

**CAIRNS
CALL TO
ACTION**



EDUCATION AND TRAINING

CO-EMPOWERMENT

COMMUNICATION



EDUCATION AND TRAINING

- Promote rural **HEALTH CAREER** options at both undergraduate and postgraduate levels;
- **SUPPORT** student endeavors to include or increase the content or quality of rural health in their **LOCAL MEDICAL CURRICULUMS**;
- **EMPOWER LOCAL COMMUNITIES** to contribute to the development of sustainable rural healthcare practices for their region and support translation of these approaches into the local medical curriculum;

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EDUCATION AND TRAINING

- Establish or expand new **RURAL PLACEMENT OPPORTUNITIES**, ensuring adequate modelling from well-established rural health programs wherever applicable;
- Encourage and facilitate **CULTURALLY-AWARE EDUCATION** structures as part of the rural health curriculum and ensure adequate preparation has been provided prior to placement in a community with differing cultural attitudes; and
- **INCREASE THE ATTENDANCE** of rural health professionals in training to World Rural Health Conferences through careful consideration and mitigation of associated costs and other such barriers to accessibility.

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CO-EMPOWERMENT

- Continue the development of *Rural Seeds*, *Rural Family Medicine Cafe*, *Rural Health Success Stories*, and other international organisations and **PLATFORMS THAT SUPPORT THE NEEDS** and practices of rural health professionals in training;
- Develop a **TOOLKIT** for local rural health projects to ensure that they are better connected with international networks;
- Promote the **ADVOCACY AND LOBBYING** EFFORTS of other rural health professionals in training with regards to rural health education, training and practices;
- Collaborate with **INTERDISCIPLINARY** rural health professionals in training on issues of common interest;

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CO-EMPOWERMENT

- Ensure **EQUAL OPPORTUNITIES** exist in rural health irrespective of gender, ethnicity, religion, sexuality or disability;
- Support the development of **NATIONAL RURAL PLACEMENT GUIDES** for young professionals who are due to commence a new rural placement;
- Build quality relationships with local communities for **RECIPROCAL LEARNING**; and
- Seek out and utilise **COMMUNITY ROLE MODELS** to promote rural health.

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COMMUNICATION

- Improve the utilisation and proficiency of **SOCIAL MEDIA** as a tool for empowerment and engagement in rural health;
- Increase the sharing of art, stories, songs, poems, narrative-based medicine and other **CREATIVE** endeavors for the benefit of both rural health professionals in training and rural patients;
- Ensure that adequate **FACE-TO-FACE CONNECTIONS** are maintained wherever possible; and
- Survey members on their preferred methods of communicating, sharing and connecting and **ADAPT COMMUNICATION** methods accordingly.

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THE PLAN OF ACTION – students and YD

- Create and consolidate an international **MENTOR-MENTEE PROGRAM**;
- Establish and expand **LOCAL RURAL HEALTH GROUPS** through collaboration with existing international and interdisciplinary organisations for improved rural health promotion;
- Establish an effective and globally-accessible **SOCIAL MEDIA PRESENCE** for members to share local experiences, connect and collaborate;
- Provide an open platform for *Rural Seeds* to **SHARE THEIR STORIES AND COMMUNITIES** through poetry, film, painting and other creative endeavors; and
- Strive to maintain **PRACTICAL AND MEASURABLE** goals when planning future actionable items within rural health.

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THE PLAN OF ACTION – governments and universities

- Establish and expand supported and **INTEGRATIVE RURAL HEALTH TRAINING** networks across undergraduate and postgraduate levels; and
- Increase **CONSULTATION OPPORTUNITIES** with rural health professionals in training and facilitate the translation of their ideas and needs into the provision of rural health practice.

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