

# the leader in remote and isolated health

cairns · alice springs · adelaide



## CRANaplus the leader in remote and isolated health

**Working in remote health is a uniquely challenging and rewarding career. As the peak professional body for the remote and isolated health workforce, CRANaplus works to meet the challenges and share the rewards.**

CRANaplus provides education, support and professional services, while representing the remote health sector Australia-wide. Comprising individual and corporate members, we deliver a wide range of services and resources to support the remote and isolated health workforce and the communities, workplaces and industry we represent.

Established in 1983 as the Council of Remote Area Nurses of Australia, CRANaplus has built on a proud heritage of remote area nursing – evolving into a multidisciplinary organisation that reflects the diverse nature of all health disciplines working in remote and isolated communities.

CRANaplus is an independent, member-driven, non-profit organisation, and one of the longest established bodies of its kind in Australia. We are partly funded by the Australian Government Department of Health, with a substantial portion of our revenue derived from membership fees and the many services we provide.

CRANaplus has offices in Cairns, Alice Springs and Adelaide. We have staff based in all states plus the Northern Territory, and our work is supported and furthered by hundreds of volunteers across Australia.

Our ultimate goal at CRANaplus is to strengthen the health and wellbeing of all people living and working in remote and isolated Australia.

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I love living and working in a unique community, in a special part of the country. Remote area nurses play a vital role for our people and region. CRANaplus training ensures our knowledge and skills are at the forefront of practice. And they provide the support and networks we need every day to continue providing effective healthcare in remote and isolated areas.

**Sue Smith**  
Remote Area Nurse, Harts Range NT

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Nurses working in the bush are exposed to some intense scenarios. We often find ourselves in situations that we may not be emotionally or professionally prepared for. It was reassuring to attend the amazing Trauma Preparedness Course in Fitzroy Crossing and have this fact acknowledged. It not only gave me valuable information, it reaffirmed my love for nursing in the bush. Having an organisation like CRANaplus offering support and education, I feel empowered to continue the work that I do.

**Sarah Duckworth**  
Registered Nurse, Derby Hospital WA

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## bringing remote and isolated health professionals closer together

**CRANaplus works to make remote and isolated health more sustainable and rewarding for everyone. We connect people and places, and we share knowledge and skills.**

CRANaplus provides the remote health workforce with the opportunity to be part of a professional network and a community of likeminded people. We give organisations and employers the opportunity to reach a niche group of remote health professionals. We support the remote health sector with an unrivalled range of services and resources.

We partner with our corporate members and stakeholders to push for the advancement of our workforce, our workplaces and our industry. We provide expert advice on key issues involving remote health. We facilitate networks of interest in key areas and foster communication between all parties. We provide the platform for connecting and sharing our experience and expertise.

We communicate and connect with our members and supporters through our widely read weekly newsletter and quarterly magazine, as well as social media. The CRANaplus website [crana.org.au](http://crana.org.au) provides access to a wealth of information, and a gateway to our many services and resources.

Our annual national conference brings together speakers and delegates from all over Australia. Our awards and fellowships recognise excellence in remote health practice. Our scholarships and sponsorships encourage health students to experience remote practice.

In many ways, CRANaplus is working to bond and unite the remote and isolated health workforce.

### Connect with us on social media:

-  [facebook.com/CRANaplus](https://facebook.com/CRANaplus)
-  [twitter.com/CRANaplus](https://twitter.com/CRANaplus)
-  [flickr.com/CRANaplus](https://flickr.com/CRANaplus)

### Sign up for our free weekly newsletter on our website:

- [crana.org.au](http://crana.org.au)



## meeting the training and professional development needs of remote health

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I've facilitated CRANaplus Remote Emergency Care courses since they started. I spend a lot of time educating students and GP registrars, but the CRANaplus courses are the most satisfying. To see nurses' confidence levels increase so dramatically – you know they are going to use this stuff in their daily work. Having worked in remote and under-resourced environments, I understand the need to upskill and stretch your scope of practice in emergencies. Working with such a professional team also helps to keep me up to date. And it's fun.

**Dr Nick Williams**

GP Supervisor, Aboriginal Health Council of SA

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**Many clinicians working in remote and isolated communities in Australia today have completed training and professional development programs with CRANaplus.**

As a Registered Training Organisation (RTO), CRANaplus develops nationally recognised training for the remote health sector. CRANaplus is the only RTO that develops health training tailored to the remote and isolated context, and then delivers this training in remote and rural locations across the country.

CRANaplus courses meet the recommended requirements for working in remote health. They also provide valuable continuing education and professional development opportunities, with participants gaining continuing professional development (CPD) points.

