**NATIONAL RURAL HEALTH STUDENT NETWORK**

**About the National Rural Health Student Network**
The National Rural Health Student Network (NRHSN) is the only student body in Australia that collectively represents medical, nursing and allied health disciplines.

It has more than 9,000 members who belong to 28 university Rural Health Clubs throughout the nation. The NRHSN is funded by the Federal Department of Health and is managed by Rural Health Workforce Australia, the peak body for the state and territory Rural Workforce Agencies.

**The NRHSN aims to:**
- provide a voice for students who are interested in improving health outcomes for rural and remote Australians
- promote rural health careers to students and encourage students who are interested in practising in rural health care.

The NRHSN and its network of Rural Health Clubs offer rural experience events, career information, clinical skills workshops and professional development activities designed to encourage rural careers. The network also provides a social base for country students moving to the city for study, city students interested in learning more about rural health, and students on rural placement.

**Connected to the big picture**
The NRHSN participates in a number of national forums where student advice is sought. It is represented on the Council of the National Rural Health Alliance, the Advisory Committee to the Board of Services for Australian Rural and Remote Allied Health, the CRANAPlus student and early career graduates sub-committee to the Board, and the Medical Schools Outcomes Database run by the Medical Deans of Australia and New Zealand.

The NRHSN is also represented on the Australian College of Rural and Remote Medicine’s advisory committees for the Bonded Support Program and John Flynn Placement Program.

**POSITIVE RURAL HEALTH EXPERIENCES**

Speech pathology students Cassandra Yee and Laura Crewdson talked about ear health with Victor during a Rural High School Visit to Wilcannia Central School in New South Wales.

Positive rural experiences like this are part of the core activities of the NRHSN and its Rural Health Clubs.

Cassandra and Laura visited Wilcannia with fellow members of the University of Sydney’s MIRAGE Rural Health Club.

This trip was organised by NRHSN leaders in collaboration with the Broken Hill University Department of Rural Health and Maari Ma Health.
NRHSN KEY FACTS

- 71% of NRHSN members are female, 51% are studying medicine, 17% nursing, 5% pharmacy, 2% dentistry and the rest are enrolled in allied health courses.

- In 2013-14, 300 Rural Health Club members visited 120 country schools as part of the NRHSN’s Rural High School Visits Program. They ran workshops and spoke to more than 5,000 country students about healthy living and health careers.

- Last year 145 Rural Health Club members attended 15 Indigenous community events across Australia where they delivered health workshops and spoke about health careers.

- The NRHSN funds Rural Health Club members to attend national conferences so they can hear from and network with rural health professionals. In 2013-14, 82 health students were funded to attend these conferences. Twenty students presented at the conference they attended.

- The NRHSN itself hosts meetings each year for Rural Health Club leaders, featuring a range of speakers and sessions designed to engage and inspire attendees.

- NRHSN leaders advocate on behalf of their colleagues in relation to improved rural training pathways, the fostering of positive rural experiences, mental health support and closing the gap on Indigenous health.

- The NRHSN produces a number of resources to help members run their Rural Health Clubs and make the most of their rural health experiences. This includes When the Cowpat Hits the Windmill, a mental health guide for students on rural placement, developed in partnership with beyondblue.

- Rural Health Clubs organise a variety of direct experience events for their members such as the annual Rural Appreciation Weekend (RAW) in New South Wales and Campfire, a rural clinical skills weekend in South Australia.

- The NRHSN Alumni network keeps former Rural Health Club members connected with each other.

NRHSN RURAL HEALTH CLUBS

1. ARMS
   Australian National University, ACT

2. AURHA - Adelaide University, SA

3. BREAATHHE
   University of Newcastle, NSW

4. BUSHFIRE - Bond University, QLD

5. CARAH - Charles Darwin University, NT in association with Flinders University, SA

6. CRANC
   University of Canberra, ACT

7. FURHS - Flinders University, SA

8. HOPE4HEALTH
   Griffith University, QLD

9. KRASH
   University of Notre Dame, WA

10. LARHC
    La Trobe University Bendigo, VIC

11. MARHS
    Charles Sturt University, Albury, NSW including La Trobe University, Wodonga, VIC

12. MIRAGE
    University of Sydney, NSW

13. NERCHA
    University of New England, NSW

14. NOMAD
    Deakin University, VIC

15. OUTLOOK
    University of Melbourne, VIC

16. RAHMS
    University of New South Wales, NSW

17. RHINO
    James Cook University, QLD

18. RHUUWS
    University of Western Sydney, NSW

19. ROUNDS
    Notre Dame University, Sydney, NSW

20. ROUSTAH
    University of South Australia, SA

21. RUSTICA
    University of Tasmania, TAS

22. SHARP
    University of Wollongong, NSW

23. SPINRPHEX - Combined Universities of Western Australia, WA

24. SIARRH
    Charles Darwin University, NT in association with Flinders University, SA

25. TROHPiQ
    University of Queensland, QLD

26. WAALHIIBE
    Curtin University of Technology and Edith Cowan University, WA

27. WARRIAHS
    Charles Sturt University, Wagga Wagga, NSW

28. WILDFIRE
    Monash University, VIC