

Self-care During Rural & Remote Placement

A free, short online course to help you prepare.

What is the CRANaplus 'Adapting Self-Care Practices During Clinical Placement' Module?

The CRANaplus Self-Care Module is a free online course for undergraduate students in a health discipline who will soon be undertaking a clinical placement in a rural, remote or isolated area.

It takes a few hours to complete and explores how students can take care of their wellbeing and mental health during placement to ensure a positive experience.



Why is it important to go into placement with a self-care plan?

Clinical placements in rural and remote settings are challenging and exciting. They offer immersion in a new community, culture and environment. However, they can increase stress and challenge resilience. Some students will experience a culture shock and find it uncomfortable to be away from home, day-to-day routines and everyday supports.

A rural or remote placement is not a working holiday.

This module can assist by encouraging students to check that their expectations of rural, remote and isolated clinical placements are accurate. It will also prepare students to apply practical skills and use reflection and evaluation to develop well-being and resilience strategies that facilitate a successful placement.

What are the learning goals of this course?

The main takeaway of the course is the development a flexible, whole-person self-care plan. The course also helps students to:

- Plan for placement.
- Ensure realistic expectations.
- Adapt their current self-care practices for the rural and remote context.
- Identify strategies in case self-care isn't enough, including the Bush Support Line.

Apart from students, who else is this course relevant to?

The e-module may also help health professionals who support students on placement, including educators, placement coordinators, preceptors and supervisors. It offers a framework of reflection, evaluation, and adaptation to refer students to before and during their placement experience.

crana.org.au/selfcare