



HOSPITAL REVIEW

JUNE 2024

2024

AUCKLAND HOSPITAL / CHRISTCHURCH HOSPITAL / DUNEDIN HOSPITAL / GISBORNE
HOSPITAL / HAWKE'S BAY HOSPITAL / HUTT HOSPITAL / INVERCARGILL HOSPITAL /
MIDDLEMORE HOSPITAL / NELSON HOSPITAL / NORTH SHORE HOSPITAL / PALMERSTON
NORTH HOSPITAL / ROTORUA HOSPITAL / STARSHIP HOSPITAL / TARANAKI BASE HOSPITAL
/ TAURANGA HOSPITAL / TIMARU HOSPITAL / WAIKATO HOSPITAL / WAIRARAPA HOSPITAL
/ WAIRAU HOSPITAL / WAITAKERE HOSPITAL / WELLINGTON HOSPITAL / WEST COAST
HOSPITAL / WHAKATĀNE HOSPITAL / WHANGANUI HOSPITAL / WHANGĀREI HOSPITAL



2024
HOSPITAL
REVIEW

CONTENTS

		PAGE
1.	AUCKLAND HOSPITAL	1
2.	CHRISTCHURCH HOSPITAL	5
3.	DUNEDIN HOSPITAL	9
4.	GISBORNE HOSPITAL	12
5.	HAWKE'S BAY HOSPITAL	15
6.	HUTT HOSPITAL	18
7.	INVERCARGILL HOSPITAL	21
8.	MIDDLEMORE HOSPITAL	25
9.	NELSON HOSPITAL	28
10.	NORTH SHORE HOSPITAL	31
11.	PALMERSTON NORTH HOSPITAL	35
12.	ROTORUA HOSPITAL	38
13.	STARSHIP HOSPITAL	41
14.	TARANAKI BASE HOSPITAL	44
15.	TAURANGA HOSPITAL	47
16.	TIMARU HOSPITAL	50
17.	WAIKATO HOSPITAL	53
18.	WAIRARAPA HOSPITAL	56
19.	WAIRAU HOSPITAL	60
20.	WAITAKERE HOSPITAL	63
21.	WELLINGTON HOSPITAL	67
22.	WEST COAST HOSPITAL	70
23.	WHAKATĀNE HOSPITAL	73
24.	WHANGANUI HOSPITAL	77
25.	WHANGĀREI HOSPITAL	80

INTRODUCTION

Welcome to NZRDA's Hospital Review for 2024. 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.

To all the Trainee Interns out there, please see the information on the facing page about NZRDA membership and indemnity insurance. We are here to help, so let us know if you have any questions. If you have further queries about working at a particular hospital, the first points of call are the NZRDA delegates at that hospital, and 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 NZRDA office.

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

To all our 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 CRITERIA

 RMO Unit	 MECA Compliance
 RMO Lounge	 Daily Workload
 Cafeteria	 Rosters
 Car Parking	 Acute Demand
 City Living	 SMO Support

2024 HOSPITAL *REVIEW*

RDA MEMBERSHIP IS FREE FOR TRAINEE INTERNS

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. NZRDA is here to help you deal with "all that contract stuff" and more.

WHAT IS THE NZRDA?

New Zealand Resident Doctors' Association (NZRDA) represents Resident Medical Officers (RMOs), which includes house officers, senior house officers and registrars. We are a union and 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. Our philosophy of is based on community, support, and union principles, such as a democratic structure and service delivery.

WHAT DO WE DO?

NZRDA negotiates and enforces RMO 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 wellbeing. 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 to bring about positive impacts affect your future and the future of healthcare in New Zealand!

INDEMNITY INSURANCE

NZRDA works with New Zealand Medical Indemnity Insurance (NZMII) to offer indemnity insurance to our TI members. This is **FREE** for TIs: just tick the box usually called "RDA insurance" or "NZMII" when filling in the form for Te Whatu Ora employment. This insurance remains available to house officers and registrars, and continues into SMO and GP land when you get to that stage.

DISCLAIMER

This review is intended to provide an honest, provocative and irreverent commentary on the state of New Zealand hospitals from RMOs' point of view. We have been careful not to overly edit or dilute the voices of our members in their assessments. This review is opinion-based and informed by the real life experiences of doctors working within our health system.

We are 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@nzd.org.nz.

1

AUCKLAND HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Very friendly RMO unit managers who do try hard to accommodate with reduced hours and long days after injury or disability, at least in the general medicine department. A few are quite involved in the department, for example some attend the medial handover in the morning to ensure teams are allocated.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

RMOs lounge is not easily found and many people do not even know where it is despite having worked there for a long time. There are limited rest facilities for nights, other than at Greenlane Hospital, which has a small room with an ensuite.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




The best variety of food but portions are small. Lots of ways they try to boost morale by themes for festivals, like Chinese New Year, and International Women's day. The breakfast options are amazing! The salad bar is also popular amongst RMOs. It's a shared cafe that is open to the public so you need to be mindful about discussing patients and their care in the café.

CAR PARKING

-  • **Space available**
-  • **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

It is generally non-existent. There is limited staff parking only on level one to two A, and any other levels above that in carpark B. The chain comes up after 2pm to 7pm, and no one can exit the carpark during that time. This is not a problem on long days, but for those finishing at 4-5PM, it is a big problem. Staff either come incredibly early to ensure parking in carpark B or they take public transport, or they pay for private parking, eg: Wilson with a monthly deal and walk for a bit to the hospital. There is also a staff shuttle that goes from Greenlane to Auckland City Hospital. Up until recently, staff have been parking at Aukland Domain, but the council are now more vigilant with tracking cars that have exceeded the parking limit and are handing out fines.

CITY LIVING

-  • **Things to do**
-  • **Cost**
-  • **Transport, proximity to other places, etc.**

The cost of living is high, and rent is relatively expensive. Lots of diverse eateries and venues for big events, like concerts. Lots of good beaches and cafes to enjoy life but not enough time to enjoy these. Central Auckland parking is suboptimal, but there're more public transport options. Auckland City is very central to CBD and is within walking distance.

MECA COMPLIANCE

-  • **Frequency and severity of non-compliance**



- **Ease of solving disputes**

Generally compliant and the RMO unit does try to advertise vacancies as much as possible to reduce workloads. RMO unit managers are usually approachable when it comes to any disputes, and they escalate appropriately to the service/department who normally are the ones who have the final say.

DAILY WORKLOAD



- **How reasonable for a first year?**

Workload can be overwhelming at times due to lots of in house vacancies so there is quite a bit of cross covering involved. Workload is also disproportionate between teams for example the acute surgical unit often have a higher workload compared to other teams. Patients can be complex and unwell with high needs as Auckland City has many tertiary services that cater to a large region, Neurosurgery for example, so it can be a bit daunting at times.

ROSTERS



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

Rosters are generally manageable but occasionally need to be wary of the number of long days rostered in a week. However the RMO unit are usually quick to mitigate this if brought to their attention.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

The volume is not bad, but the paging system they have is obsolete - although work is in progress to transition this to a more advanced system. Workload is increased due to paper charting/paper notes unlike the other Auckland Hospitals. Time is consumed when walking up the wards to do simple/mundane tasks.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

There are some academic opportunities such as Grand Round and teachings delivered weekly for HO and Registrars. Some departments have a great emphasis on teaching and others less so, particularly ones with high workload. SMO support is variable across departments and even within teams. There are a few very good SMOs who try hard to be involved in run reviews to ensure the right categories and to enforce payment of cross cover, especially when HOs work in the absence of a registrar. A few SMOs provide good pastoral support and mentorship.

