



NZRDA Hospital REVIEW



JULY 2021

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Introduction

The RMO Viewpoint

Dear Colleagues,

Welcome to NZRDA's Hospital Review for 2021. This is a subjective and unofficial assessment of the hospitals distributed across our beloved country. It's written by RMOs for RMOs.

We hope that this publication will give you an insight into what you might expect before commencing work. It might also help you choose where to work – given that you will shortly choose your preferred placements.

To all the Trainee Interns out there, please see the information on the facing page about RDA membership and indemnity insurance. We are here to help, so let us know if you have any questions.

And if you have further queries about working at a particular hospital, the first points of call are the delegates at that hospital (your RDA representatives working across NZ). You can find out who your delegates are by heading to our website (www.nzrda.org.nz).

Alternatively, get in touch with us here at the RDA office (our contact details are on the last page of this review) and we will assist you!

In producing this document, RMOs were asked to comment on 10 categories, but also to contribute any other thoughts and comments they considered relevant.

To all those RDA delegates and RMOs who contributed their time and effort to the production of this review – a big thank you. If you have any feedback on or questions about the content of this review, we'd be happy to discuss.

Review Categories

RMO Unit

The helpfulness, friendliness and support (or otherwise) of RMO Unit staff.

MECA Compliance

Frequency and severity of non-compliance; ease of solving disputes, etc.



Daily Workload

How reasonable for a first year?



Rosters

Never get to see your children (or make any)...?



RMO Lounge

General comfort and proximity to key work areas; kitchen facilities, lounge area, natural light; status of phone lines to enable responsiveness.



City Living

Things to do (night life etc.), cost, transport, proximity to other places etc.



Cafeteria

General comments including cleanliness, accessibility; meals including options, quality, availability, and restrictions.



Car Parking

Space availability, safety and security, proximity to main entrance for nights, alternative arrangements if appropriate.



Acute Demand

Long day work volume, work quality and experience.



SMO Support

Educational opportunities/academic support; industrial support.



Trainee Interns

Written by RMOs for RMOs

TI RDA Membership is Free

Beginning your first year as a house officer is always daunting. As well as coming to grips with being a doctor, you also need to understand what it means to be an employee.

The RDA is here to help you deal with "all that contract stuff" and more. Membership for TIs is free!

Just visit the membership page on our website at www.nzrda.org.nz/join, fill in the form, and it's done... but there is a catch! To remain a member once you start work as an RMO, you will need to pay a subscription fee - but not until your first pay cheque! After this, it's \$40 per month.

We do encourage TIs to join; we produce regular updates dedicated to TIs, which provide "things you need to know" especially as the time approaches when you will start your working life as a doctor.

What is the NZRDA?

The NZRDA (New Zealand Resident Doctors' Association) – or the RDA for short – is by far the largest organisation in New Zealand representing RMOs (Resident Medical Officers, which includes house surgeons, senior house officers and registrars) and of course TIs.

We are a union: a group of employees who come together to achieve strength and safety in numbers. We are run by resident doctors for resident doctors. Our main purpose is to look after and promote the interests of our members. This includes taking care of doctors' rights and interests at work, within the health sector and in the wider community.

The philosophy of the NZRDA is based on community, support and union principles such as a democratic structure and service delivery.

What do we do?

The RDA negotiates and enforces members terms and conditions of employment, and we work to ensure your employment

contract is honoured. We also work to protect and enhance RMO training, work-life balance and wellness. We represent individual members who get into difficulty, and promote good change.

Indemnity Insurance

The RDA supports indemnity insurance through NZMPI, a wholly New Zealand-owned insurance company. This is **indemnity insurance**: a guaranteed contract of cover for you if you get into difficulty, which (without trying to make you gloomy) you probably will - despite all the training, you are human after all! This is free for RMOs: just tick the box usually called "RDA insurance" or "NZMPI" when filling in the form for DHB employment. This insurance remains available to house officers and registrars, and continues into SMO and GP land when you get to that stage.

To sum up

We actively lobby for our members' interests, comment publicly when appropriate, and communicate with other medical organisations in New Zealand and overseas. We work with politicians, government, and the private sector. Through the RDA you have the opportunity to have your say and influence decisions that affect your future and the future of healthcare in NZ - and clearly this future is changing soon!

Disclaimer

This review is intended to provide an honest, provocative and irreverent commentary on the state of New Zealand hospitals from the points of view of RMOs. All commentary is opinion only, and we have been careful not to overly edit or dilute the voices of our members in their assessments. Even when the commentary seems to be stated as fact, it isn't; it is opinion – but educated opinion, informed by the real life experiences of doctors working within our District Health Boards.

The NZRDA is always happy to discuss the opinions that appear in our Hospital Review; if you have thoughts or comments, feel free to contact us at ask@nzrda.org.nz.

NORTHLAND

WHANGAREI HOSPITAL



A little over two hours away from Auckland, Whangarei is the largest city in the Northland region. While it is an up-and-coming city, with plenty of hikes, cycling trails and places to explore, there is very little in the way of nightlife. However, people that enjoy living in Whangarei generally prefer it that way.

RMO Unit

The RMO unit at Whangarei Hospital is below average. They are not very understanding when it comes to leave requests or extenuating circumstances. There is often a long wait to get a reply to emails, despite Northland DHB being on the smaller side.

"Top of the line collegiality makes [Whangarei Hospital] a very good environment for RMO support & education."

RMO Lounge & Sleeping Facilities

The Lounge is unfortunately not the most restful place. It lacks some basic amenities such as a working microwave to heat meals, and a plug for the sink to wash dishes. The area had to recently be fumigated for fleas due to its questionable level of cleanliness.

Cafeteria & Meals

The meals at Whangarei can be average. The hot meals are

homogenous and leave a lot to be desired. There are very few vege options and not much is done to accommodate dietary restrictions. They have recently however added new snack options which are a good benefit.

Carparking

You will usually be able to find a carpark at Whangarei hospital. The main issue is with minimal long day carparks, making it so that some RMOs have to park at the bottom of the hill, away from the hospital.

MECA Compliance & Acute Demand on a Long day

MECA compliance is below average, and some runs are without basic Schedule 10 compliance.

SMO Support

The SMOs at Whangarei are great. They are approachable, friendly, and proactive in helping RMOs in any way they can. This top of the line collegiality makes it a very good environment for RMO support and education.

Lifestyle

Whangarei is a relatively cheap place to live, however, in recent years costs across the board have increased. A silver lining being that there are nicer restaurants popping up around the place.

WAITEMATA

WAITAKERE & NORTH SHORE HOSPITAL



Waitakere Hospital

Waitakere hospital is located in Henderson, less than an hour outside of Auckland central. It is known for its great working environment and collegiality.

RMO Unit

The RMO unit is average, they are often non-compliant with the MECA and it can be a struggle to resolve disputes.

RMO Lounge & Sleeping Facilities

The RMO Lounge doesn't see much use. The computer equipment, phone lines and general facilities are all in need of an upgrade. Sleeping facilities are below average and not very secure.

"SMO Support and collegiality is where Waitakere Hospital truly shines. The SMOs at Waitakere are friendly and willing to help, providing great educational opportunities for RMOs."

Cafeteria & Meals

The cafeteria is usually clean, with good accessibility for RMOs. The staff café serves a variety of meals which are typically tasty, better than some other hospitals.

Parking

Parking at Waitakere can be a struggle. Despite having a large open carpark, the spaces fill up very quickly. The cost for carparking has rapidly increased over the past few years and needs to be addressed.

MECA Compliance & Acute Demand on a Long Day

The majority of runs for first year house officers have a manageable workload. Rostering at Waitakere remains an issue. The rosters positioning of RDO's hinders work life balance and have minimal schedule 10 compliance. Acute demand on a long day is not half bad at Waitakere. While there is a disproportionate amount of work on a long day – as is with most hospital – the workload is reasonably manageable, and the Smartpage system helps a great deal.

SMO Support

SMO Support and collegiality is where Waitakere Hospital truly shines. The SMOs at Waitakere are friendly and willing to help, providing great educational opportunities for RMOs.

North Shore Hospital

With beautiful beaches, close proximity to Auckland and often more flexible housing prices, The North Shore is a good choice for RMOs.

RMO Unit

The RMO Unit at North Shore hospital

is mediocre. There has been a suggestion of preferential treatment for some RMO's over others. This lack of consistency has been a cause of frustration for some RMOs. They are known for taking harsh interpretations of the MECA, which can walk the line of being a breach.

RMO Lounge & Sleeping Facilities

The RMO Lounge is in a central location with easy access for RMOs. The kitchen facilities are decent, and the coffee machine is a nice addition. The lounge itself has a few beds available with a good amount of room and a flat screen TV. There are, however, very few phone lines and food has been known to run out for those on night shifts.

Sleeping facilities are less than ideal at North Shore. There are very limited beds, and the facilities are not well insulated, making it difficult to get some rest.

"Rostering at North Shore Hospital is typically bad. Schedule 10 compliance has only just been implemented for some Registrars and the Gen Med rosters are still not compliant."

Cafeteria & Meals

The cafeteria is generally clean, with

decent accessibility for RMOs. The food itself leaves something to be desired. The hot meal on most days consist of either non-descript stews, curries, or burgers. This poor selection gets very repetitive for the RMOs. If you are late to dinner, the food is likely to have run out, which means you end up missing your meal entirely.

"There are good educational opportunities collegiality from SMOs. Most SMOs at North Shore Hospital are friendly and will offer help when needed."

Parking

It is getting considerably more difficult to find a decent park at North Shore Hospital. Most of the spaces fill up very early in the morning and other carparks do not tend to open until midday. If you do happen to get a carpark, it is usually in good proximity to the hospital. The carparking is quite secure with good lighting to find your way.

MECA Compliance & Acute Demand on a Long Day

The MECA compliance out of Waitemata is worse than average. There are often problems with cross-cover, and Schedule 10 compliance takes a long time to get anywhere with. The combination of the RMO Unit and NRA make it very difficult to



negotiate for an RMO, dispute resolution has been known to fall by the wayside. The workload for a first year house officer isn't half bad. There are usually two House Officers assigned to each team making the workload quite manageable. The workload does tend to be high on on-call days.

