“Welcome to Southland Hospital – our new, 181-bed facility situated in Invercargill, New Zealand. Southland Hospital provides a very good training ground for interns, offering a range of clinical work and hands-on experience with the support of our senior team. As a House Officer at Southland, you will be kept busy enough to gain good experience with a variety of pathology, but not so busy that you won’t have time to enjoy the work, or indeed the fantastic leisure opportunities that our province offers.

Our RMOs enjoy a strong sense of comradeship and our team of Clinicians, with the support of our Medical Officers Unit, will make you feel supported and welcomed during your time with us. This is a friendly, welcoming hospital with good collegiality amongst departments. Particularly strong is the access to our radiology and medical diagnostics departments. For the size of our hospital and population, we are well provided for in terms of technology and diagnostic tools.

Things have changed a great deal at Southland Hospital in recent time and my colleagues and I warmly invite you to see for yourself how these positive changes have made being a House Officer at Southland an enjoyable and rewarding time. I look forward to meeting you soon.”

- Mr Murray Pfeifer, Intern Supervisor

Mr Pfeifer is the Clinical Director of General Surgery and is the Immediate Past President of the NZ Branch of the Royal Australasian College of Surgeons.

What Our House Officers Are Saying

“I came to Southland because I had been an intern in a big centre and had seen the First Years at work where they appeared to be glorified secretaries. - You definitely get hands on experience in Southland.”

“Good teaching schedule and approachable consultants and Intern Supervisor.”

“During nights, there is a very good and responsive Registrar ‘buffer’ between the House Officers and the Consultants”

“There are good opportunities to learn and grow with the help of teaching by Consultants.”

“Plenty of hands on experience for those with initiative.”

“The hospital is very equipped for its size – it is easy to organise tests and consult specialists.”

“Excellent Medical Officers’ Unit – very caring and considerate.”

“Life in Southland has been excellent with a reasonable cost of living and plenty of leisure activities.”
Remuneration
All House Officer runs are paid at Category C on the rural scale which is currently $71,610 and approximately $3,000 more than that of our urban counterparts.

Accommodation
Southland Hospital also offers 3 weeks free accommodation in our Doctors’ Residence on arrival to allow you to seek your own accommodation once in Southland.

The Medical Officers’ Unit also can assist with this with many options for accommodation available. This coupled with the cheaper cost of living, small commuting times and free car parking in the hospital grounds makes for a very attractive package.

Night Duty
As a first year at Southland Hospital you do not undertake night duties within the first 6 months and will undertake an ACLS course on site prior to this.

Advanced Cardiac Life Support Training
We provide the Advanced Cardiac Life Support (ACLS) Course on site to Level 7 with our own in-house instructors. We endeavour to have all First Year House Officers Level 7 ACLS Certified within your first 6 months prior to commencing night shifts.

Key Teaching Sessions for 1st Yr House Officers
- Weekly Thursday lunchtime protected teaching time for First Year House Officers. The topics are selected by the First Year House Officers. Lunch is provided at this meeting and pagers are removed.
- Monthly Business Meetings for the First Year House Officers with the Intern Supervisor.
- Weekly Friday Grand Rounds for all Medical staff.
- Weekly departmental Registrar/House Officer led journal clubs/clinical meetings.
- Regular departmental audits.
- Clinical handover held each morning.
- Regular RMO Forums.
Medical Officers’ Unit
Your Day to Day Support

DEBBIE FAHEY
Medical Officers’ Unit
Team Leader

“The Medical Officers’ Unit is based in the central hub of the hospital in the clinical administration area and is available to assist all doctors with any queries large or small. The team consists of a RMO Advisor for House Officers, RMO Advisor for Registrars, SMO Advisor for Senior doctors and myself as the Team Leader.

We are a very supportive and hands on Unit who are readily available and always willing to assist with your day to day needs and can provide advice on a wide variety of topics, both work and non-work related. We also like to work with you regarding your leave plans for the year to assist with approval of leave and also training requirements.

The feedback we have received from doctors working at Southland Hospital is that they enjoy working in our new facility which is fresh, warm, very centralised and a pleasure to work in. There is a good team atmosphere within the hospital and good collegiality amongst the doctors with a more informal approach to consultant and junior relationships than you would find in a bigger hospital.