OTHER COMMENTS

Overall not a bad place to work. It can be often perceived as "political" and "hierarchical" as there is often hospital bureaucracy coming into the mix, but you can see a variety of patients who come from all over the country for services not available elsewhere in niche subspecialties that RMOs can experience working in.

2 CHRISTCHURCH HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Variably helpful but mostly friendly. It can take time for issues to be resolved and can initially be obstructive for certain requests regarding leave, reimbursement for training or costs and other roster issues.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO lounge is on lower ground, and a long distance from the new hospital. The interiors are very dated! It smells and there are mice! It is dark and not a very pleasant place to be in. There is not enough storage, as it is small. There are no clean or comfortable sleep areas in close proximity.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

It is not the nicest place but it is mostly clean with big tables which are good as you can share meals with fellow colleagues. The quality of food dropped a while ago, but RMO-led action ensured its return to a satisfactory level. Normally healthy options are available, but they can run out. Night meals need to be pre-ordered with a paper form/PDF. Lunches and dinners are provided but not breakfasts. Room for improvement.

CAR PARKING



★☆☆☆☆

- **Space available**



★☆☆☆☆

- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

There is a car park for RMOs on long days only. The other car parks available are used by all staff and have a waiting list extending beyond 2 years. The long day parking is a 10-15min walk from the hospital. There are currently no dedicated car parks for RMOs on other shifts and many people will park around Hagley Park, then will walk 15-20mins to the hospital. Cars are sometimes broken into and you may often be walking in the dark but it is expensive to pay for closer parks, that often fill up and are run by Wilsons, etc. The hospital has a shuttle that will drop you off at the car parks around and/or pick you up to take you to the hospital but this is shared with patients and can be a bit awkward to use. Sometimes a wait is involved – it goes every 15 mins. Overall the situation in Christchurch is poor.

CITY LIVING



★★★★★

- **Things to do**



★★★★☆

- **Cost**



★★★★☆

- **Transport, proximity to other places, etc.**

There is easy access to other activities like skiing, mountain biking, beach, hiking etc. There are lots of things to do in the city and there are lots of events! It is a relatively compact city, so traffic is not a problem. It is good for cycling to work and the weather isn't too bad. There are good cafes and food in the city.

MECA COMPLIANCE



★★★★★

- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

They are generally quite compliant, but it is department specific. If issues are raised, they can generally be resolved but it relies on the RMOs knowing their contract and checking rosters. The district has a limited list of courses funded and they refuse to deviate from that list, despite the MECA stating what should be funded.

DAILY WORKLOAD



- **How reasonable for a first year?**

Most of the times well supported with registrars and SMOs. All patient notes are on an electronic system called "CORTEX" on iPads, which makes daily workload very manageable as all meds/obs/notes are on the iPads.

ROSTERS



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

Depending on the specific jobs, rostering is adequate with the correct amount of weekends and nights rostered.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

There is an average amount of work on long days. Christchurch has CTC's which are senior nurses who triage all the nurse requests for jobs before sending them through to the RMOs. CTCs also help run emergencies and do USS guided IV lines and other basic procedures like catheter insertion.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

There is good PGY1 teaching but it can be difficult to get to as PGY1 teaching is at the end of the day. PGY2 is during lunchtime. You have to be proactive in terms of getting leave for attendance to courses. Be careful about which specialty you declare you want to do, as this will determine which courses will be funded in quite a limited manner.

OTHER COMMENTS

Note: you may be allocated to complete a quarter in Ashburton or West Coast which can only occasionally be changed or challenged with extenuating circumstances. Overall, Christchurch is a good place to start your first job.

You can also have some runs at Burswood Hospital, which is an older persons' health rehabilitation hospital. There is both good parking and food there and they also have better sleeping areas for RMOs.

Most day jobs use pagers but after-hours, duty phones are used. Cortex (electronic notes system) makes doing your job a LOT easier! Medications are also managed electronically.

3

DUNEDIN HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

RMO unit is largely approachable. However they do frequently challenge study funding applications, and they can be inconsistent in how they grant funding. But at least they do usually reply to emails quickly.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

Poorly maintained kitchenette, with a small space considering the number of RMOs. There is only one phone line, and there are two desk-top PC's only. We only have one mattress and it is on the floor. There is limited storage space. There is a good window and sunlight and ventilation. Good proximity to ward.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

Cafeteria food is above average in its selection. Large amount of variety during the day, good vegetarian options. Still some issues with gluten free options in hot foods. Default night meals are pretty average, but if you go through the process of putting meal preferences in a month before then you can have what you like.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

There are no staff carparks are made available for RMOs.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

There is limited nightlife despite being a small city. Close proximity to other outdoor destinations such as Queenstown, Catlins, Wanaka, etc

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

They are relatively compliant with MECA. When things do come up, they can generally be resolved with some efforts.

DAILY WORKLOAD



- **How reasonable for a first year?**

Depending on the runs. General Surgery sub-spec such as upper/lower GI can be hectic. IM run after hours can be challenging due to patient acuity and numbers with only one house officer on.

ROSTERS



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

Rosters relatively satisfactory with frequency of long days, relatively staffed.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

SMO support is subject to various specialties. Some are more supportive than others. The RMO office can often be obstructive with CPD but less issues if endorsed by services.



4

GISBORNE HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

I think they do a good job, especially given how small their unit is and challenging it can be to get staff in this region.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

Only 2 computers which often break, maybe one phone line. Generally grimy.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

Lovely staff. However, a lack of variety, most of the food including cold is often sold out by noon so you can miss out, not many nice healthy options, limited vegetarian/vegan/gluten free options (if any). The only drink option is bottled water.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Free parking, and you are usually able to park directly outside the main entrance on night shift. Could have more lighting though.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

A lack of staffing especially medical registrars and no locums can mean many empty shifts or frequent extra duties. Sometimes you can feel bullied into picking up shifts. And no higher rates for last minute empty shifts.

DAILY WORKLOAD



- **How reasonable for a first year?**



ROSTERS



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



No RDOs for split weekends, one reliever gets a ridiculous amount of long days while the other ones just have slightly more nights but the workload is vastly different.

ACUTE DEMAND ON LONG DAY

- 
☆☆☆☆ • **Work volume**
- 
☆☆☆☆ • **Work quality and experience**

Generally very friendly and approachable SMOs, close knit RMOs, a lot of hands-on learning opportunities. At times feel unsupported as a PGY1

SMO SUPPORT

- 
☆☆☆☆ • **Educational opportunities/ academic support**
- 
☆☆☆☆ • **Industrial support**

Lack of teaching, often cancelled due to illness or unable to find anyone to do the teaching. It would be great if the SMOs could do more structured teaching on ward rounds.





HAWKE'S BAY HOSPITAL


RMO UNIT


The RMO unit has some lovely people trying to help and support house officers, however compliance with MECA and effectiveness is only average.


RMO LOUNGE

- 

 - **General comfort and proximity to key work areas**
- 

 ** * * *
 - **Kitchen facilities**
- 


 - **Lounge area**
- 


 - **Natural light**
- 

 *** **
 - **Enough phone lines to enable appropriate response to pagers**

Still no HO beds! Otherwise, it has a lovely mess, pigeons aside...

CAFETERIA

- 

 - **General comments – including cleanliness and accessibility**
- 

 ** * * *
 - **Meals – including options, quality, availability, restrictions**

It is rough getting late night dinners after 6pm. The food is pretty hit and miss. It is getting better with its selection for those with special dietary requirements. It is not particularly healthy overall.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxi) if appropriate**

Good long day car parks BUT there is no parking onsite. Lots of car break-ins.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Supportive and loving RMOs. There is an active social club which is great! If you are interested in the outdoors, Hawke's Bay is a great place to be.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

Generally compliant and the RMO unit does try to advertise vacancies as much as possible to reduce workload. RMO unit managers are usually approachable when it comes to any disputes and escalate appropriately to the service/department who normally are the ones who have the final say.

