Director of Clinical Training

Assures the clinical skills required for your medical career.

General Information

Conditions of Employment

AMA VICTORIA - VICTORIAN PUBLIC HEALTH SECTOR - DOCTORS IN TRAINING ENTERPRISE AGREEMENT 2018-2021

Classification: HM11 for Interns

Interns will:

- Receive supervision that makes a difference.
- Experience high levels of hands-on clinical training
- Access unprecedented access to working with local GP's and a wide variety of visiting medical specialists.
- Actively participate in procedural medicine.
- Be supported in career progression beyond internship.

The M2M Program will:

- Provide a training package that assures the professional competence and confidence to undertake the PGY2 year.
- Deliver an orientation that goes further than most.
- Assure seamless transition between undergraduate to post graduate training.
- Provide access to a year of "hands on" learning experiences

Key Activities:

The primary activity of the Intern is to gain relevant experience in the core rotations of medicine, surgery and emergency medicine. This is achieved in both regional health services and small rural health services and general practices. An M2M Intern will also gain relevant experience in the functional and procedures of the Rural General Practitioner.

This will include:

Clinical – active participation in each of the core rotations within the M2M program. The Intern, in conjunction with the Manager, M2M and the Director of Clinical Training will be responsible for ensuring completion of all clinical components associated with the PMCV Framework for Junior Doctors.

Teaching – participate in Unit and Hospital meetings, Grand Rounds, Skills Workshops, Geriatric and Paediatric V/C education sessions, Clinical Reviews and attend intern training lectures and/or study groups on a regular basis and any designated teaching and education sessions.

Quality Improvement – Participate in peer review and quality improvement activities/seminars.

Accommodation

Interns – subsidised accommodation is offered for the entire internship.

Hospital Medical Officer

Interns - 1st Year (PGY1) 15 Posts (2021)

5 interns will be placed in Yarrawonga;

4 interns will be placed in Benalla;

2 interns will be placed in Cobram;

2 interns will be placed in Kyabram; and

1 intern will be placed in Mt Beauty/Falls Creek

1 intern will be placed in Mansfield

for 20 weeks in a community General Practice rotation.

The intern year involves at least 48 weeks of supervised clinical experience and comprises core and non-core rotations. The M2M model departs from the traditional approach in that the interns rotate out to the two major centres, Northeast Health Wangaratta and Albury Wodonga Health (Wodonga Campus), for the core terms.

The core rotations are:

- Medicine – 10 weeks
- Surgery – 10 weeks
- Emergency Medicine – 10 weeks

The remaining 20 weeks, each intern will complete their GP Rotation at one of the following rural locations: Benalla, Cobram, Kyabram, Mansfield, Mt Beauty/Falls Creek or Yarrawonga.

These rotations will reflect the workload of rural general practitioners, incorporating work in local hospitals and residential aged care facilities. This will also include time in theatre and consultations with Visiting Specialists including but not limited to General Surgery, Gynaecology and Obstetrics, Urology, Consulting Physician, and Orthopaedics. The general practitioners are AGPAL accredited, the supervising doctors hold appointments at the local hospitals and have been credentialed and had the scope of their clinical practice defined and, thus, are appropriately privileged