Rostering at North Shore Hospital is typically bad. Schedule 10 compliance has only just been implemented for some Registrars and the Gen Med rosters are still not compliant, although this will be resolved by August this year.

SMO Support

There is good collegiality and great educational opportunities from SMOs.

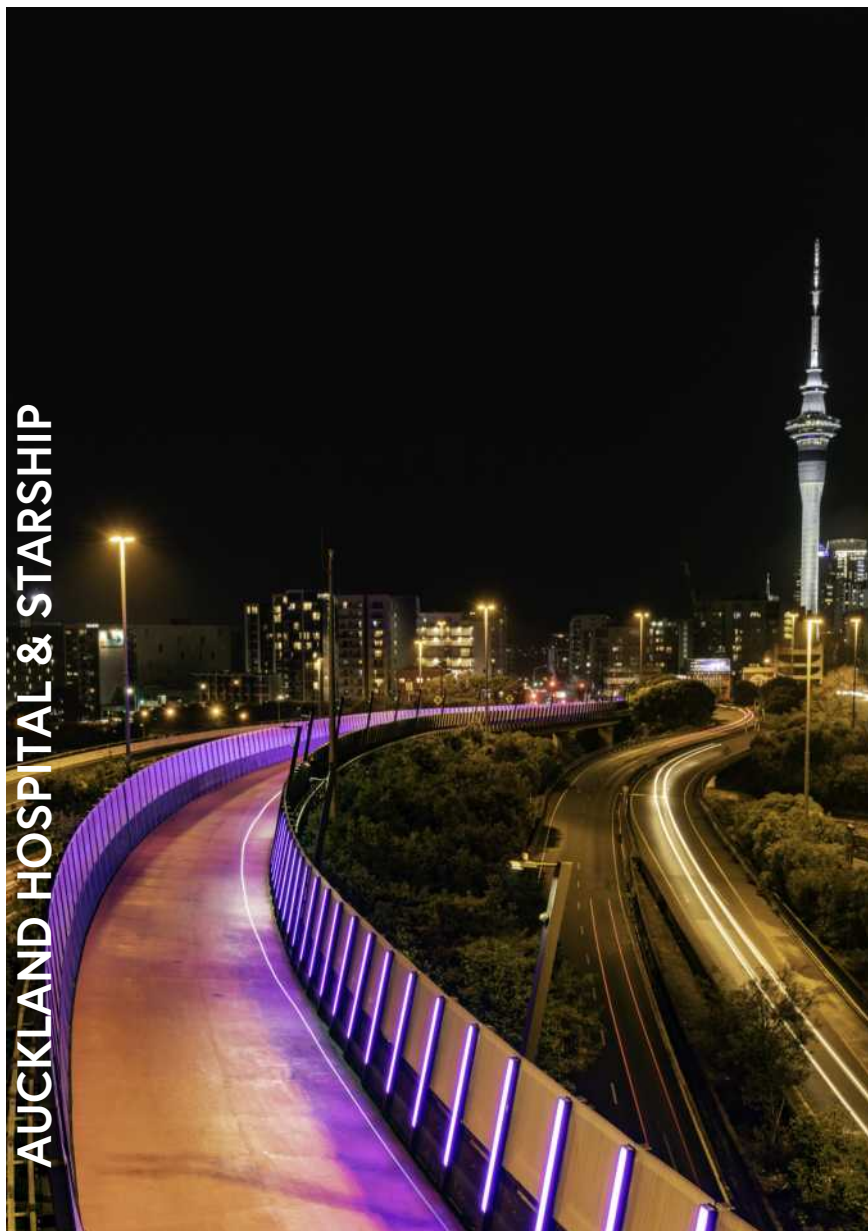
Most SMOs at North Shore Hospital are friendly and will offer help when needed.

Lifestyle

Whether you live in Auckland City or on the North Shore there is always plenty to do. Great night life and cultural events are a big incentive to live in this region. If you are working at North Shore Hospital, it's probably better to live somewhere on the North Shore. This will cut out the length commute across the harbour bridge each day. It is also easier to find affordable housing in parts of the North Shore. With that being said, the Auckland Region is and will continue to be an expensive place to live.

AUCKLAND

AUCKLAND HOSPITAL & STARSHIP



Auckland Hospital

Auckland is ideal for those who enjoy the hustle and bustle of a big city. You will never run out of cool activities to do, and bars, cafés and restaurants to go to. The city truly has something for everyone!

Auckland ranked above average for things to do and proximity to other places; however, it isn't all smooth sailing in the city of sails. The cost of living is extremely high, finding good rental accommodation can be difficult, and unreliable (and expensive!) public transport and congested roads make for frustrating commutes.

RMO Unit

The RMO Unit is decidedly below average. They are unhelpful, rude, unfriendly, sarcastic, and particularly bad at communicating with RMOs. Leave is hard to get, with requests being routinely denied, sometimes within a few hours of the request being submitted. Certain individuals within the RMO Unit are notorious for declining leave, often without any explanation as to why leave was refused. Sometimes email replies can take a long time and may require lots of follow ups and seeing people in person, which requires time and effort. RMOs also report having to cross cover far too many times without prior notice.

RMO Lounge & Sleeping Facilities

The RMO lounge also, unfortunately, is

well below average. There is no natural light to speak of, it is dark, and can be dirty. The kitchen in the lounge is often not restocked and doesn't have enough utensils. The fridge in the lounge is quite dirty, and food is often stolen from it.

Sleeping facilities at Auckland Hospital are average. The facilities serve their purpose, but all the beds are in one space, so it can get noisy sometimes.

Cafeteria & Meals

The cafeteria is above average, the meals are good and there is a wide variety of meal options available.

However, the vegetarian and vegan options are limited, and previously available options such as the cold breakfasts seem to have disappeared of late. There is a real dislike for the single use plastic cutlery and plates provided in the cafeteria, and more environmentally friendly options such as reusable plates and spoons are required.

Parking

Parking at Auckland Hospital is a nightmare. Availability is minimal, and those who have late morning or afternoon shifts really struggle to find parking. The little parking that is available is very expensive. Auckland Hospital has good cycle parking though, and is in close proximity to public transport, so for those that are able to, cycling or using public transport to commute to work may be the best option.

MECA Compliance & Acute Demand on a Long Day

MECA compliance and the daily workload at Auckland Hospital is average. Non-clinical time is non-existent, RMOs don't have on call phones, and on call/call back payments are not always processed correctly. Schedule 10 compliance is below average, and there have been longstanding issues with Schedule 10 compliance across the hospital.

Acute demand on a long day is average. ED is good at admitting patients appropriately, but can get quite busy. The Gen Med run can be quite full on, PGY1s are required to cover 5 wards on long days, and the general consensus is that would be nice if there were 2 House Officers on ward calls. Weekends and public holidays can get quite busy.

SMO Support

There is good internal collegiality at Auckland Hospital. The hospital ranked above average for SMO industrial and educational support, and for the most part, the SMOs are friendly.

Overall Auckland hospital is not a bad place to work, and is, in fact, the perfect place for those who want to pursue a career in academia. The hospital has all tertiary services and is known for providing a high standard of care.

Starship Hospital

RMO Unit

The NRA runs the Starship RMO Unit as is the case with the Auckland Unit. People in the RMO unit itself are cagey and unhelpful when it comes to disputes, leaning on the NRA for liability who in turn act the same. This can make it very difficult to achieve a timely resolution with RMO matters.

RMO Lounge & Sleeping Facilities

The RMO lounge has little to no natural light, a below average kitchen and the sleeping facilities are lacking.

"Schedule 10 compliance and general rostering out of Starship is quite good for work life balance."

Cafeteria & Meals

The cafeteria meals need a better range, with the vegetarian and vegan options severely lacking.

Parking

It is difficult to get a carpark at Starship. They close half of the building for day shift parking which makes it almost impossible to find one, and the surrounding Grafton area isn't much help.



MECA Compliance & Acute Demand on a Long day

The Schedule 10 compliance and general rostering out of Starship is quite good for work life balance.

SMO Support

The SMOs are more than willing to

give guidance and educate RMOs on a skill and industrial basis.

Lifestyle

Auckland city is a great place to live in terms of food, entertainment, and culture. This, as most people know though, comes at a higher cost of living across the board.



Working at Middlemore Hospital allows you to enjoy all the entertainment, food, culture and nightlife that comes with living in Auckland, but this comes at a cost. Auckland is an expensive city to live in, and the traffic system can be difficult to navigate. The train lines do allow for good access to the city's hubs, however Auckland public transport is notoriously unreliable.

"You will usually have to park your car over the other side of the railway tracks which can feel unsafe if there are no security escorts on duty."

RMO Unit

The RMO unit are approachable but can often be slow to communicate and resolve issues. Co-ordinators are quite frequently swapped out which can make it hard to form relationships with the unit team. MECA compliance at Counties Manukau is good; and although it may take a while, leave requests and additional claims will usually be approved.

RMO Lounge & Sleeping Facilities

The RMO Lounge is located so far away from the wards that RMOs don't tend to use the area at all. The state of the lounge also doesn't help. It is usually cold, dirty and flea infested. The call quality from the

lounge phone lines is also not great. This is an area that urgently requires some improvements to be made.

In terms of sleeping facilities, there are two comfortable beds available in secure rooms. Other than that, there are no appropriate beds for RMOs. If you are working in ED these facilities are too far away to be viable for a nap.

Cafeteria & Meals

The cafeteria has a great selection of food thanks to the recent renovations. The staff is friendly, and the area itself is clean and in good proximity to the hospital's key areas. There are however, some environmental concerns of too much plastic being used.

"[Working at Counties Manukau] is a bit like getting thrown in the deep end, which can be valuable experience in terms of learning how to operate in a high stress environment."

Parking

The car parks at Middlemore fill up very quickly, usually by 8 AM. You will usually have to park your car over the other side of the railway tracks which can feel unsafe if there are no security escorts on duty.

MECA Compliance & Acute Demand on a Long Day

The daily workload for a first year is very high, and the general medicine and surgery runs can be overwhelming for new grads. It is a bit like getting thrown in the deep end, which can be valuable experience in terms of learning how to operate in a high stress environment.