DAILY WORKLOAD



- **How reasonable for a first year?**

We have bad days for sure, but there is a loving and supportive team who has your back, and we mostly go home on time. Working after hours can be hectic but again, there is a great team!

ROSTERS



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

Fine – lots of time off, except ED. Getting leave OK if you work with RMO unit.

ACUTE DEMAND ON LONG DAY



• Work volume (aka - busy!)

Very variable! Lots of junior nursing teams.... We get some delightful pages sometimes.

SMO SUPPORT



• Educational opportunities/ academic support



• Industrial support

SMO's are kind but they can be stuck in their ways. Objectively average PGY1 teaching, not very protected at all.

OTHER COMMENTS

Great RMO team of doctors! It really is a lovely place for PGY1s to be. People love being here – even if work does have its bad days. We are largely all friends. Good opportunities for progression to med reg/sur reg. Great retention into Regs.

6

HUTT HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Generally they have a good reputation, and the people in charge are helpful and responsive. Not perfect, but you can have a conversation with them. They have a philosophy of being approachable.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

It is pretty dingy and is nowhere near the wards. I have never heard of a regular user of the RMO lounge.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

It is often described as having the worst meals in any hospital café in New Zealand! They are really bleak. There is poor provision for vegetarian/vegans or coeliacs – although work has been done to improve this. Café staff are generally very nice. Weekend evening meals are diabolical! However, it is clean and there are a reasonable selection of drinks.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Never had a problem with parking. Costs about \$40.00 every 2 weeks. Has a short walk – of less than 50 meters from the night entrance. The walk is well lit.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Wellington is a fantastic city, with a great culture and outdoors. You can also live in Lower Hutt where there is very little to do but it is cheaper. The commute is about 20-30mins from Wellington to Hutt.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

There are occasional issues. There is a reasonable turnover of staff in the RMO unit but once they are up to speed, issues are easy to deal with.

DAILY WORKLOAD



- **How reasonable for a first year?**

It seems reasonable. Medicine can be busy.... No double long days for HO's.

ROSTERS



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

Rosters are decent, and they are published on time.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Long days are on average less busy than in Wellington for example.

SMO SUPPORT



- **Educational opportunities/ academic support**

There are some good educational opportunities here. Teaching time is respected by SMOs.



7

INVERCARGILL HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Certain members of the RMO unit, particularly those who look after the PGY1/PGY2 roster come across as disorganised and unapproachable with PGY1s have been known to take a support person with them when having to interact with them. On the other hand, others are wonderful, kind, supportive and caring. However PGY1 /PGY2 have little to do with them.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

It is a dark room with no windows. There is limited phone access, but it is a decent size. It requires more or newer couches and computers and phones.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

The food quality has decreased significantly over the past year. RMOs are frequently without food outside of ordinary hours. During ordinary hours, they are good for providing for special dietary requirements. Outside of those hours, you "roll the dice" and you might get a banana if you are lucky.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxi) if appropriate**

A plethora of space. Out of hours you may have to walk across a poorly lit gravel area. If security are available they will escort you.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Exactly what you would expect. Close to Queenstown (ca. 2hrs), Wanaka (ca. 3hrs), beautiful beaches, Catlins nearby. Not much in the way of city living.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

ED is usually compliant. However due to the ppl in charge of the roster, leave requests for PGY1's are often poorly complied with.

DAILY WORKLOAD



How reasonable for a first year?

It's pretty good for PGY1's. However a lot of crosscover can push the workload up. If the place was adequately staffed, then the workload would be okay.

ROSTERS



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

Medical HO's - long days 8am - 8pm with 4pm - 8pm being in ED checking in patients under the guidance of the medical registrar. This is popular and a good learning opportunity. Swing shifts are utilised on medicine to cover the ward in the evenings, also very popular. Surgical however has no swings, and is not so good.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Medical runs have a pretty good workload. Surgical runs however can sometimes get really busy.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial Support**

HO twice weekly meeting, which is reasonably good quality. Med registrars have no teaching and no educational opportunities and are unsupported. SMOs are disengaged.

ED: excellent teaching, both on the job and throughout the week. Very supportive SMOs. TIs from 2023 complained about the lack of teaching at Invercargill on their medical run. They were told they could sort it out for themselves. They sorted it by leaving and not returning!

OTHER COMMENTS

They have struggled to get PYG1s through the ACE process 2023, resulting in a group of RMOs who had to re-rank hospitals and didn't really want to be in Invercargill in the first place.

HOs were removed from Psych runs due to unsafe work conditions. They then returned to psych but since then, two Psych SMOs age 80s were assaulted at work, resulting in a C-spine unstable fracture and a fracture to his orbit. (This was in the news).

8

MIDDLEMORE HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The RMO unit is pretty timely with their responses to issues raised, and they do try their best to be accommodating with leave.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO lounge is old, outdated, and too far away. Basically, it's just a home for fleas! There also isn't any aircon at all, so it gets very warm in the summer. Not ideal.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




The staff café is clean, and the workers are very friendly! Unfortunately, they do quickly run out of food at peak times, so get in early. The options are also somewhat limited.

CAR PARKING

-  • **Space available**
★★★★
-  • **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**
★★★★



Despite being described as "secure", the car park has had vehicles stolen from it and people have even been assaulted while walking to and from their vehicles, so not great. But, it's a good price!

CITY LIVING

-  • **Things to do**
★★★★
-  • **Cost**
★☆☆
-  • **Transport, proximity to other places, etc.**
★★★★

It is the big smoke! There is loads of stuff to do, and heaps of really good places to eat. There's the international airport, handy for holidays etc (but don't go to Australia please!). So yeah living in Auckland is great... oh except THE TRAFFIC & THE COST!!!!

MECA COMPLIANCE

-  • **Frequency and severity of non-compliance**
★★★★
-  • **Ease of solving disputes**
★★★★

The NRA can sometimes make life difficult, but the RMO Unit at Middlemore is better to deal with.

DAILY WORKLOAD

-  • **How reasonable for a first year?**
★★★★

Things have improved now that teams tend to have two HO's. However Middlemore is a very busy hospital with lots of acute workload, so it can feel high for a PGY1, but it is also good exposure.

ROSTERS



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

The majority of rosters are Cat C or B, and include working 50hrs per week. Not an ideal situation for a balanced life, but it could always be worse!

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

HO's are mostly well supported on rostered long days, but when the place is short staffed then all hell breaks loose!

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

Sometimes there is no support for attending protected teaching time, and occasionally no teaching was organised at all! However the SMOs are on the whole pretty friendly.

OTHER COMMENTS

Middlemore is, on the whole, a good place to work. It does have a well-deserved reputation for how busy it is, but for the most part there exists a supportive team environment which helps each other with getting through the busiest days.

9

NELSON HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Although they are often incredibly busy, our RMO unit do try their absolute hardest to grant leave. They are compassionate, and they clearly do care about the welfare of their RMOs. Can't ask for more than that!

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

Food is great, however have been told by the RMO unit that we are spending too much! Many of us were a bit insulted as we eat a very standard meal, some fruit and yogurt and hardly ever purchase baked goods or beverages. So there is that to navigate, but at least the food is great!

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Nelson is close to a multitude of options for outdoor activity, it has a small but vibrant arts scene and there are some cultural events throughout the year. It's a tidy little city, with lots of sunshine and a great community feel.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

DAILY WORKLOAD



How reasonable for a first year?