Southland Hospital is fully recruited with Registrars in all fields and they are extremely supportive and approachable and assist with the learning and day to day teaching of junior doctors. Southland Hospital gives you a very broad scope of medical practice that allows you to experience many facets of medicine. You get access to theatre, clinics, and many hands on procedures. There are avenues for exploring and obtaining exposure to other areas of medicine for those with a specific interest.

The lifestyle in Southland is very laid back with small commuting times, affordable housing, great sporting activities and outdoor pursuits and it is a very safe place to live.

The Medical Officers’ Unit team can assist with activities outside of the hospital for families, sports events, hobbies etc as we are local Southlanders with networks in many areas. I am happy to take queries from any Junior Doctors interested in working at Southland Hospital now or into the future. I look forward to hearing from you.”

- Debbie Fahey, Medical Officers’ Unit

Medical Officers’ Unit
Contact Details

Southland Hospital
Po Box 828
Invercargill

Team Leader: Debbie Fahey

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Orthopaedic Run

Mr Murray Fosbender
Clinical Director Orthopaedics

Mr Fosbender is also the current President of the NZ Orthopaedic Society.

“Welcome to all pre-registration house surgeons in orthopaedics, considering working at Southland Hospital.

Coming to Southland Hospital as a house surgeon, you can expect to work in the modern facilities of the orthopaedic ward and adjacent services of operating theatre and outpatient clinic. You will be encouraged to participate in the activities of the department beyond the ward work. You are able to work as assistant in operations and with full supervision in outpatient clinics testing your abilities to manage inpatient and outpatient conditions.

You are able and encouraged to attend the journal club, radiology reviews and registrar tutorials. You will be able to work with the registrars – two of which are New Zealand Orthopaedic Association Trainees - and you can expect a wide educational and training experience.

The object of your time in orthopaedics is to work hard, learn a lot and have fun! I look forward to meeting you.”

- Murray Fosbender

Department Staff Configuration

- 4 Orthopaedic Surgeons
- 4 Registrars (2 trainees)
- 2 House Officers of which both runs are suitable for First Year House Officers
- Night cover is provided by a Registrar on call

Southland Hospital has a comprehensive Orthopaedic Surgery Department. It provides 24 hour Orthopaedic Trauma and Orthopaedic Emergency services as well as comprehensive elective general orthopaedic services. This includes:

- Joint Replacement
- Spinal Surgery
- Paediatric Orthopaedics
- Foot and Ankle Surgery
- Sports Medicine Orthopaedic Surgery
- Occupational Medicine
- Upper Limb Surgery

Other services include screening programmes for Development Dysplasia of the Hip in newborn babies. We have a tertiary advisory and referral arrangement (where necessary) for Orthopaedic Oncology. Orthopaedic Surgery Services are available on an inpatient, day care and outpatient basis and patients are referred from the emergency department and from other services within the hospital. Outpatient clinics are held not only in Invercargill but also at Queenstown and Gore.

The department consists of 4 consultant surgeons, supported by four registrars and a house officer team.

Our training programme is part of the Advanced Orthopaedic Training Program run by the New Zealand Orthopaedic Association and allows basic and advanced trainees to obtain operative experience and to develop independent responsibility in the pre and post operative care of surgical patients. There is time set apart each week for dedicated teaching and research opportunities.

We are affiliated to Dunedin School of Medicine and provide orthopaedic training and experience for Final Year students within our department.
General Medicine Run

DR KATE BAYSTON
Clinical Director
General Medicine

“Welcome to Southland Hospital’s General Medicine department. As the base hospital for the region, House Officers working in our team can expect to see a broad spectrum case mix whilst also gaining knowledge in sub-specialty interest areas.

You will gain experience and exposure to the following procedures: urinary catheter insertions, IV Lines, pleural taps, lumbar punctures, chest drains, ascites taps – with the support of a registrar.

Southland Hospital is a fantastic new facility with an excellent layout and a pleasant working environment. The hospital is the ideal size in that you see a wide variety of cases and have access to an impressive range of diagnostics, yet it is small enough that you can still get to know the staff. As a House Officer you will be included in our team and have the opportunity to participate fully and gain good ‘hands on’ experience. We welcome you to Southland and look forward to meeting you.”

