

Scotland and Norway

Remote and Rural Healthcare Symposium



National Centre for
Remote and Rural Health and Care

Welcome

Welcome colleagues,

The National Centre for Remote and Rural Health and Care Team are delighted to be hosting this symposium in partnership with our rural healthcare colleagues from Norway.

Norway and Scotland have enjoyed a fruitful working relationship around remote and rural healthcare, education, research, and recruitment over many years. We are keen to strengthen and build on this relationship, sharing knowledge, innovations and resources that support improved health and care service provision for remote and rural communities in both countries.

We hope that this symposium will provide an opportunity to explore some of the ongoing challenges in providing high quality rural healthcare, discuss programmes of work already underway, and identify solutions that may be taken forward to address more of these challenges now and into the future.

The programme has been devised to provide a series of presentations from some of our leading experts in rural healthcare from Scotland, Norway and Australia, and workshop sessions to enable further discussion around these key topics. Our intention is that the mixture of sessions will enable everyone to have the chance to share their rural healthcare knowledge and experience and stimulate further discussion on where we may take some of this work next within our respective countries.

Many thanks

Dr Pam Nicoll

Associate Director of Medicine, National Centre for Remote and Rural Health and Care



Keynote Speakers



Professor Emma Watson is currently the Executive Medical Director at NHS Education for Scotland and the Director of the National Centre for Remote and Rural Health and Care Excellence in Scotland. A Consultant Medical Microbiologist by background and a senior clinical systems leader in Scotland, she is an expert in quality improvement and in medical education and workforce planning.



Helen Brandstorp is the Director of the Norwegian Centre for Rural Medicine. Her work helps to create and share knowledge about rural and remote health services, which provides support for local/regional and national authorities, politicians and educators. Helen believes that her work in rural medicine is of great importance for people living on the outskirts of urban centres, and ultimately even for the people in the larger centres since diversity is a prerequisite of development.



Professor Roger Strasser was NOSM Founding Dean and CEO between 2002 and 2019. He is a leader in the global reform of rural health professional education and research. Recognizing the importance of context and community in medical education and research, Professor Strasser has become one of the world's foremost authorities on rural, socially accountable medical education, and a sought-after speaker and advisor.



Dr David Garbutt was appointed as Chair of the NHS Education for Scotland (NES) Board in April 2018, having previously served as Chair of the Scottish Ambulance Service (SAS) Board for a period of nine years, leading SAS through a significant programme of transformational change and the implementation of a new strategic framework to deliver enhanced patient care.

Speakers



Professor Sarah Strasser is Dean of the Te Huataki Waiora School of Health at the University of Waikato in New Zealand. Internationally recognised, Professor Strasser has extensive global experience in rural and remote health and general practice as well as consultancy for medical and health-based programmes.



Dr Andrew O'Malley is a Senior Lecturer in the School of Medicine at the University of St Andrews, and Deputy Director for the ScotGEM programme.



Dr Pam Nicoll is Associate Director of Medicine for NHS Education for Scotland and National Centre for Remote and Rural Health and Care lead. She has led on the design and development of the National Centre for Remote and Rural Health and Care on behalf of NES and the Scottish Government. Pam previously established and led the Remote and Rural Healthcare Educational Alliance (RRHEAL) on behalf of NES and the Scottish Government from 2008 – 2022.



Dr Anita Laidlaw is Director of the Centre for Healthcare Education Research and Innovation (CHERI) at the University of Aberdeen. She has conducted educational research, both healthcare and higher education research, for many years focusing on healthcare communication, wellbeing and retention and interest in remote and rural practice.



Trish Gray is Head of Programme at NHS Education for Scotland. Recently, she led the development of the Multidisciplinary Rural Advanced Practice MSc Education Programme. Trish is passionate about raising the profile of remote, rural and island healthcare through developing educational solutions that will support health and care staff in providing high quality equitable care throughout Scotland.



Fiona Duff is currently a Senior Advisor to the Primary Care Directorate at Scottish Government after many years working with General Practice. As an advisor to Scottish Government Fiona has a particular interest in remote and rural issues, quality and access, sustainability of General Practice and the development of the primary care team in the future, particularly the role of Managers and administration staff.

Speakers



Dr Debbie Miller is a General Practitioner near Inverness. She is the Assistant Director of Post Graduate GP Education (N of Scotland), and co-ordinator of the Scottish Rural Fellowship Scheme. She has been a partner in an innovative GP practice in Nairn for 15 years and is a passionate advocate for generalist medicine in primary care.



Professor Louise Locock joined the University of Aberdeen as Professor in Health Services Research Unit in 2017. She is a qualitative social science researcher interested in patient and family involvement in research and care; and experiences of remote and rural healthcare, including perspectives of both healthcare staff and local community members.



Dr Fiona Graham is an Honorary Reader at the University of St Andrews and is the incoming ScotGEM Programme Director.



Professor Sarah-Anne Munoz is a Health Geographer who, since PhD graduation (2007), has worked continuously in research orientated roles with University of the Highlands and Islands. She is Professor of Rural Health and Acting Head of the UHI Division of Rural Health and Wellbeing.



Dr Sarath Burgis-Kasthala is a Generalist Clinical Mentor in the School of Medicine at the University of St Andrews, and the ScotGEM Deputy Programme Director (Y3/4).