ROSTERS



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

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Long days do feel safer and more manageable when there are 2 RMOs on, but it isn't always taken into account which RMOs are rostered together, for example 2 PGY1s might be on one shift, and 2 PGY3's in another. It would be more useful as a learning environment if the experienced workforce was spread across shifts more frequently.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

Support from SMO's at Nelson Hospital is right up there, it's among the best in the entire country. There are excellent opportunities for further learning as a junior doctor. Highly recommended!

OTHER COMMENTS

Working at Nelson Hospital is really enjoyable, there are some amazing colleagues. However RMOs can struggle with the lack of support on the ward when starting on a surgical run, as well as with the long hours which are consistently at the limit of Cat. D hours.

10

NORTH SHORE
HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The RMO unit can be variable in terms of granting leave, and their general attitude toward RMOs. A few RMOs feel that the unit can be biased towards those who pick up additional duties and are thus more lenient with fulfilling their requests. Due to the large number of RMOs they have in their portfolio, RMOs can start to feel like they are just a number.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

There are only two beds in the RMO lounge so if they are occupied, there is not really a suitable place to sleep at night. The lounge and bedroom is separated by a small door and sound proofing is poor. There are two computers in the RMO lounge which is adequate. There used to be a good coffee machine but this broke down and has not been replaced. Food for night shift in the fridge/pantry is restocked and ample for the first few weekdays, but quickly runs out.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

Options have improved over the years (used to be runny stews that appeared unappealing), now they have introduced better options, although for vegetarians its still quite limited. Dessert options are great, there's a good range of snacks too, but main meals can be a bit repetitive.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

There is a reasonable amount of staff parking – there are two car parks to choose from. One is closer to the main building and the other is on Shea Terrace which is just a few minutes walk. Space available has partially improved after the hospital removed the fleet cars on the top floor of the main carpark giving staff more space. However, you need to be mindful not to park in any reserved parking or you risk being towed, as has happened before. There is also guaranteed parking for RMOs on long days but you need a small paper permit from RMO unit in advance to display on wind screen on the day.

CITY LIVING



- **Things to do**





- **Cost**



- **Transport, proximity to other places, etc.**

Auckland has an abundance of places to eat or do things, this does make living here really enjoyable. The cost of living is high and rent can be expensive, for what you get. Traffic can often be terrible which makes travelling around difficult at peak times (which is most of the time). However there are loads of good beaches and bush walks in the region to occupy time in the weekend.

MECA COMPLIANCE

-  • **Frequency and severity of non-compliance**
-  • **Ease of solving disputes**

The RMO unit can be difficult to contact, so trying to ask basic things, like approval of leave, can be a mission. There is still quite a number of cross covering on a daily basis and occasional XCOOH which is not well addressed. They can try to negotiate things like granting leave only if weekend abutting is worked.

DAILY WORKLOAD

-  • **How reasonable for a first year?**



Due to clauses in the run disruptions of some services, morale is low as regular RMOs on a team are often asked to relieve other teams ie: being treated as a reliever but not on reliever pay. This workload is high as RMOs are being distributed to places that are short of staff.

ROSTERS

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

Rostering is acceptable for those in a team, although in Auckland we have schedule two, so some reliever rosters have quite a number of weekends that may be disproportionate to those on a regular team.

ACUTE DEMAND ON LONG DAY

-  • **Work volume**
-  • **Work quality and experience**

The work is made easier thanks to electronic tool in use such as Smartpage, electronic notes etc. Some tasks can be completed remotely from the RMO lounge which is also a bonus. If the long day runs are well staffed (which is not often given the vacancy crisis), then the long day can be good.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

There are lots of opportunities for teaching; Journal Club, Grand Round etc, however often things can be so busy there is just no time left to attend. SMOs are generally supportive, especially towards junior staff, and a few will try their best to reduce the workload when there are staff shortages by stepping into a Registrar role for example.

OTHER COMMENTS

A recommended place for first years as friendly colleagues, capable nurses and a robust electronic system. There are also places to go nearby for socializing after work eg: squash club, Smales Farm etc which gives you something to look forward to.

11

PALMERSTON NORTH
HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Induction here is very poor. PGY1's are expected to perform duties from day one, and are provided with no orientation.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO room is well equipped with a TV, kitchenette and lots of computers (which is great) however it is located down next to MRI and has no windows or natural light.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




The food in the cafeteria here is pretty good quality, but unfortunately it is limited, and there is not a very good variety of options to choose from.

CAR PARKING

-  **Space available**
★★★★
-  **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**
★★★★



There is quite a lot of staff parking on site. It's not free but cheap (\$10 per week) and you can arrange for this to come out of your pay automatically. Reasonably well lit at night and the security guards patrol the parking lots regularly so it feels safe.

CITY LIVING

-  **Things to do**
★★★★
-  **Cost**
★★★★
-  **Transport, proximity to other places, etc.**
★★★★

The night life is a shell of its legendary former self, particularly since the Fitz closed. But there are some good restaurants and cafe's to be found. It's only a few hours drive to Wellington, and the airport is pretty well connected too. Quite a few quaint little satellite towns around to explore and plenty of outdoor activities to keep yourself busy, tramping and beaches for example.

MECA COMPLIANCE

-  **Frequency and severity of non-compliance**
★★☆☆
-  **Ease of solving disputes**
★★☆☆

MECA compliance is variable, at best. For example when it comes to rostering, the Medical Administration Unit (MAU) continue to try to get away with breaching the MECA. RMOs have to check their rosters and frequently identify issues. There is also a perception that there may be negative repercussions for an RMO if they stand up for themselves re. lieu days or leave entitlements for example.

DAILY WORKLOAD

-  **How reasonable for a first year?**
★★★★

The daily workload can be highly variable here, medicine and ED is a large workload, and RMOs in medicine often go home late.

ROSTERS

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

★ ★ ★ ★

Dodgy "living" rosters. Rosters can be changed frequently (which is not MECA compliant) and relievers are swapped in and out of roles with a bare minimum of notice.

ACUTE DEMAND ON LONG DAY


★ ★ ★ ★

- **Work volume**


★ ★ ★ ★

- **Work quality and experience**

SMO SUPPORT


★ ★ ★ ★

- **Educational opportunities/ academic support**


★ ★ ★ ★

- **Industrial support**

Generally, the medical and ED bosses are supportive. There are also reasonably good things heard about support in Paediatrics, General surgery and Urology. Orthopaedics however does leave a lot to be desired. Unfortunately, there is a real culture problem in ICU, which has even made the news. The SMOs who cover ICU are supportive of their own junior staff (generally), but are decidedly not helpful towards RMOs in other specialties, especially medicine. They can come across as derogatory, confrontational, and as a result it can be very difficult to refer patients or seek advice/support.



12 ROTORUA HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The RMO unit workers here are friendly and approachable, even though there are some ongoing issues with MECA compliance.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO lounge at Rotorua Hospital is really old and outdated, and it shows. There is no tea/coffee or milk provided, and nowhere for RMOs to nap when they need to. Could do with much improvement!

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

The cafe staff are extremely friendly. However, when it comes to the food itself, the meals are average, especially for those people with a dietary requirement. The provisions for out of hours are limited as well, so not ideal.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Plenty of space available, no issues there, but the security situation could do with improvement.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Rotorua has an excellent outdoor lifestyle including mountain biking, swimming, cafes, spas, hot pools and more. There is a small section of nice restaurants, and a great café culture.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

DAILY WORKLOAD



- **How reasonable for a first year?**

ROSTERS



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

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Acute demand can be variable. It should be noted that efforts are being made to improve weekends. Overall there is an excellent range of pathology staffing and learning opportunities made available to RMOs.

SMO SUPPORT





- **Educational opportunities/ academic support**
- **Industrial support**

Very good support from SMO's for house officers. The pre-vocational supervision is excellent.