- Kate Bayston

Department Staff Configuration
- 6 Consultants covering Oncology, General Medicine, Gastroenterology, Diabetes, Neurology, Respiratory, Geriatrics
- 7 Medical Registrars (fully recruited to)
- 8 House Officers of which 5 runs are suitable for First Year House Officers
- Night cover is provided by a Registrar on call

>> ACCREDITED TRAINING PROGRAMME
Southland Hospital’s General Medicine department is accredited for two years of basic training by the Royal Australasian College of Physicians (RCAP).

The General Medicine department provides an acute general medicine service along with sub-specialty interests, which currently include:
- Respiratory
- Infectious Diseases
- Metabolic Medicine
- Gastroenterology
- Neurology
- Haematology/Oncology medicine

Other subspecialties are provided through visiting clinics from the tertiary hospital in Dunedin. Two upcoming retirements in 2007 will see new consultants join the General Medicine team which may bring new sub-specialty areas.

The medical division is actively involved in teaching and is accredited for two years of basic training by the Royal Australasian College of Physicians (RCAP). The department accepts 4th Year and Final Year Medical Students from the University of Otago and Physicians provide senior lecturer roles to the Dunedin School of Medicine. In addition, Physicians participate in the teaching programme of Registrars and House Officers.

There is close liaison with the Rehabilitation Unit which currently has 1 Geriatrician and an experienced Medical Officer working alongside.

The General Medicine division is supported by an excellent Intensive Care/Coronary Care Unit, led by a highly skilled and experienced Intensivist. The modern Emergency Department is led by a team of emergency medicine specialists (FACEMs) and a highly skilled nursing staff.

There is good collegiality and liaison between all departments and good access to the wide range of diagnostic services at Southland Hospital.
General Surgery Run

Mr Murray Pfeifer
Clinical Director
General Surgery

Mr Pfeifer is the Immediate Past President of the NZ Branch of the Australasian College of Surgeons and a Member of the Court of Examiners for the Royal Australasian College of Surgeons.

“House Officers coming to Southland Hospital can expect a good comprehensive overview of general surgery, during their run with our department.

Our General Surgery team provides a range of surgical interventions and enjoys a challenging and diverse range of cases. House Officers are welcomed by all members of the theatre team to assist and for those with a particular interest in surgery, there is every opportunity to access the theatre and participate.

House Officers with enthusiasm and initiative will gain a good deal of hands on experience during this run, whilst being supported by your Registrars and the General Surgeons. We look forward to seeing you in Southland.”

- Murray Pfeifer

Department Staff Configuration

- 3 General Surgeons (seeking a 4th), 2 Ophthalmologists, 1 Urologist and 1 ENT Surgeon
- 5 Surgical Registrars (1 advanced surgical trainee and 1 basic surgical trainee)
- 3 House Officers of which all runs are suitable for First Year House officers

The General Surgery department sees a wide diversity of surgical conditions and we provide a range of surgery including:
- Breast and Endocrine
- Upper and Lower Gastrointestinal
- Hepatobiliary and Pancreatic
- Vascular
- Trauma
- Urology

Other services include a Breast Screening Programme, which offers an assessment clinic in conjunction with breast counselling, support service and follow on surgery.

Our surgical training programme is accredited by the Royal Australasian College of Surgeons (RACS) and allows basic and advanced trainees to obtain operative experience and to develop independent responsibility in the pre and post care of surgical patients. The General Surgeons fully participate in the teaching programme and offer students the teaching and skills they need to equip them for their medical careers.

Visiting tertiary services in plastic surgery and genetics complement our service and our tertiary colleagues in Dunedin and Christchurch are accessible and available for consultation and back up once patients return to Southland.

Southland Hospital’s theatre suite offers four spacious, modern and well equipped theatres. A modern endoscopy and colonoscopy suite is co-located within the theatres suite. Theatre nursing staff are keen to support surgeons in developing their surgery and ensure you have the tools and equipment you need. On the ward, strong nursing leadership ensures patients are well looked after. There is good liaison and collegiality within the surgical division, where a relaxed and informal approach ensures easy access to clinical leaders and management.
Obstetrics and Gynaecology

- 4 Obstetrician & Gynaecologists
- 1 Registrar
- 2 House Officers
- Our junior staff in the O&G Department are able to complete the Diploma of O&G

