

PRACTITIONER HEALTH AND WELLBEING



NSW RURAL DOCTORS NETWORK
CELEBRATING 30 YEARS

NSW Rural Doctors Network (RDN) understands health and wellbeing is integral to a healthcare professionals ability to deliver high quality health care, and we provide resources to support the practise of self-care.

Self-care influences a person's state of wellbeing and can positively contribute to the way they deliver services to keep themselves and their rural communities healthy.

In exceptional circumstances, RDN can assist in facilitating tailored support for a practitioner and their family. Please contact us to discuss.

#RuralHealthTogether is an RDN initiative that aims to aggregate self-care support information for rural health professionals.

Visit ruralhealthtogether.info to find out more.

THIS SERVICE MAY BENEFIT



DOCTORS
VR & NON-VR



ALLIED HEALTH
PROFESSIONALS



NURSES AND
MIDWIVES



PARTNERS AND
FAMILIES

For more information
please contact our
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ABOUT NSW RURAL DOCTORS NETWORK

NSW Rural Doctors Network

NSW Rural Doctors Network (RDN) is a not-for-profit and non-government organisation and is the Australian Government's designated Rural Workforce Agency (RWA) for health in NSW.

Our vision is for improved health service access for all Australians – no matter where they live.

We seek to support better health and wellbeing for people living in remote, rural and regional and disadvantaged communities, particularly those in NSW and the ACT.

To achieve this vision, we seek to grow and strengthen a capable primary health workforce, support communities in tailored health workforce solutions, support the capacity of health service organisations, contribute to policy and ensure RDN's continued effectiveness.

RDN offers a range of services, programs and activities across NSW that:

- help remote, rural and regional communities, General Practices and health services to find suitably skilled and qualified General Practitioners (GPs), nurses and allied health professionals to work in their towns
- assist suitably skilled and qualified GPs, nurses and allied health professionals to pursue careers in remote, rural and regional NSW (both Australian and International Medical Graduates/Overseas Trained Doctors)
- support existing remote, rural and regional doctors, nurses and allied health professionals through the provision of Continuing Professional Development (CPD) activities and succession planning
- provide financial support for further study, training and short courses
- assist in finding locum support for remote, rural and regional GPs, including through our unique and free RDN Locum Match
- deliver a wide range of health outreach services to rural towns
- support remote, rural and regional medical partners and families
- provide a range of scholarships, support and information for students studying medicine or health-related degrees in NSW.

RDN also works with:

- Aboriginal Community Controlled Health Services (ACCHSs) to support health services for Aboriginal peoples
- rural NSW Primary Health Networks (PHNs) to support remote, rural and regional GPs
- local communities, governments and rural Local Health Districts (LHDs) on medical workforce matters
- university medical faculties to promote rural medicine.