OTHER COMMENTS

Rotorua is a friendly, small, and supportive community. It is a really nice place to live. And overall, the good aspects of the hospital do outweigh the negative aspects, so it easy to recommend as a good option for a PGY1.

13 STARSHIP HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Starships main point of contact is the chief resident who publishes rosters, supports reimbursements and other RMO unit roles. They are often a pediatric fellow and so understand and often act in your best faith. However, they are still limited by the NRA, who can often delay things.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The Auckland RMO lounge is quite a distance away and so no RMO ends up going there. There is a "registrar" room which has lockers, two sofas and three computers. Not great! It also has an old microwave and a small fridge.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**



It is called Tiny Bites. It has the sweetest staff who remember all of the staff names, and they also cook super delicious meals! Unfortunately, due to current construction, seating can be limited.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

It can be difficult to find parking if you arrive after 7. One carparking area is relatively close to Starship.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

(See Auckland, Middlemore, Waitakere and North Shore Hospital reviews.)

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

Due to the chief resident being your point of contact, compliance issues and disputes are often easier to resolve.

DAILY WORKLOAD



- **How reasonable for a first year?**

There are no first years in paediatric.

ROSTERS



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

Registrar rotations currently finish at seven pm, and so as a result there is more time spent at hospital into the evenings, which when added to any commuting time can impact on one's work life balance.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Long days are staffed by one surgical House Officer, one medical House Officer and between one and two medical registrars. Winters can be especially busy but you are also supported by nurses.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**



TARANAKI HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The RMO unit here is friendly and approachable, it doesn't feel difficult to raise subjects and talk about things, and discuss any issues safely.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

Unfortunately, despite having the basics and being potentially a useful space for RMOs to utilise, it is actually really difficult to get to it from the wards, or from the cafeteria. Consequently, it is a practically unused resource.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

The cafeteria here is relatively new and there is actually a pretty reasonable food selection. There are vegetarian and vegan options available most of the time as well.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

It used to be a bit easier but recently there have been a number of car parks that have been taken up by the new builds. Consequently you do have to arrive early to get a staff park.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

There is excellent access to surfing, tramping, and all sorts of other outdoor activities. It's a long distance to travel by vehicle to other cities, but it is served by a small regional airport. The city itself has some interesting museums and art galleries, and a range of pretty decent restaurants and cafes as well. Pukekura Park is a highlight, and keep an eye on the schedule of gigs at the Bowl of Brooklands too!

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

Usually it is pretty easy to resolve any issues that arise. And the only real issues that ever do arise are minor, mainly to do with roster or leave.

DAILY WORKLOAD



- **How reasonable for a first year?**

The workload at Taranaki Hospital is reasonable. The other RMOs as well as the SMO's are good at providing support when required.

ROSTERS



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

The number of weekends and night shifts are reasonably well balanced. This allows time and energy to plan ahead and do other things.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

You have the opportunity to do a lot as an RMO with Senior support, and usually it is possible to keep on top of out-of-hours workloads.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

There is good support at Taranaki Hospital for PGY1 and PGY2 for going on courses etc, however the in-house teaching is limited by comparison to the bigger centres.



15

TAURANGA HOSPITAL

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47

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The RMO doesn't come across as particularly supportive when reaching out to them via email. In person can be a different story, but it really depends on who it is that you happen to be dealing with.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

Nothing to crow about with regards to the RMO lounge at Tauranga Hospital. It has a sink, a fridge, minimal seating, and minimal computers. It is also really far away from wards.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Unfortunately there have been instances of some cars being broken into. Compounding this issue is the lack of any security camera. However, the free parking is a bonus, although it is a long walk to the hospital.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

There are a reasonable amount of activities if you are into beach and or outdoor activities. Adequate to good cafes and restaurant options. The public transport options are poor, but the bike paths are okay.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

DAILY WORKLOAD



- **How reasonable for a first year?**

ROSTERS



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

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Work volume on nights is totally unsafe. For example, at the time of writing there is only one ward HO covering ca. 200 patients!

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

There is good support from the SMO's at Tauranga Hospital.



16

TIMARU
HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Used to be terrible but new permanent guy is good and fair.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

There is pretty bad food supplied, with hardly any veggie options... it is free at least!

CAFETERIA




- **General comments – including cleanliness and accessibility**




- **Meals – including options, quality, availability, restrictions**

The cafe has its ups and downs, the snacks are really good and there are frozen meals which are easy and filling, but sometimes it doesn't cater the best to vegetarians/coeliac/other dietary requirements. The cooked meals vary but the cabinet food is nice.



CAR PARKING


-  **Space available**

-  **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Plenty of big car parks - there's never a problem finding one, and they don't fill up, ever. Also, bikes are quite secure in the middle section of the hospital where the public don't go. We don't have issues with car theft or damage that anyone seems to be aware of.


CITY LIVING


-  **Things to do**
**
-  **Cost**

-  **Transport, proximity to other places, etc.**

Timaru is a pretty boring city, but it is cheaper to live here, and it's a really great location to jump off to other spots.

MECA COMPLIANCE

-  **Frequency and severity of non-compliance**

-  **Ease of solving disputes**

The MECA is now fairly complied with, we have a newish RMO manager so there are certain things that they may not know but will be happy to check, so it always pays to raise issues if you think they are non-MECA compliant.

DAILY WORKLOAD

-  **How reasonable for a first year?**

Great workload in general, except for PGY1's who do do more long days and weekends. These are lots of work and they can be relatively unsupported.

ROSTERS



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

The roster is pretty good, generally most days we finish on time depending on what run you are on. The scheduling of roster has recently changed so there can be a bit of variation on how many out of hour shifts you are rostered, but wouldn't be more than the bigger centres.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Workload on out of hour shifts is very variable - sometimes you can have a quiet shift but then if it is busy/sick patients it can be a lot to manage at once, given the next senior step up is often the consultants (who will help with sick patients/give advice but don't come in just to help us manage the workload). There is always another house officer on, and most people are generally pretty good at helping out to share the workload. Particularly for new PGY1s, the senior house officers will be there to help.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

SMO's on the whole are pretty supportive, and approachable. They are used to limited registrars so are used to being contacted.



17

WAIKATO HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

You can get fair experiences, however they have been known to attempt to intimidate you by CC-ing in the SMO's for example.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

They have lazy boy chairs which are great! It would be good to have more couches for sleeping, when the sleep room is full. They need to replace or repair the piano! We also need more phone lines – in the sleep room! There are currently not enough.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




Limited hot food options. However, this is somewhat redeemed by the salad bar order items (burgers and toasties!)

CAR PARKING

-  **Space available**
★☆☆☆☆
-  **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**
★☆☆☆☆



Very long waiting times for a staff parking permit – however if proved to work a 10hrs plus shift, then the parking office is actually required to approve a permit. The availability of parking spots is pretty fair, and for night shifts you can usually find another car park close enough to the hospital entrance or even within the parking building.

CITY LIVING

-  **Things to do**
★☆☆☆☆
-  **Cost**
★★★★☆
-  **Transport, proximity to other places, etc.**
★★★★☆

Good cost of living here, when compared to other major cities, but also with a fairly decent selection of restaurants and bars. Also close proximity to loads of outdoor activities, and not far to drive North to Auckland, or South to Ruapehu for example. Good central location.

MECA COMPLIANCE

-  **Frequency and severity of non-compliance**
★☆☆☆☆
-  **Ease of solving disputes**
★☆☆☆☆

There are frequent issues with rostering, meal budgets etc. Often non-compliant with NZRDA's MECA. Be sure to keep an eye on things!

