



RURAL HEALTH
EDUCATION FOUNDATION

Taking Stock: Sowing the seeds for health professionals

Liana Matthews

Education Program Officer

Rural Health Education Foundation

This presentation will cover

- **The Foundation – our role in providing professional development for rural and remote health professionals**
- **The development of a multimedia education package on farm health and safety – a learning guide and on-line learning module**
- **The implementation of this package for others to use in education, training and awareness in general**

Introduction

The Rural Health Education Foundation:

- Independent non-profit organisation established in 1992
- Provider of relevant and accessible health education
- Services delivered via the Rural Health Channel online and on DVD.
- In the past 20 years free educational programs have been provided to more than 50,000 health professionals nationally.
- Programs are professionally accredited, and reflect key national health priorities
- Collaboration with health professionals and experts in their respective fields
- Relying on financial support of government, corporate and philanthropic organisations along with health consumer organisations and individuals.
- Our Board, includes health professionals who live and work in rural and remote Australia.

Who are we?

- **The only independent non-profit organisation dedicated to providing free accessible education to rural and remote health professionals.**
- **We play a critical role in redressing health inequality by equipping rural and remote Australians with the practical knowledge vital to improving health outcomes.**
- **Our innovative interactive programs keep health professionals up to date with the latest advances and best practice knowledge**
- **Our documentary-style education programs improve the 'health' literacy of communities and encourage people to make better health choices.**

Education Dissemination

- **Rural Health Channel television broadcasts**
- **Simultaneous live web-casting**
- **On Line – On Demand :**
via web-streaming & audio pod- casting
- **DVDs and CDs**
- **Learning Guides**
- **On-line Learning**
- **Other television services: SBS, and NITV**

Website access

The screenshot displays the website interface for the Rural Health Education Foundation. At the top right, there is a 'MEMBER LOGIN' section with links for 'register' and 'forgot your password', and input fields for 'email address' and 'password' with a 'go' button. The main header features the 'RURAL HEALTH EDUCATION FOUNDATION' logo on the left and the title 'Rural Health Education Foundation' in the center. Below the header is a navigation menu on the left with items like Home, About Us, Register, Programs, Copyright, Accreditation, Learning Guides, Free DVDs, Community-Based Case Studies, Archive, Upcoming Programs, Viewing Sites, Our Supporters and Partners, News, Links, Viewing and Listening Help, and Contact Us. A search bar labeled 'SEARCH PROGRAMS' is at the bottom left. The main content area shows a 'Programs' section with a video player for 'Mulling It Over: Cannabis Intervention in Primary Health Care'. The video player includes options for 'view high res', 'view low res', 'listen to podcast', 'download podcast', 'add to cart', and 'evaluate'. The program details include a duration of 60 minutes and a purchase price of \$100.00. A paragraph of text describes the program's content based on a 2007 survey, and another paragraph discusses the growing evidence of cannabis use and its health impacts.

MEMBER LOGIN ([register](#) OR [forgot your password](#))

email address

password

RURAL HEALTH
EDUCATION FOUNDATION

Rural Health Education Foundation

Home
About Us
Register
Programs
Copyright
Accreditation
Learning Guides
Free DVDs
Community-Based Case Studies
Archive
Upcoming Programs
Viewing Sites
Our Supporters and Partners
News
Links
Viewing and Listening Help
Contact Us

Programs

[Home](#) | [Programs](#) | Mulling It Over: Cannabis Intervention in Primary Health Care

Mulling It Over: Cannabis Intervention in Primary Health Care

Duration: 60 minutes

Program ID: 908 | Purchase Price: \$100.00

According to the 2007 National Drug Strategy Household Survey, 33.5% of the Australian population or 5.8 million people over the age of 14 have tried cannabis at least once during their lives. About 600,000 had used cannabis in the week preceding the survey. Although that survey is considered to underestimate the extent and frequency of cannabis use, it also found that 49% of all 20-29 year olds reported having used the drug.

There is growing evidence that cannabis use and particularly heavy regular or dependent use is associated with mental health problems, respiratory disorders and road accidents, as well as tobacco and other illicit drug use. It is also related to educational and occupational difficulties resulting from the adverse motivational and cognitive impact. Despite a range of adverse

SEARCH PROGRAMS



973 931

A dirt road with a signpost in a rural landscape. The signpost has three directional signs: a brown sign pointing left for 'BINNS TRACK', a green sign pointing left for '237 Old Andado', and another green sign pointing left for '18 Allambi'. The background shows a field of green and yellow vegetation under a cloudy sky.

← BINNS TRACK

← 237 Old Andado

← 18 Allambi

Studio broadcasts





Taking Stock project

A recent project we delivered was on farmer's health and safety, which involved a television program and additional learning resources including the distance learning module which is offered online and on DVD with a learning guide.