"The issue is that the SMOs themselves are very busy and as such formal teaching can sometimes fall by the wayside."



The rostering is demanding but pretty good on average. As is with most hospitals, the ED rosters can be manic.

Acute demand on long days varies. The sheer volume of patients leads to high workloads, but there is good support from RMOs and SMOs alike.

SMO Support

There is a good environment of collegiality from the SMOs at Middlemore. They are approachable and helpful in most cases. The issue is that the SMOs themselves are very busy and as such formal teaching can sometimes fall by the wayside.

WAIKATO

WAIKATO HOSPITAL



Waikato is located in the heart of the North Island. Its central location puts you a short drive away from many of New Zealand's great activities and destinations. These include gorgeous beaches like Raglan, trout fishing in Taupo or the cultural festivals of Auckland. Hamilton itself is an ever-expanding, reasonably priced city with plenty to do.

The RMO lounge is of a good size with great amenities such as a snooker table, fully working kitchenette and Sky TV.

RMO Unit

The RMO Unit at Waikato is decidedly average. RMOs have had trouble getting email responses from the Unit and they are often reluctant to pay for additional duties and cross cover. That being said, they have improved a lot over the past few years. They tend to have quick responses to annual leave requests unless you submit them a long way in advance.

RMO Lounge & Sleeping Facilities

The RMO lounge is of a good size with great amenities such as a snooker table, fully working kitchenette and Sky TV. There is however, a lack of natural light, which makes it a less pleasant environment.

A lot of work has been done with Waikato's rosters over the past few years. They are much better than they once were, but some runs still struggle with schedule 10 compliance. On a long day, as is with most hospitals, acute demand can be tough.

The sleeping/napping facilities at Waikato need more beds. There is limited availability for a hospital of this size. Despite this, the bed linen is changed often, and when you can get a bed, it is a safe clean environment to get some sleep.

Cafeteria & Meals

While the hospital's cafeteria is generally clean, and easily accessible, the meals themselves are not great. The quality of food is pretty average with a lot of high carb and greasy meals. There are very few options for people with dietary requirements such as gluten free or vegetarian. Some RMOs report problems with meal sizes. RMO Meals at Waikato are a problem and need some change.

Parking

Car parking can be difficult for RMOs. A good tip to help with

this is to inquire with the parking office as to where the free and overflow parks are.

MECA Compliance & Acute Demand on a Long Day

The MECA compliance out of Waikato is below average. Some key areas that need to be addressed are out of hours cross cover and the settling of pay disputes. Even when these issues are resolved, the time it takes to do so can be a headache. The average workload for an RMO in first year varies greatly depending on the type of run. PGY1's can have a particularly hard time with the General Medicine and General Surgery Runs at Waikato, often working overtime.

"The SMOs overall are incredibly helpful and friendly, offering many good educational opportunities. There are a few shortcomings in ICU, but generally speaking, there is a great support system in place for RMOs."

A lot of work has been done with Waikato's rosters over the past few years. They are much better than they once were, but some runs still struggle with schedule 10 compliance. On a long day, as is

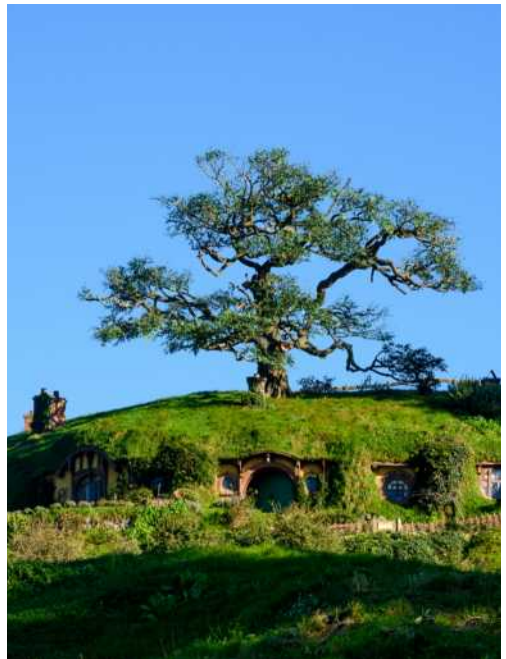
with most hospitals, acute demand can be tough.

SMO Support

SMO Support is good at Waikato. The SMOs overall are incredibly helpful and friendly, offering many good educational opportunities. There are a few shortcomings in ICU, but generally speaking, there is a great support system in place for RMOs at Waikato Hospital.

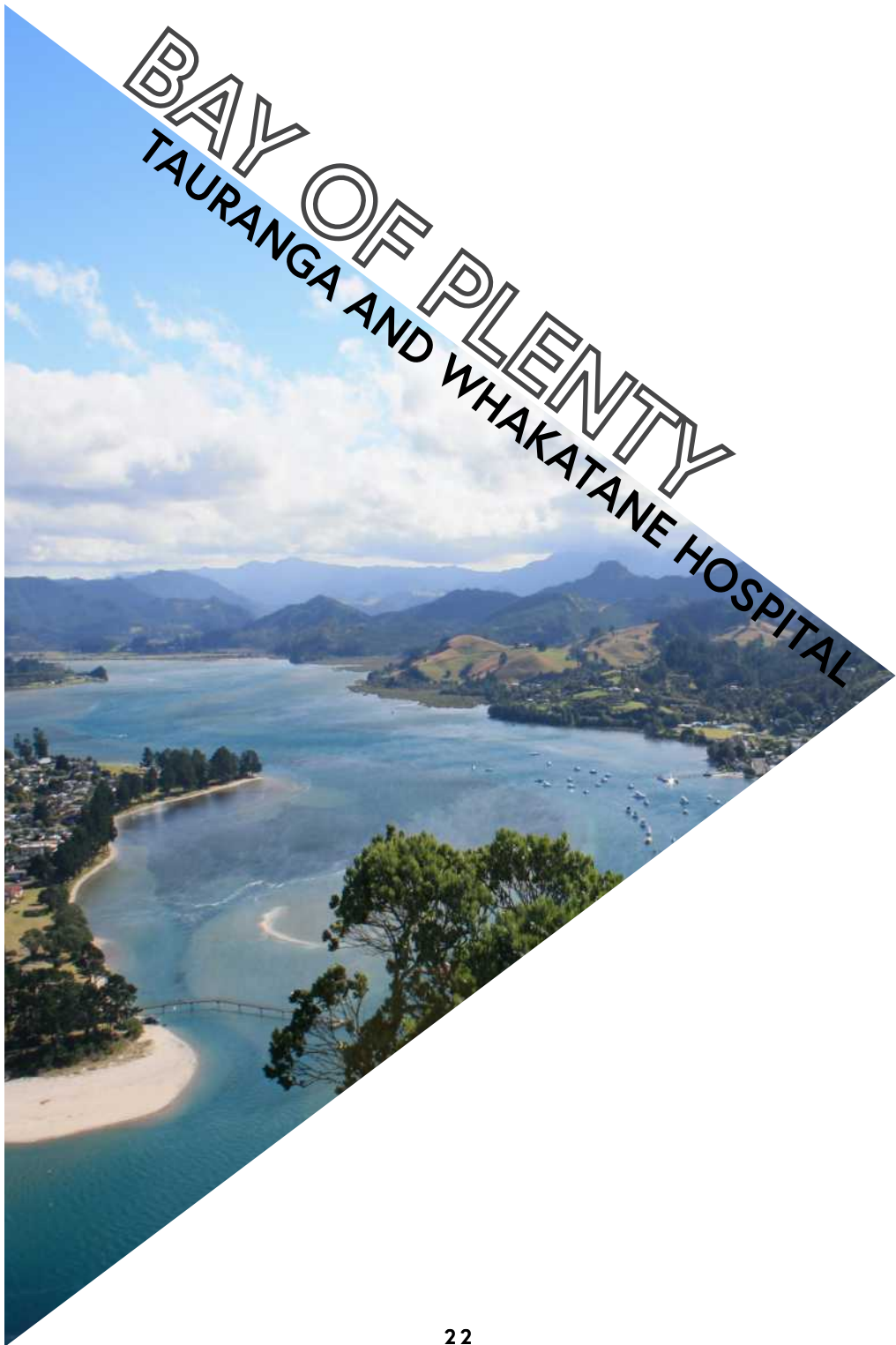
Lifestyle

The cost of living in Hamilton is reasonable, but much like everywhere else, prices are increasing. Public transport is pretty good in the area, and other than rush hour, traffic is generally a non-issue.



BAY OF PLENTY

TAURANGA AND WHAKATANE HOSPITAL



Tauranga Hospital

Tauranga is an increasingly popular region for people wanting the best of the outdoors while still having plenty to do in the city. With beaches at your doorstep and cycling and walking tracks dotted around, you'll never be short of things to do. This recent popularity however has had the unfortunate effect of making accommodation somewhat difficult to find and expensive if you do find it.

"SMO support is very good at Tauranga hospital. The SMOs provide constructive feedback and learning opportunities. Like most smaller hospitals, collegiality is one of the highlights of working there."

RMO Unit

The RMO Unit at Tauranga leaves a lot to be desired. Unhelpful with leave requests and resistant to correcting MECA breaches, of which there are many, the unit is well below average.

RMO Lounge & Sleeping Facilities

The sleeping facilities at the hospital are limited and can be unhygienic at times, with the RMO lounge also not providing much in terms of

comfort. Overall the facilities are average, but the a lack of natural light lets it down.

Cafeteria & Meals

The staff at the cafeteria are friendly, but the quality of food does not always reflect this. There are limited options on offer, especially for those with dietary requirements, and this can make it difficult to find a filling meal at times. On the whole the food quality is average.

Parking

The other facilities at the hospital are generally okay. It is generally easy to find a park at the hospital but there are concerns around the safety of having to walk to these after finishing a long shift.

SMO Support

SMO support is very good at Tauranga hospital. The SMOs provide constructive feedback and learning opportunities. Like most smaller hospitals, collegiality is one of the highlights of working there.

Lifestyle

As with most hospitals, the acute demand seems to vary based on where in the hospital you are working. For the most part the workload ranges from average to above average. The experience of working long days is generally good, the workload is manageable and the work itself is interesting.