DAILY WORKLOAD

-  **How reasonable for a first year?**
★☆☆☆☆

Reasonable workload across most departments for PGY1s. Usually designated PGY2 + Hos to support those few on-call. There are long day shifts for new PGY1s, organised by RMOs.

ROSTERS



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

Rosters for most PGY1s are fairly reasonable. Sometimes there are unexpected changes to rosters without notice so be sure to screenshot your rosters when they come out!

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

The workload is reasonable, and is spread fairly well between the on-call House Officers during afterhours shifts.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

Most SMOs are friendly and willing to teach at Waikato Hospital. There is weekly teaching for HOs.



18

WAIRARAPA HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

It is one of the hospitals you can choose to rotate through in the Wellington region.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

RMO lounge is very small, it is one room with a computer and a lounge chair. Doctors will sleep in the lounge chair as there are no designated beds for RMOs to sleep in. The fridge is not particularly well stocked and the food choices after hours are below average.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

The cafeteria has a wide array of options including bagels, toasted sandwiches, fresh sandwiches, hot options, and a bakery section. The food is of a very good quality. The only downside is that the only drink option is water! They do provide coeliac meals on request, and there are great fresh chia puddings during the day, as well as great barrista coffee (it does cost though!) Afterhours food is patient quality but at least they do cater for dietary requirements and provide food overnight.

CAR PARKING



- **Space available**
- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Car parking near the hospital is totally free! And there are lots of spaces before eight in the morning.

CITY LIVING



- **Things to do**
- **Cost**
- **Transport, proximity to other places, etc.**

They provide good accommodation for a low price when you are rotating out of Wellington/Hutt. In the vicinity there is tramping and other outdoor activities, Martinborough wineries etc. There is a free art studio on King Street which has pottery and a printing press which you can join, heaps of fun and nothing like it in a big city. People also enjoy the gym and social sports. Lots of great community events like the Golden Shears, great op shops and cafes and an easy train to Wellington. Accommodation and bills are covered provided you are paying a Wellington rent or mortgage.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**
- **Ease of solving disputes**

The MECA is complied with. It is very very easy to get leave as they easily find locums. The RMO unit is very supportive. However dangerous staffing issues do arise frequently and the options are limited as it is isolated. But on the flip side, solving disputes is also easier as there is a smaller RMO group and management.

DAILY WORKLOAD



★ ★ ★ ★

How reasonable for a first year?

Variable depending on the run. Overnight you cover ED and the rest of the hospital with one other HO and an SMO (most of the time!) in ED. So it is a great learning opportunity but not generally appropriate for a PGY1 at times. However, it has improved a lot in recent years with regards to supervision and support. (Thanks, RDA!)

ROSTERS



★ ★ ★ ★

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

Rosters are average in terms of workload. You often work 2 sets of nights and 2-3 weekends. ED roster has a worse work life balance as you are often on afternoon shifts, but ED is generally better covered and has much better hours and pay than city ED's.

ACUTE DEMAND ON LONG DAY



★ ★ ★ ★

- **Work volume**



★ ★ ★ ★

- **Work quality and experience**

Long days are quite variable, from having nothing to do for a few hours, to being off your feet. Very hit or miss. You can be asked to scrub in to a surgery to assist. You also have to cover HDU, which can be scary, but there is an ED SMO to ask for help and a medical SMO on call.

SMO SUPPORT



★ ★ ★ ★

- **Educational opportunities/ academic support**



★ ★ ★ ★

- **Industrial support**

SMO support is generally very good from the Masterton based SMO's, as they are used to junior staff and know how limited resources can be. Locums however have been terrible from time to time, perhaps wise to not expect too much support from them.

OTHER COMMENTS

Those who have worked here are very grateful for this tiny hospital and the opportunity to get a rural hospital experience. You will learn more on ED here than anywhere, and at the same time get a really valuable rural perspective. It's also a huge bonus that a doctor can train directly there from an urban Wellington home.

However, dangerous situations are at risk of arising when poorly supported PGY1's are placed in some situations, so it is advisable to perhaps avoid Masterton until later on.

19

WAIRAU HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Very helpful, understanding and helped us find solutions to issues, helped find accommodation.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO lounge at Wairau Hospital does seem adequate for RMOs. It is warm, it is clean and there is enough seating - although we wouldn't all be able to fit at the same time!

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

There are good food options in the cafeteria, but they can run out of meals quickly, so it pays to get in early.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

There are plenty of spaces available and no worries at all about security. Just one of the benefits that comes with hospitals outside the larger centres!

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Blenheim is flat, and actually bigger than you think. At night the town just dies and there is not much other than a few pubs open.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

Unfortunately not as well staffed as one might hope. However the RMO unit does claim that the lack of staff is not because of a lack of funding but rather due to the lack of applicants.

DAILY WORKLOAD



- **How reasonable for a first year?**

There are busy days and there are less busy days. What you can depend on though is that it is a really supportive work culture between the RMOs and everyone is open to pitching in to help if they are less busy.

ROSTERS



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

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Completely variable. They try to have two House Officers on for long days and most of the time it works. If it doesn't, then there is a backup roster in case 1 House Officer is overwhelmed, they can then call in the back up.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

Most of the consultants are really supportive and they teach you while on ward rounds or invite you to procedures.



20

WAITAKARE HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The same RMO unit for both North shore hospital and Waitakare hospital. They are not the quickest to respond to emails or phone calls and often follow-up emails are needed. Attitude towards RMOs can be quite variable with some RMOs feeling treated less well due to picking up additional shifts. Generally RMO unit are friendly if you approach them in person and most issues can be rectified then.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO lounge is far from the main part of the hospital and wards so not many RMO;s utilise this facility. It is located downstairs through the staff cafeteria and can be difficult to find. There are basic kitchen facilities but poor lighting due to location and no windows adjacent.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

Very friendly staff who know RMOs' names. There is free barista coffee which is a major perk of this hospital. Limited hot meal options but if done well are excellent. There is a sandwich cabinet offering a range of different types of sandwiches which are good selection when hot meals dissapoint. Fabulous range of donuts and other baked goods!

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

There are lots of parking spaces available on site. They are safe and within walking distance of the hospital building. The parking fees are reasonably priced, and it is quite easy to top up/load funds onto the staff ID card.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

Waitakere is a vibrant city and has lots of great food places on Lincoln Road near the hospital. Traffic can be poor leading up to the motorway at peak hours, otherwise though it is a reasonably short drive to central Auckland. The cost of living around West Auckland in terms of rent is cheaper than other more affluent parts of Auckland, though this does come at the expense of safety, so many RMOs do choose to live further East.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

There is often a number of vacancies for long days although the RMO unit does try to fill them up as much as possible. Over the last few years, SMO's have been coming in to fill in the vacancies quite frequently. The RMO unit is based at North Shore Hospital, so email and phone is the only form of communication available.

DAILY WORKLOAD



How reasonable for a first year?

★★☆☆

Due to the number of missing RMOs during the day, first-years may be asked to cover other teams despite being a regular/non-reliever RMO. This is due to a clause in the run description allowing for this. This has reduced job satisfaction for RMOs immensely. Workload can also be high if the team is using a registrar/offsider house officer, which has been happening fairly frequently.

ROSTERS



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

★★☆☆

Very frequent weekends and night shifts compared to other hospitals, at least for General Medicine. You can expect to work about one in every two or three weekends.

ACUTE DEMAND ON LONG DAY



★★☆☆

- **Work volume**



★★☆☆

- **Work quality and experience**

Lots of digital technology tools available, such as Electronic Notes, Smartpage etc, which save a lot of time and helps to improve efficiency. Work volume in evenings can be high due to fall over from day time with already reduced staff, in other words, lots of patients waiting to be seen.

