

## NAFEA Rural Scholarship Report – Angus Glover

- How has the experience contributed to acquiring professional skills?

I gained a range of professional skills while working rurally which have bettered my overall practice as a Dietitian. I was provided the opportunity to work with a diverse range of patients from differing backgrounds, including those from remote indigenous communities. Although challenging, this experience allowed me to grow as a Dietitian and as a result I now have more experience and skills in dealing with the common health issues faced by those living in remote and rural areas such as food security, food access and limited access to health services. Additionally, I learnt the importance of collaboration with other health professionals to ensure those living in these areas receive the ongoing care they need.

- How has the experience influenced your personal motivations to work in a rural setting?

The experience has opened my eyes to the disadvantages faced by those living in rural and remote areas. This has motivated me to work in these settings as I feel that I can have a more profound impact there and offer a quality health service that they may have not previously had access to. Additionally, I feel that working in a rural/remote area and demonstrating the positive impact it can have will pave the way for increasing future accessibility to health services within these regions.

- How has the NAFEA scholarship assisted with undertaking a rural placement?

Undertaking a rural placement unfortunately involves expensive transport and accommodation costs. Receiving financial assistance from my NAFEA scholarship played a huge role in alleviating this burden and allowed me to focus more on my placement and how to improve my practice as a health professional. Additionally, it helped to set myself up post-placement and enabled me the time needed to prepare and apply for jobs. Overall, the NAFEA scholarship has been extremely beneficial to myself and to my development as a health practitioner.

Written by Angus Glover, Accredited Practising Dietitian.