Whakatane Hospital

Whakatane hospital is about an hour out from Tauranga, and while it lacks the city life you might find in Tauranga, the great outdoors more than makes up for it.

RMO Unit

The RMO unit at the DHB is helpful and generally does their best to comply with the MECA and rectify it when breaches are brought to their attention.

RMO Lounge & Sleeping Facilities

The RMO Lounge is comfortable and in good proximity to key work areas.

The sleeping facilities are also above average.

"Like most rural hospitals, Whakatane is great for those who want to gain hands-on experience."

Cafeteria & Meals

The cafeteria and meals however, are a different story. The cafeteria ranks below average when it comes to cleanliness and the food is lacking too, with minimal food options. There are vegan options available though, which is good for those with dietary requirements.

Parking

The carparking at Whakatane is also, unfortunately, below average. The carpark is not well lit and can feel unsafe sometimes.

MECA Compliance & Acute Demand on a Long Day

The rostering at Whakatane Hospital is reasonable. The workload can vary but for the most part it is usually manageable.

SMO Support

SMO support is above average. The SMOs at Whakatane are usually willing to provide hands on support and guidance when required. There are good opportunities for procedural skills and theatre time.

Lifestyle

Whakatane is a small, rural town and as such there isn't much of a night life. But the town is well located, with Rotorua and Tauranga nearby. There are a wide range of outdoor activities, and you will have beautiful beaches at your doorstep.

Overall, like most rural hospitals, Whakatane is great for those who want to gain hands-on experience and work in a small team that make a genuine effort to look out for each other.

LAKES

ROTORUA HOSPITAL AND BEYOND



Rotorua is situated in the Lakes district, one of New Zealand's tourist hotspots. With lots to do both indoors and out, it's a great location to explore no matter how you choose to spend your free time.

RMO Unit

The RMO Unit is generally helpful, but staff shortages can lead to them being less willing to engage and discuss issues at times.

"Compliance with the MECA is lacklustre and rostering at the DHB often does not meet the conditions of the MECA."

RMO Lounge & Sleeping Facilities

The RMO lounge is dated but has all the facilities required by RMOs. Bed availability to enable RMOs to get some sleep has improved greatly. SMOs now have their own sleeping facilities, leaving RMOs with all five separate bedrooms that have good security and minimal noise.

Cafeteria & Meals

The cafeteria is average, with limited meal options, especially if you have any special dietary requirements, and food often runs out not long into mealtimes.

Parking

For those who drive to work, sufficient parking is available, but there have

been break ins recently, so the hospital could do with better security. Public transport can be tricky in Rotorua, and if you plan on moving here, a car or bike are great for quality of life as there is very minimal traffic.

MECA Compliance & Acute Demand on a Long Day

Compliance with the MECA is lacklustre and rostering at the DHB often does not meet the conditions of the MECA. There are also consistent rostering errors that take far too long to resolve. This will hopefully improve soon with the addition of a fancy new rostering software system that is expected to roll out soon.

The workload at the hospital varies from department to department, but for the most part is reasonable.

SMO Support

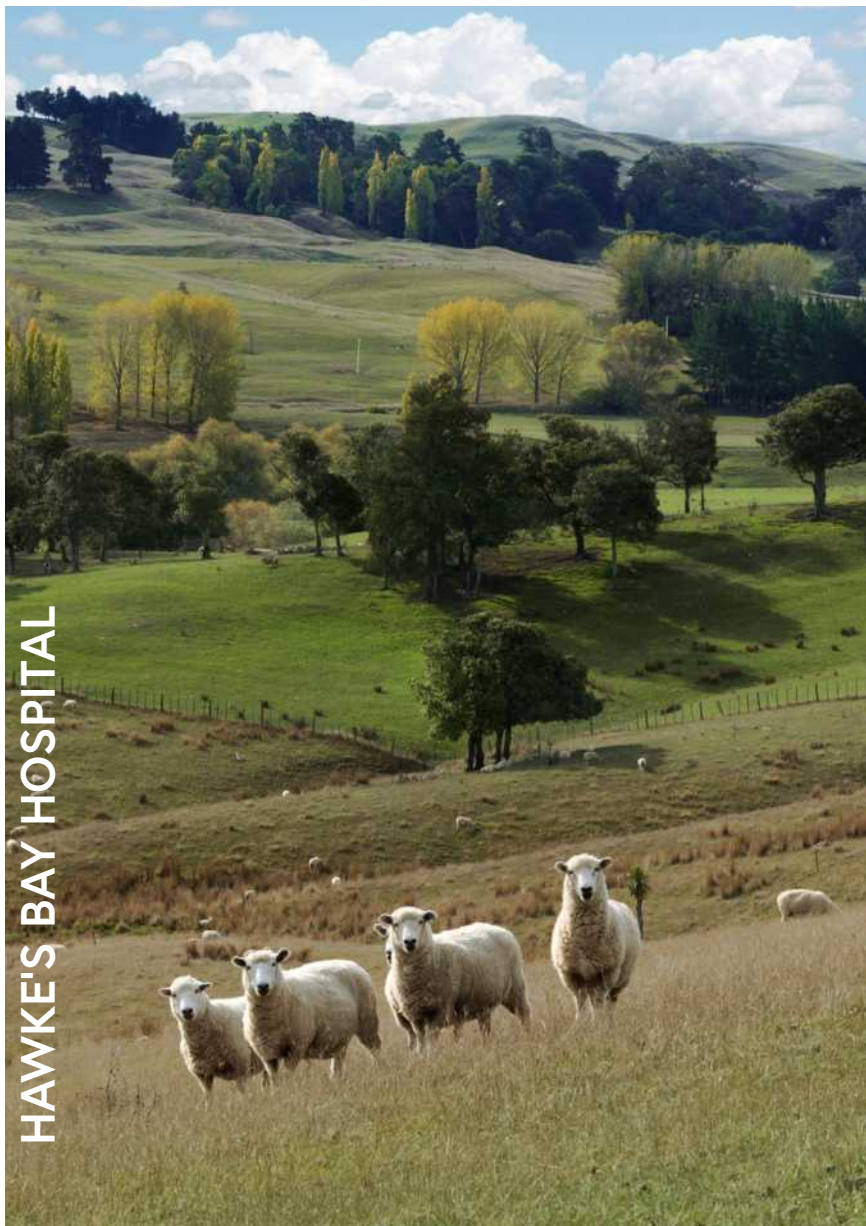
The quality of SMOs and their mentoring is good at the DHB in most departments. There are a few exceptions to this, but generally SMOs are able and willing to teach and give good feedback.

Lifestyle

While public transport in Rotorua leaves a lot to be desired, housing is affordable compared to larger cities like Auckland and Wellington. The city is also conveniently located for easy access to the Bay of Plenty coastline and the Central Plateau for snow; and those living here are spoilt for choice when it comes to outdoor activities.

HASTINGS

HAWKE'S BAY HOSPITAL



Situated on the east coast of the North Island, Hawke's Bay district is a large and diverse area, where you can cultivate an appreciation for sprawling vineyards, beautiful cycling trails and art. It a relatively cheap area to live and traffic issues are minimal, but Hastings has very little in the way of public transport for such a segmented city.

"There seems to often be a difference of opinion between RMOs and the RMO unit when interpreting the MECA. Despite this, most of the team are friendly and approachable, they simply lack the willingness to act."

RMO Unit

The RMO unit at Hawke's Bay DHB can be very difficult to deal with. There is a level of complacency with resolving RMO issues that can make it a real struggle to enact meaningful change. Cross cover and additional duties are consistently held up and occasionally denied. The unit's MECA compliance is average, and there seems to often be a difference of opinion between RMOs and the RMO unit when interpreting the MECA. Despite this, most of the team are friendly and approachable, they simply lack the willingness to act.

RMO Lounge & Sleeping Facilities

The RMO Lounge has recently been repainted and partially recarpeted. This combined with good natural light makes it a more restful environment for RMOs. In saying that, the DHB would not buy couches for this project, and in the end the RMOs ended up self-funding. There are sufficient beds for overnight registrars, but no formal sleeping spaces for overnight house officers or ED staff. The DHB has added three new computers to the RMO Lounge, and while there is only one phone line, many staff members have now been supplied with a work phone.

Cafeteria & Meals

The cafeteria is clean with good proximity to working areas. There has been a recent effort to improve vegan food options, but the range of food could use some work. The hot meals are decent but do get repetitive as the week goes on.

Parking

Most carpark are taken up from early in the morning, which forces many hospital employees to park on the street. However, if you ask, security will escort you to your car off site. The DHB has made efforts by annexing part of the patient and family car park to make way for afternoon staff. Despite this, car parking is still a daily struggle for at Hastings hospital. There are

designated long day car parks for some staff though, which has been a great addition.

"While the SMOs are generally friendly and supportive, there is very poor education for house officers."

MECA Compliance & Acute Demand on a Long Day

Daily workload for first years varies from run to run. Overall, it is a heavy workload, general surgery in particular is busy.



SMO Support

While the SMOs are generally friendly and supportive, there is very poor education for house officers. The hospital is so overloaded at times that RMOs rarely get clinical training.

Lifestyle

Hastings is family-friendly, housing is affordable, and the region has some of the nicest, mildest weather in New Zealand. During the summer there is always something on whether it be concerts, wine or food events, and it's easy to get away for weekends as flights are increasingly cheap and frequent.

MIDCENTRAL

PALMERSTON NORTH HOSPITAL



Palmerston North is quickly becoming a popular centre for both tourists and those wanting to settle down. The city provides a good amount of entertainment, and is close to both, the Wellington region, and Rotorua. Those who like the outdoors will never be short of things to do with plenty of places to hike, swim, and a short distance to surf.

RMO Unit

The RMO unit communicates well and is generally willing to engage on issues. A longstanding member of the RMO unit has recently resigned, so it is yet to be seen what effect, if any, this has.

RMO Lounge & Sleeping Facilities

The RMO lounge is cramped but is at a reasonably central location. Sleeping facilities are below average and it can be a real struggle to rest when you need to.

"Midcentral remains the ONLY DHB in the country not to have electronic sign off, which has been an issue flagged here for the past 5 years."