SMO SUPPORT



★★★★

- **Educational opportunities/ academic support**



★★☆☆

- **Industrial support**

Generally supportive SMO's. Most will help admit patients under exceptional circumstances, such as when there are lots of patients waiting to be seen. There are regular journal clubs, house officer teachings, and grand rounds which gives RMOs the opportunity to present interesting topics or cases for learning.

OTHER COMMENTS

Waitakere Hospital does not have acute general surgery/orthopaedics service or an ICU. It is often referred to as "North Shore Hospital's poor sibling". It does have a General Medicine service similar to North Shore Hospital. It is also well supported, with friendly colleagues and grateful, often high-needs, patients. Despite being resource constrained, it is still a great hospital for first years. If allocated to Waitamata in your first year, you can be allocated to runs that include North Shore and Waitakere Hospitals, and this does offer a bit of variety.

WELLINGTON HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

The RMO unit can be quite variable when it comes to compliance with the MECA, with some departments being more compliant than others. Within the wider unit, there are some really wonderful coordinators.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The RMO lounge here is a nice, newly renovated place with a reasonable amount of beds. Meals are made available in the fridge. However the biggest downfall is the total lack of natural light - there are no windows at all.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




The cafeateria at the hospital has been recently renovated and updated, which makes for a better atmosphere and experience. They provide a good variety of options, and the quality is pretty good overall. No complaints there.

CAR PARKING

-  • **Space available**
★☆☆☆☆
-  • **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**
★☆☆☆☆



Car parking near Wellington Hospital is difficult to access. There is a waitlist for designated parking, but it is seriously long, and when you do get to the top of the list, the permits are expensive. As a result the street parking in Newtown fills up really quickly, first in first served. There is good access to public transport (busses), the timetable variability of which just needs to be built into your travel plans.

CITY LIVING

-  • **Things to do**
★★★★★
-  • **Cost**
★★★☆☆
-  • **Transport, proximity to other places, etc.**
★★★★★

Wellington is a vibrant, thriving hub of cultural activity, there is always something on, and there are a multitude of wonderful restaurants and cafes to choose from. You'll never get bored living here!

MECA COMPLIANCE

-  • **Frequency and severity of non-compliance**
★★★☆☆
-  • **Ease of solving disputes**
★★☆☆☆

Compliance with the MECA can be variable. Issues do get sorted out usually but can take time with you needing to escalate numerous times.

DAILY WORKLOAD



How reasonable for a first year?

The workload depends which service you are on, but on the whole, things are generally manageable for a PGY1.

ROSTERS



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

Runs without double long days on surgery, which is wonderful. Rosters tend to be released on time but there have been incidences of late relief. Double long days remain on medicine.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

The amount of demand on long days differs, depending on which run you are on. The general medical long days are almost uniformly very busy.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**



WEST COAST HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

West Coast Hospital has a smaller RMO unit who do sometimes make mistakes, however in general they are doing their best. They actively make an effort to correct mistakes when they are alerted to them. They also try their best to approve leave and find cover when required.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

It has a very small office space as the RMO lounge with a couple of computers and a small couch. This is likely due to it being a small hospital, limiting the potential space. House officers/ PGY3 don't do nights, so this won't be an issue for them. Also there are no windows, and the tea/coffee facilities are outside the room and are shared with staff and patients. So it is simple, but it is secure with swipe access, so you can confidently leave your bags there.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




A small cafe for both patients and staff. Weirdly, staff are not allowed to get some items, and it is unclear as to why. Also, after hours the dinners that are provided are basic patient meals which is not ideal when working. Overall though the in-hours food is great.

CAR PARKING

-  • **Space available**
-  • **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**



There are so many car parks, and they are all close! No worries with safety or security.

CITY LIVING

-  • **Things to do**
-  • **Cost**
-  • **Transport, proximity to other places, etc.**

Access to the outdoors is the best part, and tends to be better during the summer months. There is a recreation centre & gym in town in Greymouth as well as a few restaurants and cafes. Cost of living here is generally lower than elsewhere. It's approximately 3.5 hours to Christchurch and 30mins to Hokitika.

MECA COMPLIANCE

-  • **Frequency and severity of non-compliance**
-  • **Ease of solving disputes**

Reasonably good about compliance with the MECA, however sometimes mistakes are made. But the RMO unit was receptive to those being identified and they adjust things accordingly when made aware. They are also generally reasonable when trying to get leave approved.

DAILY WORKLOAD

-  • **How reasonable for a first year?**

This is normally a PGY2 + Run location, so not really relevant for first years. But for a PGY2, the workload is reasonable.

ROSTERS



★★★★

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

Far less commuting time, which leaves more time for other things! Although when rostered to weekends it can make things difficult to organise.

ACUTE DEMAND ON LONG DAY



★★★★

- **Work volume**



★★★★

- **Work quality and experience**

Long days involve covering the general ward/ patients and doing admissions. There is a doctor in ED, otherwise an SMO is on-call. The workload can fluctuate but is probably not dissimilar to other centers and smaller centers.

SMO SUPPORT



★★★★

- **Educational opportunities/ academic support**



★★★★

- **Industrial support**

Weekly teaching sessions take place which do vary in quality, but on the whole are generally helpful. The consultants were largely very supportive and approachable. There is good supervision, and also good opportunities for feedback and the expression of any concerns.

OTHER COMMENTS

A great opportunity to experience a more rural setting if you enjoy the outdoors. Beautiful place to explore, especially over the warmer months. Accommodation is provided by the hospital, which can vary in terms of quality, but it is normally very reasonable. Internet and power are included. Usually a great group of RMOs to work with, often including some UK or overseas RMOs also based there.

WHAKĀTANE HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Very approachable, kind and goes above and beyond. MECA compliant!

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

It is small but comfortable. There is a new comfortable bed for sleeping in on night-shift. There are cubby holes for your belongings. It is located outside of the main wards, which helps with the feeling of separation from work.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

It shuts early at 16h45 which is unsuitable for many. But the vegetarian options are great! There is a great salad bar, blueberries and raspberries are available in season for example. There are however, limited amounts of the favourites at times and if you arrive late you may miss out.

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

Car parking is free here, and there are lots of spots. Close proximity and very easy access to the hospital with a walk of less than a minute to the front door. The walk to and from your vehicle does feel safe when arriving and leaving work.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

It is not a big city so there is not much night life but heaps of outdoor activities; surfing, hiking, fishing, golf, fun small events in town. There is one airline that flies to Auckland. It is a 1 hour drive to Rotorua or Tauranga. 2 hours to Taupo. 2.5hrs (direct) or 5.5hrs (coastal) to Gibsorne and 2.5hrs to Hamilton. Fairly good cost of living, for what you get, but there is a great network of people to tap into when it comes to finding flats.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

Compliance with the MECA at Whakatane Hospital is very good, there are hardly any issues at all.

DAILY WORKLOAD



★★★★

How reasonable for a first year?

We are able to leave on time regularly, although do be aware the afterhours work, requires HO's to cover the entire hospital, excluding the ED. This can be challenging but you will be well supported.

ROSTERS



★★★★

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

One long day a week or no long days if you are working in the weekend. You get a short day, and long weekend. It is easy to swap shifts. No nights PGY1 for six months. There is a variety of CBA's for PGY2s, and there is also the ability to call in additional short notice support after hours.

ACUTE DEMAND ON LONG DAY



★★★★

- **Work volume**



★★★

- **Work quality and experience**

Very good experience, you will get to do arterial lines, USS exams, PICC/ midlines, thoracentesis acutely with SMOs as indicated. The shifts range from very chilled to very hectic. PAR nurse support and there is always an SMO in ED.