Taking Stock :

The Health Hazards of Farming

Multimedia Educational Resource

- A 60 minute professional development program
- Comprehensive learning guide
- 6 hour online learning module
- DVD with filmed case studies and printable resources

Funding of the project:



Australian Government

Department of Health and Ageing



Learning Outcomes

- 1. Describe factors contributing to poor outcomes in farm health and safety**
- 2. Better assess and detect symptoms and health problems presented by farming families**
- 3. Develop more effective prevention/promotion programs addressing the health and safety of farming families**
- 4. Improve health literacy in agricultural communities**

Panel Members

Chair: Dr Norman Swan - *Presenter of the Health Report on ABC Radio National and Tonic on ABC TV*

Associate Professor Susan Brumby – Director of the National Centre for Farmer Health, Hamilton, Victoria

Dr Scott Kitchener - GP Darling Downs, Director at QRME and Professor at Griffith University, QLD

Mrs Jody Morton – RN, Remote Area Nurse Eneabba, WA

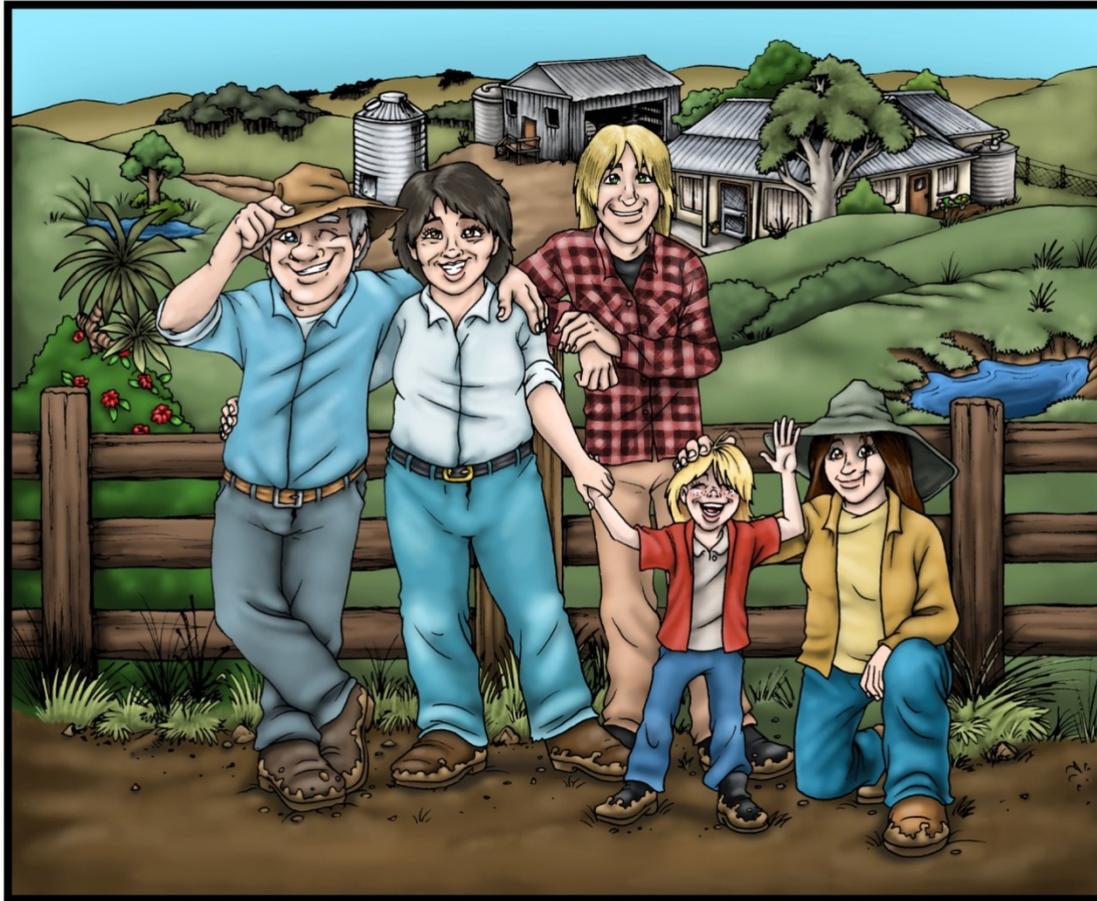
Associate Prof David Perkins - Director of the Broken Hill Centre for Remote Health Research, UDRH, Sydney University, NSW