Cafeteria & Meals

The quality of food at Palmerston North Hospital is average, although the salad bar helps with healthier meals. This follows a recent revamp of the cafeteria which has resulted

in a much nicer space for RMOs to eat. However, those with special dietary requirements will still find it difficult to have their needs catered for.

Parking

While there are parking spaces available at the DHB, they tend to fill up quickly. If you do get a park, they are close to the hospital and at a reasonable rate.

MECA Compliance & Acute Demand on a Long Day

Once you get inside the hospital, workload is for the most part reasonable with a few exceptions. ED can become overrun and out of hours shifts can also be difficult.

MECA compliance is generally okay at Palmerston North, however, Midcentral remains the ONLY DHB in the country not to have electronic sign off, which has been an issue flagged here for the past 5 years. Attempts to engage on this subject regularly fall on deaf ears, and despite claims from management that change is coming, nothing ever does. This leaves RMOs signing off hundreds of A4 sheets of paper with blood results per week and is an eternal source of frustration for all.

SMO Support

Support from more senior staff is good, but the teaching of PGY1s and PGY2s could use some improvement. SMOs are overall quite approachable however, and collegiality is good as can be expected in a smaller DHB.

TARANAKI

TARANAKI BASE HOSPITAL



Taranaki is a beautiful part of New Zealand, filled with coastal beaches, bush trails and outdoor activities for those that love adventure. The area acts as a great stepping stone to anywhere on the North Island, with reasonably priced flights regularly departing from New Plymouth airport.

"[The people in the RMO Unit] are friendly, helpful, and quick to validate leave requests. "

RMO Unit

Taranaki Base's RMO Unit is one of the most accommodating units in the country. They are friendly, helpful, and quick to validate leave requests. While they do have some issues with their rosters, generally speaking these problems are resolved quickly and effectively.

RMO Lounge & Sleeping Facilities

The RMO lounge is below average. The lounge itself is quite far away from the wards, and the facilities are not up to scratch. The natural light is decent, but there is only one computer and a lack of phone lines. The lounge is not used very much by RMOs due to its numerous shortcomings.

The sleeping facilities at Taranaki Base Hospital are sufficient, but

similarly to the RMO Lounge, they fall prey to being too far away from the wards.

That being said the sleeping facilities are generally tidy, clean, and secure.

Cafeteria & Meals

The cafeteria has a good range of food with a solid selection of healthy options. They are usually accommodating with vegetarian options. The dining area itself is above average in terms of cleanliness and accessibility.

"SMO support tends to vary from run to run. On the whole support seems to be average but there are some serious downfalls in the General Medicine Run. Many of the SMO's seem to be burnt out."

Parking

Car parking is a bit of a problem at the hospital. There are very limited spaces, and the spaces that are available are quite a distance from the hospital. The area is poorly lit and has little to no security available to escort you to your vehicle. They have had episodes of vehicle break ins periodically, creating a potentially dangerous environment. Recurrent issues with security makes this an area for improvement for the hospital.

MECA Compliance & Acute Demand on a Long Day

MECA Compliance at Taranaki Base Hospital is generally good. The RMO unit tends to make errors in rostering but are quick about correcting them. The ED manager is particularly proactive about solving issues.

The first-year workload is reasonable with a good amount of support from senior colleges. There have however, been some concerns about the General Medicine run. Long days can be very demanding.

"Overall Taranaki is an above average place to work and live. There is a good amount of support from the SMO's and RMO Unit alike to promote learning and a healthy work life balance."

SMO Support

In general, there is a good amount of support, but the General Medicine run is notorious for being understaffed and overly busy. There are some good learning experiences to come out of the surgical long day. SMO support tends to vary from run to run. On the whole support seems to be average but there are some serious downfalls in the General Medicine Run. Many of the SMO's



seem to be burnt out and do not seem to have much time to help improve long standing rostering issues.

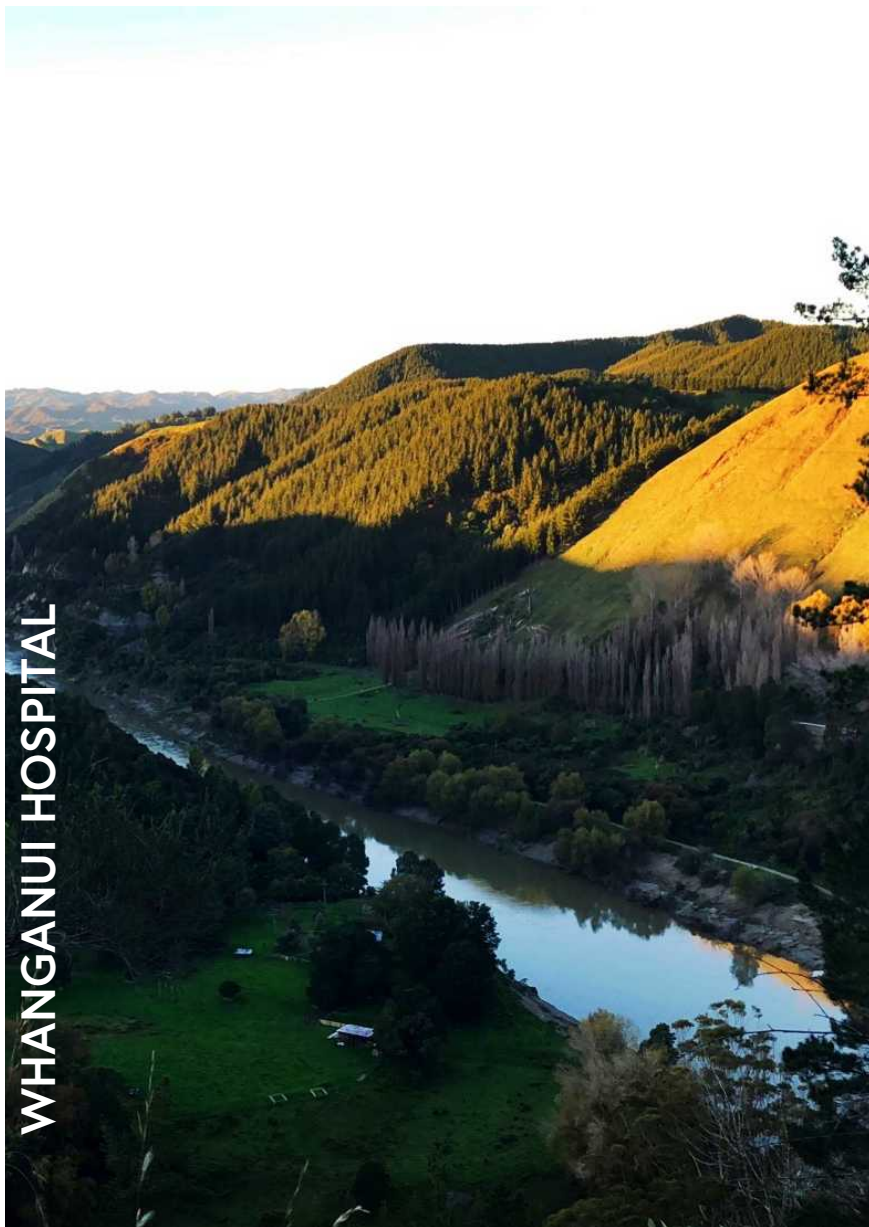
Overall there is a good amount of support from the SMO's and the RMO Unit alike to promote learning and a healthy work life balance.

Lifestyle

New Plymouth has a cheap cost of living and a reasonable amount of public transport for a city of its size. While there isn't a whole lot of night life in New Plymouth, the Taranaki Region is perfect for people who prefer outdoor activities and enjoy exploring.

WHANGANUI

WHANGANUI HOSPITAL



The beautiful coastal city of Whanganui near the bottom of the North Island is steeped in New Zealand art, culture and history. Whanganui is a quiet, close-knit community, home to no more than 45,000 people, and is perfect for those who enjoy the outdoors, cafe culture and a low cost of living.

RMO Unit

The RMO Unit's communication can be quite poor. There is little transparency in RMO disputes and a reluctance to make meaningful change.

RMO Lounge & Sleeping Facilities

The RMO lounge at Whanganui Hospital is a long way away from the wards and as such does not tend to get much use. The kitchen is inadequately stocked, and the technology could do with an upgrade.

The sleeping facilities are below average, they are often untidy and are only fitted with a thin sheet, which is problematic in the winter.

"There is a lot of responsibility put on you in this roll, which can be a lot of pressure as a newly minted house officer."

Cafeteria & Meals

The cafeteria meals are limited in options and of not great quality. The packaged food is not labelled, which

is a problem for people with allergies and dietary requirements.

MECA Compliance & Acute Demand on a Long Day

Whanganui Hospital is notorious for not complying with the MECA and this a real source of frustration for RMOs.

The daily workload for first years is manageable, however there is a lot of responsibility put on you in this roll, which can be a lot of pressure for a newly minted house officer. Acute demand on long days creates a high workload, and with limited senior support it can be a struggle. However, improvements are being made as there are now two RMOs rostered on after hours instead of just the one.

SMO Support

SMO support and collegiality is an issue at Whanganui hospital. The teaching culture is poor, there is supposed to be RMO teaching twice a week, but this is often cancelled or not accessible due to acute demands. The SMOs are known for being rude and often make it difficult for RMOs to attend tutorials.

Lifestyle

Despite the negatives, Whanganui Hospital is an incredible place to work. You get to enjoy developing your skills in a small hospital where everyone knows everyone, make connections, and work towards becoming an independent doctor.

WAIRARAPA MASTERTON HOSPITAL



Masterton is the largest town in the Wairarapa Valley. Home to Queen Elizabeth Park, one of the best children's playgrounds in New Zealand, the town is known for being very family friendly.

RMO Unit

The RMO Unit at Masterton has a friendly RMO coordinator who does her best to achieve results. However, there are some basic issues of poor rostering and meals that are left un-addressed.

RMO Lounge & Sleeping Facilities

The RMO lounge is in an ideal location, right next to ED, which is great for night shifts. The kitchen and lounge facilities are sufficient with a good number of phone lines. There are no designated sleeping facilities at Wairarapa hospital. The options are either sleeping on an acute assessment unit bed, which provides little privacy, or the Lazyboy in the RMO lounge.