Our flagship courses in remote emergency and maternity care have been at the heart of CRANaplus for decades. Today we offer an ever-expanding suite of education programs to meet the changing needs of remote health providers and the communities they serve.

Our courses are culturally respectful, with the delivery of many programs tailored to the specific needs of Aboriginal and Torres Strait Islander communities. Training is delivered by a nationwide team of passionate and highly skilled facilitators who volunteer their time to share their knowledge and skills.

CRANaplus members receive generous discounts on all courses. Our Undergraduate Remote Placement Scholarships encourage student members to experience remote health firsthand.

CRANaplus education programs ensure remote and isolated communities Australia-wide have access to a highly capable health workforce providing quality, contemporary care.

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A big thank you to all the facilitators who provided the Maternity Emergency Care course in Blackall. It's such a nice change to have facilitators who engage with the students. It's more than just a learning opportunity for us in the bush – it's empowering, great fun and a great way to make connections.

Jasmond Murray  
Mobile Women's Health Nurse, Longreach QLD

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### Class-based Courses

CRANApplus courses are competitively priced and efficiently delivered. Employing a dynamic team-based approach to learning, they're hands-on, interactive and engaging. And they're as rewarding socially as they are professionally. They provide an excellent opportunity to meet your peers and build a professional support network.

Training combines face-to-face classes and online components, offering personal interaction and convenience. CRANApplus is unique in offering flexible assessment options to overcome access issues.

- **Basic Life Support (BLS)** 1-day course or online learning modules for health professionals of all levels. Can be adapted for the layperson.
- **Advanced Life Support (ALS)** 1-day course or online learning modules. Assessment onsite or via Skype.
- **Paediatric Emergency Care (PEC)** 2-day course improving confidence with paediatric emergency presentations in the isolated context. Involves online learning modules.
- **Remote Emergency Care (REC)** 2.5-day course designed to enable the remote health workforce to respond with confidence in emergency situations.
- **Advanced Remote Emergency Care (AREC)** 3-day course building on the REC. Further developing leadership, critical thinking and communication skills for senior clinicians.
- **Midwifery Up-skilling (MIDUS)** 2.5-day essential update on current practice in ante, intra and postnatal care. Designed for midwives and GPs in the isolated context.
- **Maternity Emergency Care (MEC)** 2.5-day course for non-midwives who may be required to provide emergency care to mothers and their babies in an isolated setting.
- **Practical Skills** 1-day course on key clinical skills for remote practice, tailored to local needs. Can include ear assessment, eye injuries, suturing and plastering.
- **Triage Emergency Care (TEC)** 1-day course based on the Emergency Triage Education Kit (ETEK). Focused on rural hospital settings.
- **Trauma Preparedness** 1-day course on pre-hospital care, management of trauma, extrication and building psychological resilience. Designed for clinicians and the support team, such as drivers.

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I have been a CRANaplus facilitator for the Remote Emergency Care course since the beginning. The fact that the course content is designed for the Australian remote context sets it apart from all other courses. I thoroughly enjoy facilitating at the courses. I always come away having learned at least two new things – not only from my fellow facilitators, but also the students!

**Judy Whitehead**

Nurse Manager, RFDS South Eastern Section, Broken Hill NSW

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### eRemote Online Education

CRANaplus eRemote online education programs provide convenient access to specialised training, wherever and whenever you need it. You can complete your core mandatory and clinical training at your own pace, in your own workplace.

eRemote provides participants with continuing professional development (CPD) points, and has an experienced senior clinician available to provide support via phone, Skype and email.

- Advanced Life Support
- ALS Recertification
- Basic Life Support
- Building a Respectful Workplace
- Cultural Awareness
- Fire Awareness
- Managing Conflict in the Remote Workplace
- Introduction to Infection Control
- Managing Difficult Behaviours
- Manual Handling and Ergonomics
- Medication Calculation
- Medico-legal Documentation
- Natural Disasters
- Professional Development
- First Aid Program
- 12 Lead ECG
- Airway Management
- Arrhythmia Interpretation
- Blood Results Interpretation
- Chest Pain Assessment
- Clinical Deterioration
- Defibrillation
- IV Narcotic Pain Relief
- Intravenous Cannulation
- NIPPV
- Fracture Stabilisation (Plastering)
- Wound Closure (Suturing)
- Rural and Remote Mentoring
- Tele-health User Guide
- Physical Assessment

**For the full CRANaplus education program, and to register for a course, visit our website:**

- [crana.org.au/education](http://crana.org.au/education)



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Each remote practitioner needs to have a personal sustainability plan. Being widely connected through CRANaplus has made a big difference to my sustainability. It's not just for health professional business, it's for family business as well. It's for all of those things that will keep a remote health practitioner practising remotely. The Bush Support Line is a fantastic service. It's made such an enormous difference to so many people right around Australia.