The Panel



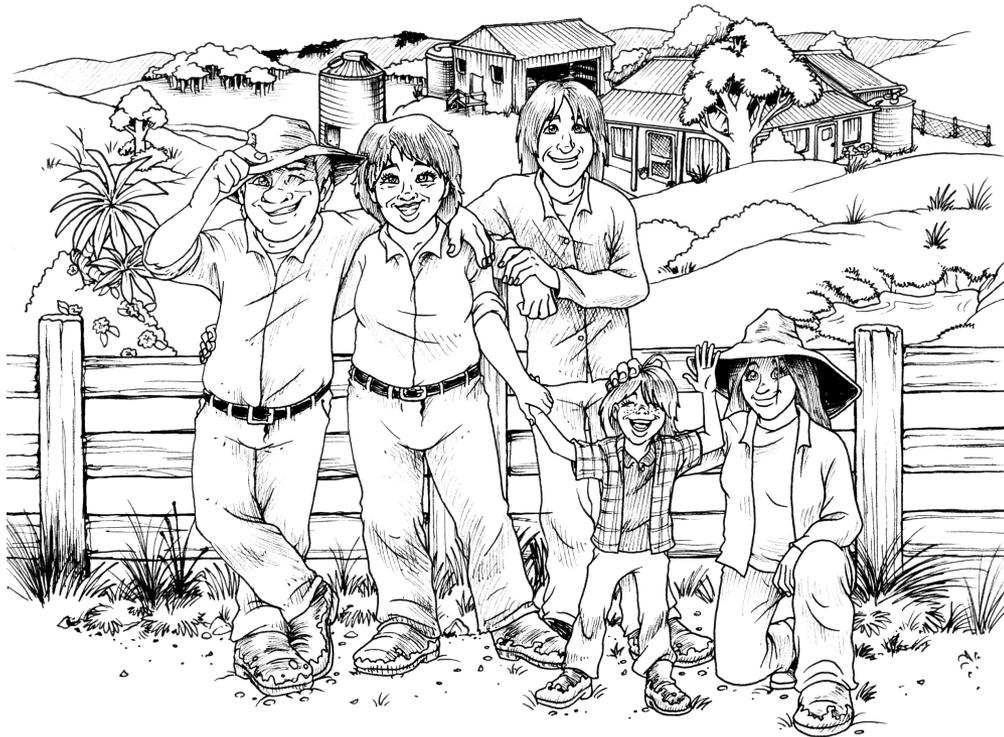
The Learning Guide

Taking Stock: The Health Hazards of Farming



A Question

Question: What is the most important aspect of a healthy Australian farm?



Answer: A healthy farming family.

Sustainable Farm Families

The Learning Guide

- The Learning Guide is embedded on the DVD
- It earns Category 1 points for RACGP QI &CPD accreditation purposes
- A set of case studies that illustrate the issues are embedded on the DVD
- Contains a series of reflective learning activities
- A set of self-assessment questions
- Links to a range of supporting resource material
- Has a comprehensive list of references
- It is a 6 hour self education resource

Chapters

- 1: Setting the Scene** – background
- 2: A Case of Respiratory Illness** – examines the occupational and environmental risks of agricultural life.
- 3: Taking the Opportunity** – opportunistic intervention and health promotion
- 4: Farm Accidents and Injury** – common injury scenarios and safety promotion
- 5: Pesticides on the Farm** – the risks taken and more responsible use.
- 6: Zoonotic Diseases** – prevalence, detection, treatment and prevention
- 7: Depression and Suicide**



Video



WATCH this film clip from a program by Rural Health West on **Farmer Health** (May 2011), in which a local farmer, Peter Hall, discusses the various kinds of injuries that can arise from use of farm machinery.





Hearing Health

Case Study 4

Joe a 65 year old wheat farmer has come in for his annual flu injection. You notice in the course of conversation that he asks you to repeat what you have said several times.





From the program...

Scott Kitchener makes the point that farmers are just as susceptible to common conditions as the rest of the population, and so recommends asking about Judith's general medical history, including the possibility of smoking. He would also check for asthma; but the fact that she lives on a farm would also prompt some other possibilities: farmer's lung, for example.

Rural Health Channel



- Owned and operated by the Rural Health Education Foundation.
 - Ability to connect with patients, carers & communities on health and well-being.
- RHC is a free-to-air health TV channel on VAST (Viewer Access Satellite Television)
- On-air 24 hours per week;
 - weekday afternoons (1.30-3.30pm)
 - weekday evenings (7.30-9.30pm)
 - Sundays (4.30-6pm)



More information...

- How to view?
- What's on?
- Sign up to receive information and notices
- To order resources

www.rhef.com.au

Evaluation & Outcomes

85% rated the program fully relevant to their practice.

79% felt they could better assess & detect symptoms /health problems presented by farming families.

80% rated presentation & information of high quality

- A wide range of issues, topics were well covered
- Very informative & interesting especially SFFnetwork
- Appropriate presentation extremely informative
- More programs need on this important topic
- Variety of case studies appropriate to different rural enterprises
- Very useful & informative.
- Case studies were really suitable

- I will pay more attention to the farmers' health problems and diseases, and consider zoonotic diseases, like leptospirosis.
- I will consider pesticide poisoning more often.
- Will use this at farming events for health promotion advice
- I will discuss issues raised by the program with GP Registrars, and raise the issues with local community
- Display at local health service, as part of community health expo
- Will consider Leptospirosis, a health risk facing farming communities.

www.rhef.com.au



Questions & Answers