"With only one Medical and one Surgical Registrar, who are not always there, the workload can be overwhelming."

Cafeteria & Meals

The cafeteria at Masterton hospital is small but clean, and the food on offer is good. The vegetarian options are limited however, and there has been

a recent attempt by the RMO Unit to further restrict the options available.

Parking

The car parking facilities at Masterton Hospital are excellent. There is a lot of free parking, and getting a park on hospital grounds is never a problem.

MECA Compliance & Acute Demand on a Long day

Masterton's MECA compliance is below average, and there have been a few disputes raised in the last couple of months.

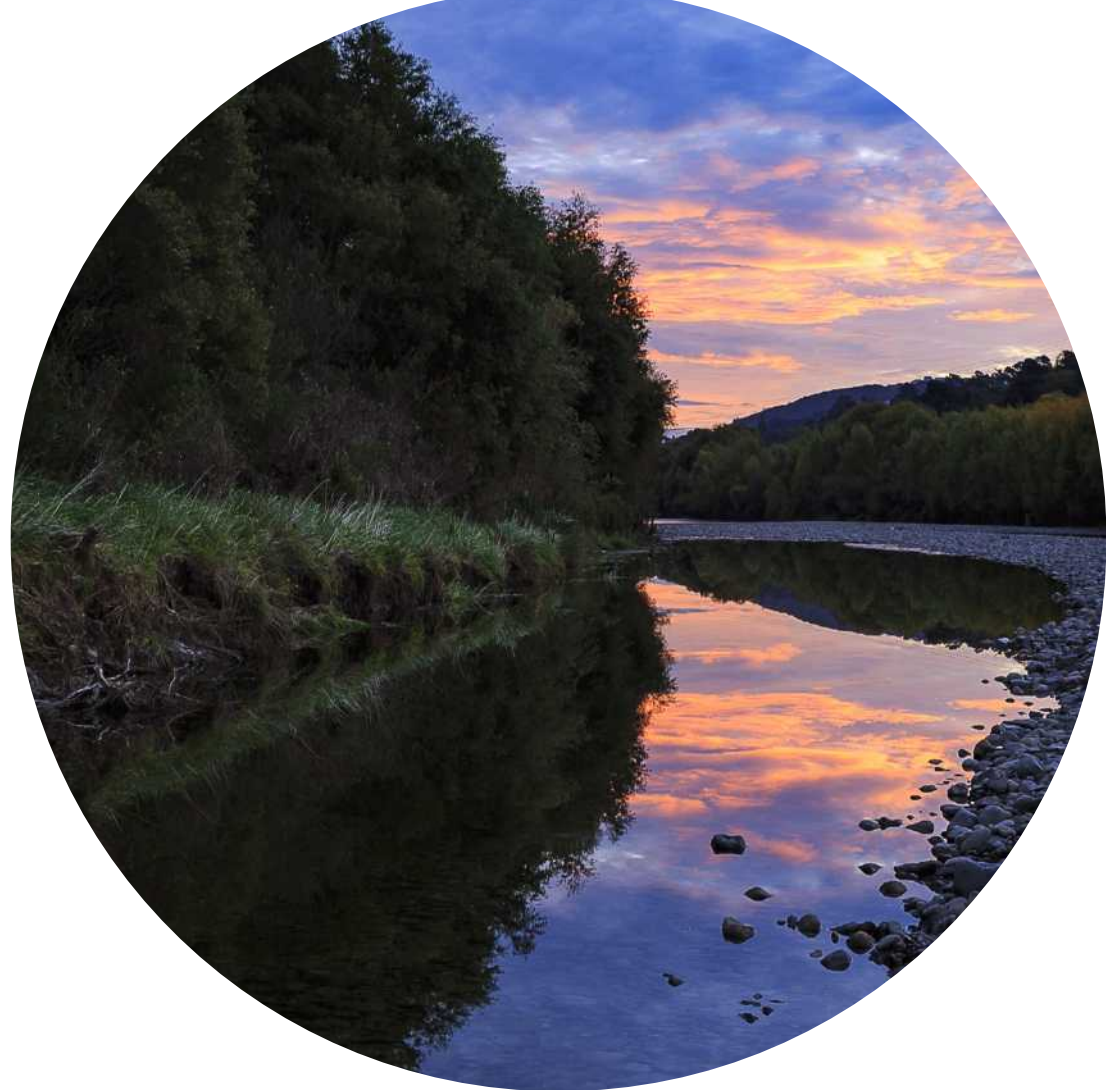
Long days for first year House Officers can be challenging. With only one Medical and one Surgical Registrar, who are not always there depending on leave, nights, weekends, etc., the workload can be overwhelming. There is almost daily cross-covering within the RMO team, and frequent cross-covering between services. The rostering makes it difficult to maintain a healthy work life balance, rostered days off are frequently mid-week and not weekend abutting.

Lifestyle

Masterton has a reasonable cost of living, the trade off being that it is a very quiet place to live. There isn't a lot to do in the city and no nightlife to speak of; but if you are looking for a quiet place to live in, away from the the hustle and bustle of a big city, Masterton may be the place for you.

HUTT VALLEY

HUTT VALLEY HOSPITAL



Hutt Valley is the more family friendly version of Wellington. There are stunning regional parks and beaches in the area, and since Hutt Valley is sheltered by the surrounding hills, it enjoys warmer weather and is generally less windy than Wellington. If you enjoy city life, you will have to make the quick trip to Wellington, but for those not looking for shopping and a vibrant night life, Hutt will do just fine.

"Many RMOs have never been shown where the RMO Lounge is and those that have, wish they hadn't."

RMO Unit

The RMO unit is generally helpful and friendly when approached. There is, however, limited understanding of how rostering practices affect RMOs and they are reticent to engage on rostering issues.

RMO Lounge & Sleeping Facilities

The RMO lounge is below average in terms of facilities and location. Many RMOs have never been shown where it is and those that have, wish they hadn't.

"While the staff at the cafeteria are pleasant, the food is not."

Sleeping facilities are along a similar vein except for those working in ICU or surgery where there are dedicated sleeping rooms.

Cafeteria & Meals

While the staff at the cafeteria are pleasant, the food is not. Healthy options and meals for vegetarians are limited.

Parking

There are a range of parking options with plenty of street parking and affordable paid secure parking for those who want them. The car park is well lit and secure, however, there have been some concerns about break ins in the past.

MECA Compliance & Acute Demand on a Long day

For the most part, rosters are compliant with the MECA and the workload is as expected.

SMO Support

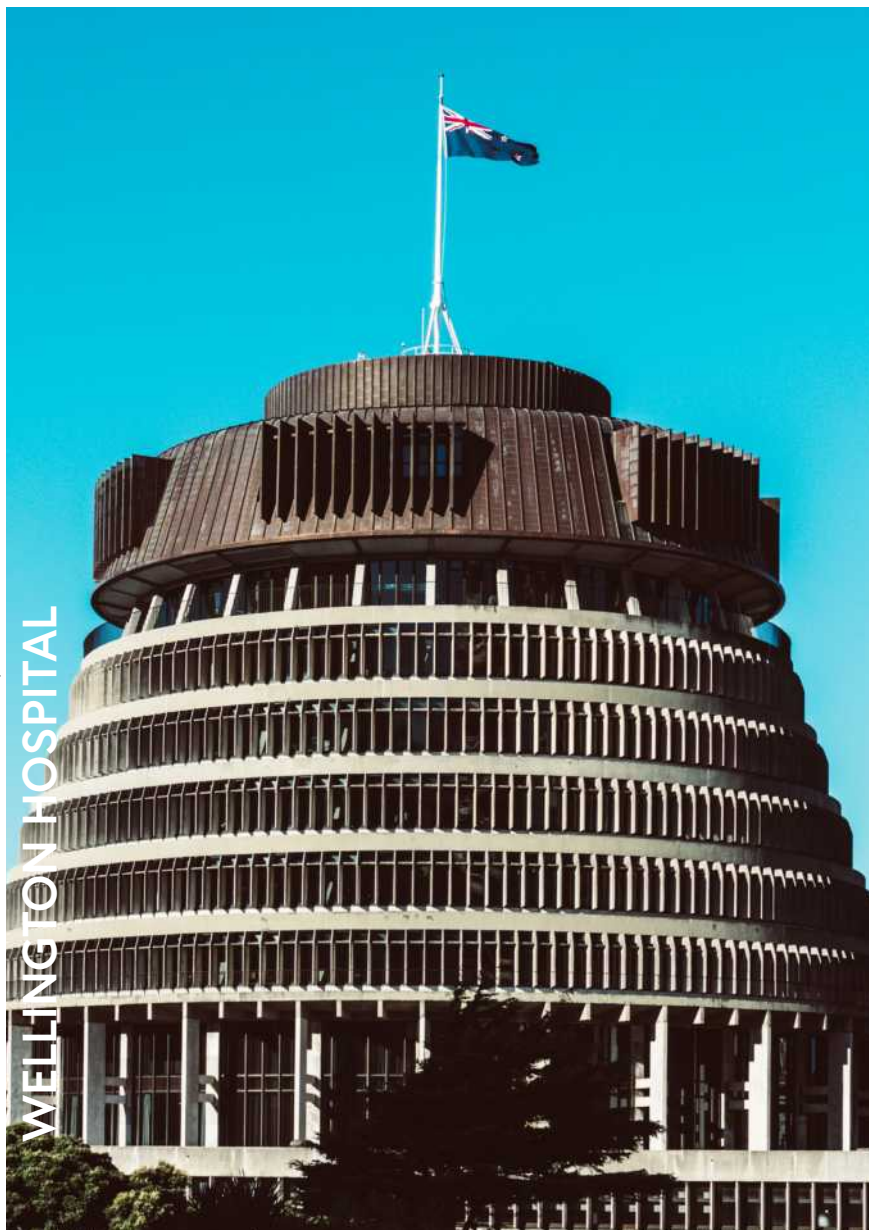
SMO support is good at the DHB in all aspects with a strong team environment.

Lifestyle

Hutt Valley is a friendly community with lots to do both indoors and outdoors; and many places to go. The area has good facilities overall, and many parks, a great golf course, and indoor public swimming pools. Its proximity to central Wellington is a bonus.