**Jonathan Wright**

Clinical Nurse Consultant, Tennant Creek Hospital NT

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## with CRANaplus, support is always close at hand

### CRANaplus Bush Support Services

CRANaplus is unique in providing dedicated support services for remote and isolated health practitioners and their families. The CRANaplus Bush Support Services comprise a comprehensive suite of tools to help manage the pressures that come with remote, isolated and rural practice.

### CRANaplus Bush Support Line

**1800 805 391**

Toll-free 24/7

The CRANaplus Bush Support Line provides free personal counselling with registered psychologists experienced in working and living in remote and isolated locations. Our dedicated counsellors extend support to meet the many challenges that can face those delivering health services in remote, isolated and rural communities. The service is also open to families of the health workforce.

The only psychologist-staffed resource of its kind in Australia, the Bush Support Line is a toll-free service, operating 24 hours a day, every day of the year. Confidentiality is guaranteed, and you can choose to remain anonymous. You can speak to the same counsellor on subsequent calls. Indigenous counsellors are available. And, if you're on a mobile, we'll happily call you back.

### Workshops

A variety of workshops in stress management and resilience building promote the social and emotional wellbeing of remote and isolated health practitioners. These practical workshops aim to provide the health practitioner with the skills and abilities to not just survive, but thrive in the remote context. Facilitators are experienced clinicians who live and work in rural and remote locations around Australia.

**For more information on our workshops, or to book a workshop for your workplace, visit our website:**

- [crana.org.au/support](http://crana.org.au/support)

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Sometimes, living and working remotely can become overwhelming. But wherever you work, from the middle of nowhere to the back of beyond, you are never alone.

CRANaplus Bush Support Services video

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### Video

The CRANaplus Bush Support Services video provides firsthand accounts of this unique and vital service. The video, narrated by Jack Thompson, was a finalist in the 2015 New York Festivals Award for the World's Best TV and Films. You can watch the video on our website [crana.org.au](http://crana.org.au) or order a free DVD copy.

### Smartphone app

The CRANaplus Bush Support Services smartphone app helps you develop strategies to tackle workplace bullying. The app provides information for both health workers and managers, with a direct link to personal help and support.

CRANaplus Bush Support Services also deliver a range of health and wellbeing programs to the remote workforce in communities around Australia. These are complemented by a growing range of personal development and capacity building publications and online resources.

**For more information on CRANaplus Bush Support Services, visit our website:**

- [crana.org.au/support](http://crana.org.au/support)



## servicing and supporting our industry

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CRANApplus provides professional support to our nursing, Aboriginal health and allied health teams. Corporate membership provides many additional benefits for us as an organisation. The conference is a unique event that enables us to showcase our service to a large cross-section of the remote workforce. The weekly e-newsletter is invaluable for recruitment, reaching a targeted group of professionals. We appreciate all levels of support and are proud to be associated with a unique organisation that provides the strongest voice for improving health service delivery in remote Australia.

Monica Frain  
Remote Clinic Coordinator, Kimberley Population Health Unit WA

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**CRANApplus provides a diverse and constantly growing suite of professional services and resources for the remote and isolated health sector.**

We draw on our substantial corporate membership and supporter base to build a community of likeminded individuals who can connect, network and share. Our unique insight and reach make CRANApplus a valued and effective collaborator and partner with governments, employers and the broader remote health industry.

We have dedicated staff and a network of experts developing industry-wide initiatives. We develop customised programs for specific workplaces and applications. We produce a range of resources to support clinical and organisational processes and practices.

We have defined pathways into remote practice and developed a clinical governance guide for remote health. We have established professional standards for remote nursing and midwifery practice. We prepare regular position papers on topical issues of significance. We publish and distribute the CRANApplus Remote Clinical Procedures Manual.

We operate a mentoring program that pairs novice remote clinicians with established remote health practitioners. Our mentors provide support, share knowledge and build capabilities. Our Undergraduate Remote Placement Scholarships represent an investment in the remote health workforce of the future.

CRANApplus corporate membership puts organisations in touch with a niche group of remote health professionals, creating new opportunities for recruitment and communicating with the workforce. The CRANApplus Bush Support Services are vital in maintaining a healthy and resilient workforce in the remote sector.

Through targeted professional services, CRANApplus is strengthening the remote health sector.



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The Remote Emergency Care course was excellent. The instructors were of a very high standard and very approachable. The paediatric content was a welcome refresher and met my knowledge gaps. It was also valuable to bring the skills I have used many times up to date with current practice. I really appreciated having the course at Hughenden. And the catering was excellent!