SMO SUPPORT



★★★★

- **Educational opportunities/ academic support**



★★★★

- **Industrial support**

SMO support is wonderful on Medical runs but is really average to poor on Surgical runs. RMO teaching occurs on Mon/Tues/Wed and Friday. There is a close relationship with Duty managers, Nursing managers etc, and there are Grand rounds every Thursday.

OTHER COMMENTS

Extremely friendly teams across the hospital, you will be on a first name basis with a lot of people. The building is nice and new and has great facilities. The RMOs are a very supportive and close-knit group. There is no gossiping or bitching! There are also great interactions with Allied Health. There is no traffic to work. There are very good generalist runs for PGY1. It is easy to get ED/O&G/Peds from PGY2.

Registrar level jobs are expanding for training opportunities. It is a privilege to serve a predominantly Maori population with very complex health needs. Te Reo is actively spoken and we are encouraged to learn. You get exposure to an extremely broad range of conditions and are part of the initial work up. Patients often get transferred to specialist center's, but then return to Whakatane again and you get to see the full circle of care.

WHANGANUI HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

Much like every RMO unit, when you have concerns, they are approachable enough. But it is important that you know and understand your MECA well.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The lounge is quite far from working areas, so it takes some time to get there but this does also make for a good night's sleep. There is one RMO bedroom with an ensuite, plus one further bed in the registrar office.

CAFETERIA





- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**




The cafeteria at Whanganui Hospital has really lovely and friendly staff. Unfortunately though, the food can sometimes be lacking. They do appear to have some vegetarian/vegan options.

CAR PARKING

-  • **Space available**
★★★★★
-  • **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**
★★★★★



There are always free car parks available in the vicinity. If you are concerned about walking to your car late at night, you are able to ask for security to accompany you. You are also allowed to call a taxi if you are so tired that driving yourself home would be dangerous.

CITY LIVING

-  • **Things to do**
★★★★★
-  • **Cost**
★★★★★
-  • **Transport, proximity to other places, etc.**
★★★★★

It is a lovely small city, especially if you have a young family. It is close to the mountains for tramping, skiing and the river for rowing. It is a small and sociable RMO group where everyone knows everyone. The cost of living is generally cheaper than other regional centers, and it has a vibrant cultural scene. All in all it is a very underrated city!

MECA COMPLIANCE

-  • **Frequency and severity of non-compliance**
★★★☆☆
-  • **Ease of solving disputes**
★★★☆☆

You need to keep an eye on the rosters, as they are sometimes not even aware that rostering is on occasion, non-compliant. But if you raise this issue they will generally seek to resolve it. And if not, get RDA involved, and they will certainly resolve it then!

DAILY WORKLOAD

-  • **How reasonable for a first year?**
★★★☆☆

Workload on medicine is very high for a first year as generally there are no medical registrars – other runs are more balanced by comparison. And this isn't just related to doing discharge paperwork but actually doing lots of clinical stuff. After six months you will begin to be rostered on nights, and you do cover all inpatient wards, except psych.

ROSTERS



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

You get about one in three weekends. And about two long days a week. It's really important to check your rosters to ensure they are compliant and safe.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

We have quite unwell patients which results in a high workload. However over the last few years they have been rostering 2 people on medical long days in order to help manage this demand. So while it is a high workload, on the plus side you do get great clinical exposure.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

The SMOs here are generally contactable - although this might vary depending on the speciality. Most consultants are willing to provide support and they do make an effort to get you involved in teaching opportunities.

OTHER COMMENTS

Working at Whanganui is a fantastic opportunity for RMOs to get one-on-one time with consultants of almost all specialties. They are keen to get you to do hands-on work. It is a welcoming RMO group. There is an opportunity for PGY2 anesthetics 3-month run. You will leave Whanganui with great hands-on skills and experience!

25

WHANGĀREI HOSPITAL

RMO UNIT



The helpfulness, friendliness, and supportiveness or otherwise, of RMO Unit staff in your hospital

It has improved significantly since mid 2023, with better and new staff. They are very responsive to emails and messages, they are approachable and friendly. It feels like they genuinely want to make our jobs safe. One negative note is that there are sometimes issues with leave getting approved.

RMO LOUNGE



- **General comfort and proximity to key work areas**



- **Kitchen facilities**



- **Lounge area**



- **Natural light**



- **Enough phone lines to enable appropriate response to pagers**

The kitchen is lacking in some basic supplies like glasses, cutlery and plates. There is a limited choice of food provided for night shifts (frozen meals in the freezer) and these do not always cater for different dietary needs. It is on the roof so it can be hard to access when it is raining. However, there are comfortable couches and lazy boys, as well as 2 beds for sleeping on nights.

CAFETERIA



- **General comments – including cleanliness and accessibility**



- **Meals – including options, quality, availability, restrictions**

There is a wide variety of cold drinks, salads, soups and sandwiches for several dietary requirements. They rotate the hot meals throughout the week, and have vegetarian and gluten-free options. But, they do not always have vegan options. The food is usually delicious and there are nice snack options. Shout out to the cafeteria staff who are really friendly!

CAR PARKING



- **Space available**



- **Safety and security, proximity to main entrance for nights, alternative arrangements (taxis) if appropriate**

There is limited free parking in the vicinity. Unfortunately the paid staff parking is inconvenient and not very close by. There is a very limited number of after hours staff car parks within a reasonable distance of the hospital. It is really not very safe, even in the staff parking cars get broken into or stolen, so don't drive a Demio or other easily stolen vehicle! And keep anything that looks even slightly valuable out of sight, or not in your car at all.

CITY LIVING



- **Things to do**



- **Cost**



- **Transport, proximity to other places, etc.**

There are many different activities in nature, beautiful beaches and bushwalks. There are night markets, restaurants, cultural events – heaps to discover if you are open to exploring! The cost of rental properties are reasonably expensive but cheaper than big cities. Limited public transport like most of NZ, with the occasional road closures.

MECA COMPLIANCE



- **Frequency and severity of non-compliance**



- **Ease of solving disputes**

MECA non compliance was an issue during 2023, however there are signs that this has improved in the last 12 months. RMO unit staff are generally approachable about things, although occasionally there have been issues that have needed to be escalated to the NZRDA.

DAILY WORKLOAD



How reasonable for a first year?

At the beginning of the year, PGY1's transitions are supported with extra staffing on weekends and long days. Whangarei has a really supportive team with great colleagues who are happy to evenly share the workload among each other.

ROSTERS



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

Generally Rosters are not an issue here. At a minimum, they are compliant with the MECA in terms of number of long days, weekends, and sets of nights.

ACUTE DEMAND ON LONG DAY



- **Work volume**



- **Work quality and experience**

Work volume at Whangarei Hospital does fluctuate a bit – some times can be much busier than others, but on a whole, it is fairly good. On the long days we are well supported by seniors. Another thing to take into account is that we do receive a good amount of autonomy.

SMO SUPPORT



- **Educational opportunities/ academic support**



- **Industrial support**

There is limited departmental teaching, or teaching from SMO's. Sporadically there is teaching from SMO's, in the protected teaching slots for RMOs. There has not been much in the way of industrial support observed.

OTHER COMMENTS

Great collegial culture with a close-knit and friendly team. It is a beautiful place to live and a beautiful community to be a part of and to serve. Overall a great place to start as a junior doctor.



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Trainee Intern

Entrusted with the future of healthcare, TIs deserve to practice and grow with confidence. That's why Trainee Interns are entitled to **FREE** Indemnity Insurance with us.

PGY1

We understand the unique challenges Resident Doctors face in New Zealand. Our **NZMI Group Scheme** provides a comprehensive service at no cost to you so you can practice with confidence.

We are here to help
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