CAPITAL & COAST

WELLINGTON HOSPITAL



Wellington is a vibrant city, home to great restaurants, creative culture, wine, cafes and nightlife. It is great place to live, however, housing prices are extremely high and Wellington, like Auckland, has traffic congestion and public transport problems.

RMO Unit

The RMO Unit at CCDHB can be a bit of a mixed bag. The coordinator for medical runs is supportive, she does her best to accept leave applications and resolve rostering disputes. In contrast, the surgical coordinators tend to make everything very difficult, with poor communication and an unwillingness to comply with the MECA. On average the RMO Unit are decent, they get the essentials done.

"The DHB has now attempted to limit RMO entitlements on multiple occasions which is a concern."

RMO Lounge

The RMO lounge is in good proximity to the wards and provides a decent level of comfort. The lounge has a few couches, and the kitchenette is good, but there is no natural light to speak of. The shower and bathroom facilities are below average and need to be cleaned more often.

As most RMOs use their mobile phones to communicate, the need for phone lines is minimal.

"Long days can be very busy at Wellington hospital. The emergency department is overloaded, and paediatric duties can be overwhelming."

The sleeping facilities available are good. Pillows and blankets can be found in nearby cupboards, but most of the room's doors do not lock, and some do not close. The air-conditioning units in these rooms are loud and set to very cold, making it difficult for RMOs to get rest.

Cafeteria & Meals

The cafeteria provides a nice range of tasty meals. If you are vegetarian, the options are limited, but still available. The cafeteria closes at 7:00 PM on weekdays and 6:00 PM on weekends. Because of this, if you are having a busy day – which RMOs often are – you may miss out on dinner entirely. The same can be said for lunch, food often runs out before the lunch hour ends, which is a cause of frustration. Kapiti Ice Creams available at the cafe are a real highlight, however the DHB has now attempted to limit RMO entitlements on multiple occasions which is a concern.

Parking

Trying to find a carpark at Wellington Hospital is frustrating. The wait list for a parking permit takes over a year, which is an unrealistically long time for most. As there is

limited on street parking, you are made to park 15 to 20 minutes away, with no security to ensure safety, and significant competition for carparks with Newtown residents and other hospital staff.

The DHB has recently implemented new bike storage facilities, which is a big help for those in cycling distance of the hospital, but carparking still remains a big issue for this hospital.

"While one of the biggest positives of working in Wellington is the ability to complete most training at a single hospital, the help from SMOs in this area is minimal."

MECA Compliance & Acute Demand on a Long day

In most areas Wellington is MECA compliant, however, they do have some glaring roster/compliance issues, particularly with the ED Run.

Long days can be very busy at Wellington hospital. The emergency department is overloaded, and paediatric duties can be overwhelming.

The recent shift to cell phones, the removal of pagers, and progress with IT systems have greatly improved day-to-day clerical work.



SMO Support

Teaching for exams at Wellington DHB is excellent, but other teaching could do with some improvement. Educational support via teaching sessions has diminished in recent months.

While one of the biggest positives of working in Wellington is the ability to complete most training at a single hospital, the help from SMOs in this area is minimal. Most SMOs are approachable but provide very little industrial support in terms of leave issues, understaffing and rosters. There are some issues of bullying by a select few SMOs which CCDHB needs to address immediately.

NELSON MARLBOROUGH

NELSON & WAIRAU HOSPITALS



Nelson Hospital

Sunny Nelson is an ideal location for those who like the great outdoors. With walking tracks, nearby ocean, and a beautiful national park, RMOs are never short of somewhere to explore.

RMO Unit

Nelson's sunny disposition extends to the RMO unit, who are helpful and do their best to help RMOs get leave. Most issues can be solved when brought to the attention of the unit.

RMO Lounge & Sleeping Facilities

Things start to decline with facilities at the DHB. The RMO lounge is cramped and lacks equipment. RMOs are provided phones, but there are only a few computers and one bed, so you may regularly have to find places to sleep elsewhere.

Cafeteria & Meals

The cafeteria is almost always clean and in good proximity to key clinical areas. There is a fair selection of meals which are inclusive of those with dietary requirements. The RMO Unit does, however, keep a close eye on RMO meal spending.

Parking

You will not often have trouble with parking at Nelson Hospital, there are plenty of spaces with decent light and security.

MECA Compliance & Acute Demand on a Long day

Rostering in Nelson is very dependent on your run. Most runs provide you with a healthy work life balance, while others can be overwhelming. Demand on long days can be very hectic and there is often little support for House Officers. If you can handle the stress, long days will give you valuable hands-on experience.

The workload of a first year, like most DHBs, varies greatly depending on the run you are working. Generally, it is manageable but a lack of registrars at the DHB can cause issues if you require a greater level of support. SMOs are approachable, though, and there is a good sense of collegiality at the hospital.

Compliance with the MECA is also generally good.

SMO Support

The SMOs are generally friendly and willing to help with teaching. In particular, the ED SMOs are very supportive.

Nelson is a good halfway point between the big hospitals which can be bogged down by bureaucracy, and small hospitals which can become stagnant. The fluctuations of workload being incredibly busy and then manageable makes for a good learning environment.

Wairau Hospital

Wairau, like most other small towns in New Zealand, isn't exactly known for its city living or nightlife. However, it boasts numerous vineyards and breweries, and the lifestyle is second to none for those who enjoy spending time outdoors.

Wairau Hospital itself is small, but there are excellent support systems in place, and there is a real opportunity to become a part of a friendly, tight knit team.

RMO Unit

The RMO unit unfortunately, is below average, there are issues with covering leave and regular delays with requesting cover.

"MECA compliance at Wairau is above average, with excellent Schedule 10 compliance."

RMO Lounge & Sleeping Facilities

The RMO lounge has enough phone lines, but does not have sufficient natural light and the general comfort and kitchen facilities are well below average. The sleeping facilities however, are quite good.

Cafeteria & Meals

The cafeteria is clean and well maintained, but the meals on offer

are pseudo healthy, and there is a limited selection of food available.

Parking

The carparking facilities at Wairau Hospital are excellent. There are plenty of spaces available, and there are dedicated long day car parks outside ED.

MECA Compliance & Acute Demand on a Long day

MECA compliance at Wairau is above average, with excellent Schedule 10 compliance, and dispute resolution is a fairly straightforward process. The daily workload for first years is manageable, however the Orthopaedic run can be beyond first year workload abilities. There can be more nights and weekends at Wairau than at other DHBs, however weekend days finish at 8pm.

SMO Support

SMO support at Wairau is excellent, especially in ED.

There are high fluctuations of workload and support from day to day and area to area at Wairau hospital, but overall it is a good place to work and learn.

Lifestyle

Wairau is a small, quiet town. You'll do just fine if you enjoy the outdoors and a low cost of living; but, as can be expected from a small town, there is not much to do and no nightlife to speak of.

CANTERBURY

CHRISTCHURCH HOSPITAL



For the past 10 years Christchurch has been re-building its infrastructure in the wake of the 2011 earthquakes. The CBD has been revitalised and the city now boasts some of the cheapest property prices in the country. There is fantastic nightlife, restaurants, and heaps of outdoor activities in the nearby Canterbury region.

"The RMO Lounge is located in the basement of the old hospital which is too far away for anyone working in any clinical areas of the new wing, and as such most RMOs tend to avoid the area entirely."

RMO Unit

The RMO Unit at Christchurch Hospital is efficient for a DHB of this size. Despite being under a lot of pressure they seem to be genuinely friendly and do their best to approve leave requests. MECA compliance is good. As with all RMO Units, they can struggle to be flexible with the rules at times, but overall, they are one of the most accommodating units in the country.

RMO Lounge & Sleeping Facilities

The RMO lounge, kitchen facilities and natural light are all very poor. The lounge is located in the basement of

the old hospital which is too far away for anyone working in any clinical areas of the new wing, as such most RMOs tend to avoid the area entirely. For those that work in the old wing and have use for it, the facilities are terrible. There is almost no natural light, the furniture is old and there are hardly any computers or phones.

Most RMOs don't seem to know of any sleeping facilities. Any sleeping facilities that they are aware of are of the same quality as the RMO lounge. There is an RMO quiet room, which consists of 3 armchairs. The room, however, is shared with three computers which can be noisy if you are trying to get some shut eye. It can be difficult to find any pillows or blankets, which adds to the inability to get any meaningful rest. The RMO Lounge and sleeping facilities are an area in great need of improvement at Christchurch Hospital.

Cafeteria & Meals

The cafeteria meals have deteriorated a lot since the first lock down in 2020. The hot meals in particular are sub-par. The same 6 hot meals get rotated throughout the week, which gets very old very quickly. There are a good range of packaged snacks, treats and sandwiches, but you cannot be expected to live sustainably off those alone. From an environmental standpoint, there are far too many disposable and single use materials that run through the Christchurch Hospital cafeteria.

Parking

Carparking can be a nightmare at Christchurch Hospital. The barrier arm restricting the on-call carparks have been taken away, and despite signage being put in place that say "Staff only parking. Tow away area", many parks are taken by non-staff members. Hospital security in most cases refuses to take any action to free up spaces for hospital employees. There is an expensive Wilson carpark nearby, however, even this fills up quickly in the early hours of the morning.

To avoid the hassle, many hospital employees cycle to work. Thankfully, Christchurch is a very cycle friendly city if you live in reasonable proximity to the hospital. That being said, the DHB does need to expand their bike storage facilities and security, as there have been a number of bike thefts recently.

"The psychiatry run splits patients 50:50 between House Officer and Registrar, which is a lot of responsibility right out the gate."

MECA Compliance & Acute Demand on a Long day

The daily workload for first year House Officers varies from run to run. While the majority of runs have a reasonable workload, the psychiatry

run splits patients 50:50 between House Officer and Registrar, which is a lot of responsibility right out the gate. The ED run can also have an overwhelming workload.

Workload demands on long days are better than most hospitals. This is largely thanks to clinical team co-ordinators who filter out smaller jobs and advise management in cases of sick patients. House Officers in particular are very well supported.

Rostering out of Christchurch is standard with an acceptable level of Schedule 10 compliance.