Emergency Department

- 3 Specialists who are FACEMs
- 4 Medical Officers
- 5 House Officers

Psychiatry

- 10 Psychiatrists covering the specialties of Child and Adolescent, Alcohol and Drug, Adult Community, Inpatient and Crisis Intervention
- 1 Registrar (trainee)
- 1 House Officer who is based in the Inpatient Unit. This run is suitable for a First Year House Officer if you have an interest in Psychiatry after you had completed a Surgical and Medical Run

Paediatrics

- 4 Consultant Paediatricians
- 1 Registrar
- 3 House Officers
- Our junior staff in the Paediatrics Department are able to complete the Diploma of Child Health

Night Staffing Configuration

- 2 House Officers on site (one is usually based on the wards and one in ED)
- 1 House Officer covering both O&G and Paediatrics on site
- 1 Medical Registrar on site
- 1 Orthopaedic Registrar on call
- 1 Surgical Registrar on call
- 1 Anaesthetic Registrar on call

>> ACCREDITED TRAINING PROGRAMMES
All of the above training programmes at Southland Hospital are accredited by their respective College.
Excellent Ancillary Services

Radiology

Southland Hospital has state-of-the-art technology including PACS digital radiology along with the recently commissioned i.PM electronic patient administration system. The radiology department has a modern 1.5T MRI Scanner, 16-slice CT Scanner alongside X-Ray, Ultrasound and Nuclear Medicine capabilities. There is access to interventional radiology and ERCP, which is not available in most provincial hospitals.

Southland Hospital has highly skilled interventional radiologists who perform biopsies of lung lesions, biopsies of the liver and drain abscesses. The radiologists are readily available to discuss cases and there is a weekly X-Ray meeting with the Physicians.

Colonoscopy Suite

Investigations such as upper GI endoscopy, colonoscopy, ERCP and broncoscopy are available within the Colonoscopy suite at Southland Hospital.

Laboratory

The on-site Southern Community Laboratory offers a full range of services in haematology, microbiology, biochemistry and histology.

Diagnostic Testing

The medical diagnostic department offers a variety of investigative tests ranging from a sleep laboratory, lung function laboratory, holter monitoring, echocardiography, nerve conduction studies and more.

There is good access to this department with a timely turnover of requested tests.
Southland offers a fantastic lifestyle with a low cost of living, excellent schools and a range of outdoors activities right on your doorstep and within 2 hours drive. Southland District Health Board’s affordable staff holiday homes in Queenstown, Te Anau and Arrowtown make it easy to get away for weekends with family and friends to explore the region.

Invercargill City is a modern city with facilities including NZ’s only indoor cycling velodrome; a modern sporting complex (netball, tennis, squash, gym etc); Rugby Park; the Splash Palace swimming centre. Beautiful Queens Park is ideal for running, cycling, walking or a round of golf. Oreti Beach is 10 minutes from the city and there are plenty of cafes, restaurants, new cocktail bars, pubs and shopping to keep you entertained.

Excellent schools; free tertiary education at the Southern Institute of Technology; cheap house prices and short commute times in a friendly, safe community, makes Invercargill the place where you really can enjoy the good life.

Queenstown is just a two hour drive from Invercargill and is situated at the foot of the Remarkables Mountains where the majestic Lake Wakatipu sparkles. Snowboarders and skiers can access 3 skifields from here, including Coronet Peak, the Remarkables, and Treble Cone over in Wanaka. Known as the adventure capital of New Zealand with its Bungy Jumping, snowboarding and white water rafting pursuits, Queenstown is also home to fantastic wineries, stunning scenery, and a vibrant resort town atmosphere, especially during tourist peak times. Staff holiday homes in Queenstown and Arrowtown make visiting easy. Dunedin is just over 2 hours drive away and Christchurch is a 1 hour flight from Invercargill.

Surfers can enjoy the waves along the natural beauty of the rugged coastline of Colac Bay; whilst trampers and nature lovers have easy access to scenic walking tracks - including those on Stewart Island, stunning Fiordland and the Catlins. Hunting is also popular with good access to duck shooting and deer stalking, whilst fly fishing enthusiasts are also well catered for.

Arts and cultural interests are also well catered for with the newly refurbished Civic Theatre hosting musicals and productions, museum, art galleries, a film society, chamber music society, and the popular Shakespeare in the Park annual performance in the Queen’s Park gardens.