**Paul Marrinan**  
Mine Site Nurse, Hughenden QLD

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## join us – get involved

### Membership

CRANApplus membership offers a wealth of benefits for individuals and organisations alike. It's the easiest way to stay connected and informed. And being a member supports the professional body that supports remote health.

#### Individual member benefits:

- being part of a network of likeminded professionals
- discounts on education, training and workshops
- discounts on conference registration
- discounts on services and products
- eligibility for scholarships and sponsorships
- access to member forums and exclusive content on website
- weekly newsletter
- quarterly magazine
- subscription to Australian Journal of Rural Health
- strengthening the future of remote health

#### Additional benefits for corporate members:

- free recruitment advertising via website and newsletter
- discounts on advertising in CRANApplus magazine
- discounts on conference trade booths
- magazine features and editorial

**For more information on CRANApplus membership, and to join the organisation that supports you, visit our website:**

- [crana.org.au/members](http://crana.org.au/members)



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Volunteering for CRANaplus combines my passions of education, maternity care, and rural and remote health. Taking education to health professionals working in rural and remote settings is extremely satisfying. Accessible education enables a workforce with increased confidence to care for their population. While my work is based on the eastern seaboard, facilitating learning with CRANaplus allows me to contribute to – and learn from – the valuable work of rural and remote health professionals.

**Keppel Schafer**

Service Director, Women's & Family Services, Sunshine Coast Hospital & Health Service  
Adjunct Senior Lecturer, CQU & USC  
Clinical Fellow, ACU

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**Annual Conference**

For more than 30 years, the annual CRANaplus Conference has provided an energetic professional and social forum for the remote health workforce. Held over two and a half days at a different location each year, the conference attracts health practitioners, managers, government representatives, policy makers, academics and students from across the country.

Presentations are representative of all aspects of remote health delivery and development. The CRANaplus conference has become a key event in the remote health practitioner's calendar. It also provides excellent marketing and promotional opportunities for industry.

**Aurora Award**

The annual Aurora Award was established by CRANaplus to recognise individuals who have made an outstanding contribution to remote health. Aurora Award recipients provide the inspiration and leadership to make remote health a better place. The Aurora Award is presented at the awards dinner at the annual CRANaplus Conference.

**CRANaplus Awards**

The CRANaplus Awards recognise remote health professionals who have made a significant contribution to improving health outcomes or their profession in general. CRANaplus Awards are presented at the annual CRANaplus Conference in five categories:

- Excellence in Remote Health Practice
- Excellence in Education/Research
- Excellence in Mentoring in Remote Health
- Outstanding Novice/Encouragement
- Collaborative Team



“

I teach for CRANAplus as they are a passionate group with high standards and a commitment to remote Australia. I always am enriched and humbled by the experience, by the folk I meet and the stories they tell. It's a privilege to be able to work with such dedicated, diverse people who share a vision for services to the bush, and are prepared to act on it.

**Dr Marianne Cannon**  
Sub Dean (Wesley Hospital),  
Faculty of Health Sciences & Medicine, Bond University QLD

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### CRANAplus Fellowship

CRANAplus Fellowship recognises members who have shown exceptional commitment in their professional practice and made an outstanding contribution to remote and isolated health. CRANAplus Fellows represent a network of recognised expertise on a wide range of issues. As a CRANAplus member, you can nominate a colleague or apply yourself as a nominee for Fellowship of CRANAplus.

### Contribute

CRANAplus welcomes philanthropy and fundraising initiatives to support remote and isolated health practitioners and the communities and workplaces they represent. Donations to CRANAplus of \$2 or more are tax deductible.

### Connect with us on social media:

-  [facebook.com/CRANAplus](https://facebook.com/CRANAplus)
-  [twitter.com/CRANAplus](https://twitter.com/CRANAplus)
-  [flickr.com/CRANAplus](https://flickr.com/CRANAplus)

### Sign up for our free weekly newsletter on our website:

- [crana.org.au](https://crana.org.au)



CRANAplus acknowledges the Aboriginal and Torres Strait Islander peoples as the traditional custodians of Australia, many of whom live in remote areas, and pays its respect to their Elders both past and present. CRANAplus contributes significantly to improving the health of Aboriginal and Torres Strait Islander peoples by building the strength of the remote health workforce.

### Cairns Office

2 Wallamurra Towers, 189 Abbott Street  
PO Box 7410, Cairns QLD 4870  
Phone: 07 4047 6400

### Alice Springs Office

C/- Centre for Remote Health, Cnr Simpson and Skinner Streets  
PMB 203, Alice Springs NT 0871  
Phone: 08 8955 5675

### Adelaide Office

1/81 Harrison Road, Dudley Park  
PO Box 127, Prospect SA 5082  
Phone: 08 8408 8200

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