SMO Support

There is a good culture of SMO support at the hospital. The SMOs are friendly and provide great education and clinical supervision.

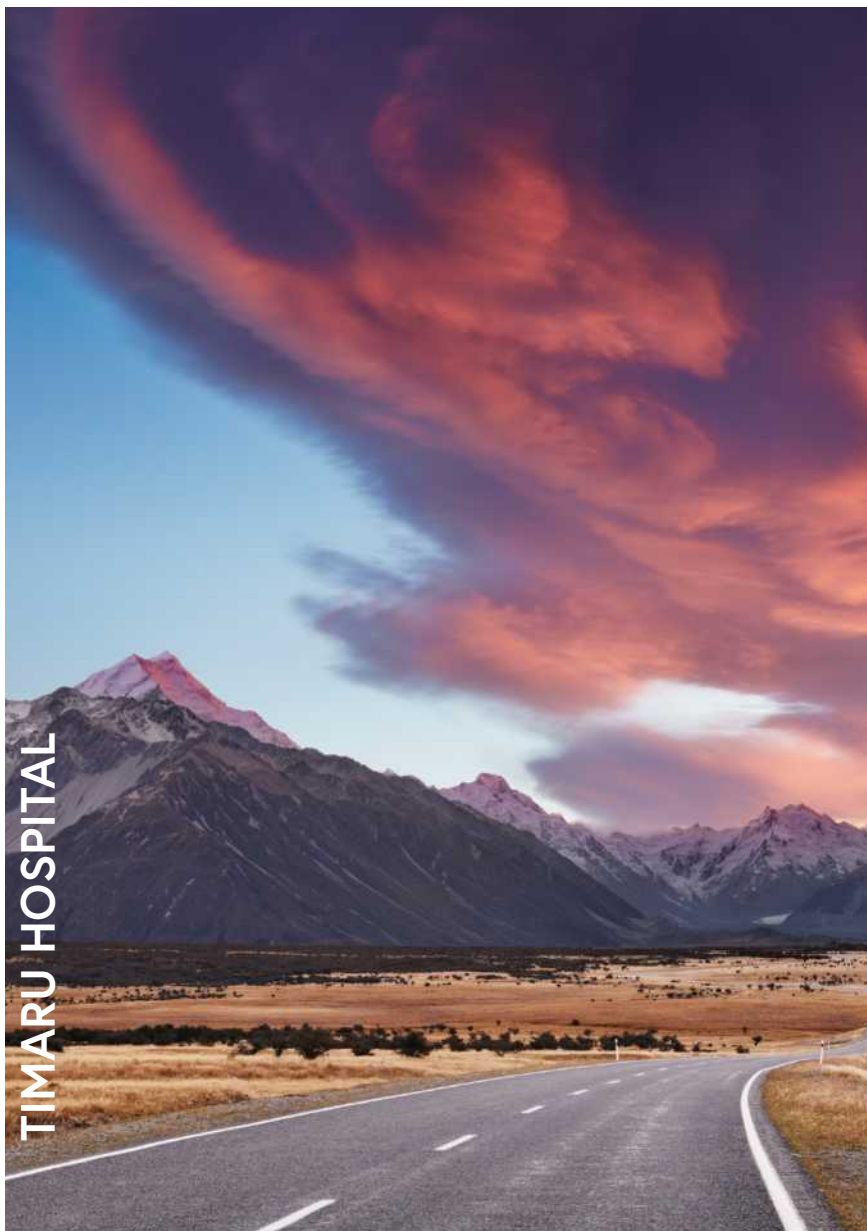
Lifestyle

Christchurch has a thriving arts scene, the city is filled with striking street art; and the region is home to excellent restaurants, cafes and vineyards. Waipara Valley, a mere 40 minutes from central Christchurch is one of New Zealand's most reputed wine producing regions, and ski regions like Mt Hutt are within easy reach of those living in Christchurch as well.

For those who enjoy spending their time indoors, there is always something happening in the city; and the region's relatively mild climate and stunning natural beauty make it an excellent home for those who enjoy the outdoors too.

SOUTH CANTERBURY

TIMARU HOSPITAL



Timaru is one of three districts in the stunning South Canterbury region. It is the second-largest city in the Canterbury region, and is known for its easy-going, laidback lifestyle. Housing in Timaru is affordable, traffic related issues are minimal, and thanks to its location - between Caroline Bay and the Southern Alps, the city boasts breathtaking views, and unrivalled lifestyle opportunities.

"It is generally quite easy to solve disputes at Timaru Hospital. The RMO Unit is very open to discussing disputes and is willing to deal with them."

RMO Unit

The RMO Unit at Timaru Hospital is very helpful and supportive. They are friendly, approachable and always willing to listen and help out whenever possible. The RMOs meet up with them regularly every quarter to discuss issues and things that can be improved upon. Leave is generally approved if applied for early.

RMO Lounge & Sleeping Facilities

The RMO Lounge at Timaru Hospital can be cold sometimes but there is a heater available. The lounge is in the same building and on the same

level as the Medical ward, and has a couch and a single-size bed. Natural light in the RMO lounge is excellent, there is a large window overlooking the city with curtains to block out sunlight if required.

The kitchen has a sink and a microwave. A hospital desktop and landline for answering pagers have recently been installed in the RMO lounge.

The sleeping facilities at Timaru Hospital are clean and comfortable, but they are not regularly used.

Cafeteria & Meals

Timaru Hospital has a new cafeteria which is a definite step up from the old one in terms of the quality and variety of food available. There are vegetarian options available throughout the week. The hospital also now has a new separate staff dining area which is a welcome addition.

Parking

The car parking facilities at Timaru Hospital are excellent. There is plenty of parking around the hospital, and finding a park is never an issue. The carpark is very well lit even at night, and is generally very safe.

MECA Compliance & Acute Demand on a Long day

It is generally quite easy to solve disputes at Timaru Hospital. the RMO Unit is very open to discussing

disputes and is willing to deal with them.

The Orthopaedic run can be heavy for first years but there is good support from other senior RMOs. The workload for Medical and Surgical runs is moderate, and you will mostly be able to finish work and leave on time.

"There is weekly medical teaching if you're on the medical run, and a weekly grand round covering a variety of topics. Overall SMO support is good at Timaru Hospital."

The workload for a medical long day is generally heavy, especially with multiple admissions and frequent ward calls. Long days are generally once a week for first years unless you are working on a weekend.

Overall the workload is reasonable and Schedule 10 compliance is good at Timaru Hospital.

SMO Support

The on-call SMO can be reached via phone for advise. This autonomy is good for learning how to deal with acutely unwell patients and for practicing physical examinations.

There is weekly medical teaching if you're on the medical run, and a weekly grand round covering a variety of topics.



Overall SMO support is good at Timaru Hospital.

Lifestyle

The RMOs at Timaru Hospital are a tight-knit bunch who regularly organise activities and meals together.

The cost of living in Timaru is very reasonable. Night life is very limited, as is the case with most small towns in New Zealand; but Timaru has some beautiful historical treasures and breathtaking natural beauty. The city is ideal for anyone who enjoys the outdoors, art, history and architecture.

SOUTHERN

DUNEDIN & INVERCARGILL HOSPITALS



Dunedin Hospital

Dunedin is one of New Zealand's most historic cities and the Scottish heritage can be seen throughout. If you want to explore some of Dunedin's stunning outdoors then a car will be required, but if you are happy to stick to the city centre, then there is a vibrant night life and arts scene within walking distance. RMOs who live here seem to really love the place.

"The RMO lounge has been compared to a cupboard underneath the stairs and unfortunately, has all the amenities you would find in one."



RMO Unit

The RMO unit, while friendly for the most part, are difficult when engaging on issues of MECA compliance.

RMO Lounge & Sleeping Facilities

The RMO lounge has been compared to a cupboard underneath the stairs and unfortunately, has all the amenities you would find in one. There is a lack of computers and phones for a hospital of this size, and minimal kitchen facilities paired with uncomfortable seating. To top it off, the location is far away from wards.

The sleeping facilities are on par with





security is often not available to escort you to your car.

MECA Compliance & Acute Demand on a Long day

MECA Compliance overall is average. Workload on the runs for first years can be high with RMOs reporting they usually had to stay past their finishing time regularly. This continues further through your training as workloads seem to be fairly high across the board.

SMO Support

Support from SMOs is lacking, as is the quality of teaching provided at the DHB.

this, with many RMOs sleeping on couches, unused patient beds, or bringing their own mats to sleep on.

Cafeteria & Meals

The cafeteria is a different story entirely and is shared with hospital staff. There are plenty of options to a good standard, but vegetarian meals can dip in quality.

Parking

The hospital is located centrally which means parking at the hospital is non-existent. Although there is secure bike storage, for those driving, you will pay through the nose for a park close to the hospital, and if you are on nights,

Invercargill Hospital

Invercargill is New Zealand's Southernmost City in an isolated location. If you don't care for nightlife, enjoy a bit of peace and quiet and love outdoor activities, this is the city for you.

"Finding a place to sleep while on nights can prove difficult. RMOs report sleeping in empty patient rooms and clinic rooms when they need to as there are no designated sleeping areas currently."

RMO Unit

The RMO Unit at Invercargill are friendly, approachable, and good at accommodating RMO leave requests. Their rostering allows for a decent work life balance, with appropriate use of RDOs on abutting weekends.

RMO Lounge & Sleeping Facilities

Finding a place to sleep while on nights can prove difficult. RMOs report sleeping in empty patient rooms and clinic rooms when they need to as there are no designated sleeping areas currently.

"Workload across the departments is reasonable and you can expect good support from your colleagues."

Cafeteria

You can have difficulty finding food at night as the cafeteria does not provide it for those working night shifts. The quality of the food is subpar and there are very limited options if you have dietary requirements.

Parking

For those driving to work, parking is excellent.

MECA Compliance & Acute Demand on Long day

MECA compliance is, for the most part, good.

Workload across the departments is reasonable and you can expect good support from your colleagues.

There have been some issues with an overwhelming surgical run.

SMO Support

The SMOs at Invercargill are supportive and provide good education in clinical matters.

Lifestyle

You won't have to drive far to find things to do outdoors. As can be expected of a small city, the nightlife is lacking.

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