

# College of Nursing and Health Sciences

## Student Checklist for Organising Rural Placement

Congratulations on your allocation to a rural venue for your Placement.

To help you prepare for your placement the College of Nursing and Health Sciences have developed this checklist to assist with your planning.

What to expect	
Rural areas offer you a diverse and unique learning experience	Expect to work: <ul style="list-style-type: none"> <li><input type="checkbox"/> With patients across the lifespan</li> <li><input type="checkbox"/> Across multiple health care areas</li> <li><input type="checkbox"/> Within a multidisciplinary health team</li> <li><input type="checkbox"/> With a variety of cultures</li> </ul>
Travelling to your rural placement	
Travelling by car	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you know how to get there? <a href="https://www.google.com.au/maps">https://www.google.com.au/maps</a></li> <li><input type="checkbox"/> Do you have money for fuel?</li> <li><input type="checkbox"/> Has your vehicle been serviced recently?</li> <li><input type="checkbox"/> Is your spare tyre in good condition?</li> <li><input type="checkbox"/> Are you covered for roadside assistance/service e.g. RAA?</li> <li><input type="checkbox"/> Do you have a map? There may not be internet access on the road.</li> <li><input type="checkbox"/> Are you aware of rural road conditions? Keep an eye on the news and weather prior to your trip.</li> <li><input type="checkbox"/> Travelling in hot weather? Is there a risk of bushfires? Consider postponing your travel if it is a fire danger day. See: <a href="http://www.cfs.sa.gov.au/public/download.jsp?id=8640">http://www.cfs.sa.gov.au/public/download.jsp?id=8640</a></li> <li><input type="checkbox"/> Be aware of the wildlife you might see on the road and how to avoid it</li> <li><input type="checkbox"/> Drive with your lights on regardless of the time of day. It makes your car easier to see!</li> <li><input type="checkbox"/> Driving on rural roads present unique challenges – please read this: <a href="http://acrs.org.au/wp-content/uploads/ACRS_Rural-Remote-Road-Safety1.pdf">http://acrs.org.au/wp-content/uploads/ACRS_Rural-Remote-Road-Safety1.pdf</a></li> </ul>
Travelling by bus	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have you booked the ticket?</li> <li><input type="checkbox"/> Do you know which stop to get off the bus?</li> <li><input type="checkbox"/> Have you checked how you will get from the bus depot to your accommodation?</li> </ul>
Getting around	
Driving or walking? Other options?	<ul style="list-style-type: none"> <li><input type="checkbox"/> How will you travel from the venue to your accommodation each day?</li> <li><input type="checkbox"/> How will you travel to the shopping centre?</li> <li><input type="checkbox"/> Is there a taxi or bus service in the town?</li> </ul>
Exploring the area	
Organising day trips around your region	<ul style="list-style-type: none"> <li><input type="checkbox"/> Plan your trip carefully - you do not want to get lost.</li> <li><input type="checkbox"/> Make sure you tell someone where you are going and when you are expected to return</li> <li><input type="checkbox"/> Pack food and plenty of water</li> <li><input type="checkbox"/> Check your vehicle – do you have enough fuel and a good spare tyre?</li> <li><input type="checkbox"/> Don't venture out on a fire danger day</li> </ul>

Accommodation	
Organising your accommodation	<ul style="list-style-type: none"> <li><input type="checkbox"/> If your venue supports accommodation – have you booked it?</li> <li><input type="checkbox"/> If your venue does not support accommodation – have you organised it yourself?</li> <li><input type="checkbox"/> Have you confirmed your arrival date with the accommodation?</li> <li><input type="checkbox"/> What facilities are available at your accommodation? Bedlinen, cooking facilities, equipment etc. Do you need to bring your own?</li> </ul>
Communication	
Contacting your Placement Educator (Facilitator)	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have a contact number for your Placement Educator?</li> <li><input type="checkbox"/> Have you let your Placement Educator know how you are getting to the venue? Personal car/public transport/ group OR alone?</li> <li><input type="checkbox"/> Inform your Placement Educator your expected arrival time and date?</li> <li><input type="checkbox"/> Provided your Placement Educator your mobile phone number?</li> <li><input type="checkbox"/> Provided your Placement Educator your emergency contact number?</li> <li><input type="checkbox"/> Arranged your first meeting with your Placement Educator?</li> <li><input type="checkbox"/> Have you confirmed your planned induction/orientation? You are expected to be orientated to your new work place. This includes emergency procedures and reporting of incidents.</li> </ul>
Using your mobile phone	<ul style="list-style-type: none"> <li><input type="checkbox"/> Check here to see if you will have mobile phone coverage when travelling to the venue and whilst staying in the town: <a href="https://www.telstra.com.au/coverage-networks/our-coverage">https://www.telstra.com.au/coverage-networks/our-coverage</a></li> </ul>
Accessing the internet	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you need access to the internet whilst you are on placement?</li> <li><input type="checkbox"/> Is it available at your accommodation? Are there other options?</li> <li><input type="checkbox"/> Do you need to organise access on your own device?</li> </ul>
Using Social Media in a rural community	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rural communities quickly become aware of events in their area and general comments made on social media can easily be linked back to a confidential patient/event by a community. You need to consider very carefully how you use social media whilst on placement – breaching the policy below may have serious consequences.</li> <li><input type="checkbox"/> Familiarise yourself with: <a href="http://www.nursingmidwiferyboard.gov.au/Codes-Guidelines-Statements/Policies/Social-media-policy.aspx">http://www.nursingmidwiferyboard.gov.au/Codes-Guidelines-Statements/Policies/Social-media-policy.aspx</a></li> </ul>
Contacting someone for help with PEP	<ul style="list-style-type: none"> <li><input type="checkbox"/> You may have many questions during Placement and knowing who to discuss them with can be confusing. Please refer to the Student Placement Communication Process: <a href="http://www.flinders.edu.au/nursing/professional-experience-placements/general-information/problems_concerns.cfm">http://www.flinders.edu.au/nursing/professional-experience-placements/general-information/problems_concerns.cfm</a></li> </ul>
Health and Dietary Needs	
Do you require a specific diet?	<ul style="list-style-type: none"> <li><input type="checkbox"/> Is this available in the town where you are going?</li> <li><input type="checkbox"/> Do you need to take specific food items with you?</li> </ul>
Do you have specific medication requirements?	<ul style="list-style-type: none"> <li><input type="checkbox"/> Are your medications available?</li> <li><input type="checkbox"/> Do you need to take your own supply? Scripts?</li> </ul>
Eating well and exercising	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good nutrition promotes good learning. Ensure you have money for food</li> <li><input type="checkbox"/> Don't forget to exercise whilst on placement</li> </ul>