Dr Pauline Wilson is a consultant physician in the Shetland Islands. She is a Shetlander who moved back to the islands 18 years ago and is passionate about the delivery of high-quality healthcare to rural communities. Another area of interest for her is teaching and training and ensuring rural clinicians are trained fit for purpose.

Speakers



Professor Birgit Abelsen is a broadly oriented health services researcher in the National Centre of Rural Medicine at the Arctic University of Norway. She has a professional interest in the recruitment and retention of health professionals, reforms in the health system, teamwork and division of labor between different professions, as well as inequalities in health and access to health services.



Dr Heather Bain is Assistant Head of Department at University of Highlands and Islands starting in October 2022. Since coming into education in 2002 Heather has had a wide experience in education with a particular focus on prescribing, community nursing and advanced practice.



Knut Eirik Eliassen is a Norwegian GP and specialist in family medicine. Now a 50% associate professor at the University of Bergen 50% project manager for the FRONESIS project. He's been working 50/50 in general practice and at the university since graduating in 2006. He is also head for the mentoring program for the University's medical students.



Øysten Hetlevik is an MD and specialist in Family Medicine and Public Health. He works part time as GP in Bergen and part time as Professor at the Section of General Practice in the Department of Global Public Health and Primary Care at University of Bergen. Research interests are health services and mental health care.



Roland Preston is a Senior Lecturer in Advanced Practice at the University of the Highlands and Islands.

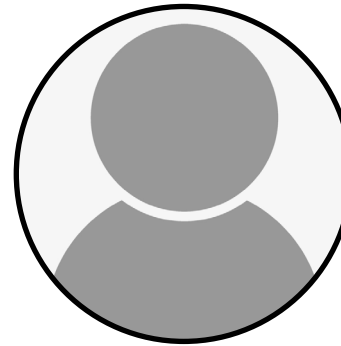


Claire Savage is a Senior Educator working with the National Centre for Remote and Rural Health and Care team.

Speakers



Dr Steinar Hunskaar is a medical doctor with a PhD, Professor of general practice at University of Bergen, senior researcher at National Centre for Emergency Primary Health Care at NORCE, Norwegian Research Centre, and a GP. He has a long experience in general practice research and is also the editor of the Norwegian textbook of general practice ("Allmennmedisin"), now in 4th edition (2023).



Erik Prestgaard



Anders Svensson

Registration details

All times are given in Coordinated Universal Time (UTC)

Day 1 - Aberdeen

Registration for the symposium is between 8:30am and 09:00 am on Wednesday 29th November at the Aberdeen Science Centre.

If you arrive after this time, someone from the NES Remote and Rural Team will be available to welcome you and take your registration.

Day 2 - Inverness

Registration for the symposium is between 10:45 am and 11:00 am on Thursday 30th November at UHI House.

If you arrive after this time, someone from the NES Remote and Rural Team will be available to welcome you and take your registration.

At registration you will be provided with a name badge to wear for the duration of the symposium.

Contact details during the symposium

Carrie Walton - (+44) 7307 418 398

Aberdeen venue - (+44) 1224 640 340

Inverness venue - (+44) 1463 273 000

Key: Conference Themes

Education

Social inequality, general practice and rural medicine, rural hospitals, and generalism

Recruit and retain

Programme - Day One

Aberdeen Science Centre, 179 Constitution Street, Aberdeen, AB24 5TU

Time	Track A	Track B
08:30 - 09:00	Registration	
09:00 - 09:40	Welcome and Keynotes: <ul style="list-style-type: none">• Professor Emma Watson, Executive Medical Director, NHS Education for Scotland• Helen Brandstorp, Division Director at the Norwegian Directorate of Health	
09:50 - 10:10	Rediscovering the Joy of General Practice <i>Fiona Duff, Scottish Government</i>	Froenesis: Medical workplace learning in general practice, a UiB re-search project <i>Knut Eirik Eliassen, Steinar Hunskår</i>
10:10 - 10:30	Nordsjø-turnus – block rotation in rural Norway <i>Erik Prestgaard</i>	Can hybrid healthcare education drive change in remote, rural, and island practice? <i>Anita Laidlaw, Director of the University of Aberdeen's Centre for Healthcare Education and Research</i>
10:30 - 11:00	Discussion	Discussion
11:00 - 11:10	Comfort break	

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Inverness](#)[Refreshments](#)[About
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Programme - Day One

11:10 - 11:25	The Vesterålen project – implementing R&R in a collaboration between the local general hospital and five rural municipalities. <i>Anders Svensson</i>	ScotGem <i>Dr Andrew O'Malley, Fiona Graham, Sarath Burgis-Kasthala</i>
11:25 - 11:40	The use of locums in rural areas – who, where, when, why, patient safety perspectives <i>Professor Birgit Abelsen, NCRM/UiT</i>	
11:40 - 12:00	Valuing Place in Choosing to Move to and Stay in Rural Practice: Recent research and exploring interventions <i>Professor Louise Locock University of Aberdeen</i>	
12:00 - 12:30	Discussion	
12:30 - 13:30	Lunch	
13:30 - 14:00	Keynote • Professor Roger Strasser, Waikato University New Zealand; Founding Dean Emeritus, NOSM University Canada	
14:00 - 14:20	Continuity of care – several publications and ongoing research projects <i>Steinar Hunskaar / Øystein Hetlevik, University of Bergen</i>	Mobility and career trajectories for medical students from UiT the Arctic University of Norway 2003-2021 <i>Professor Birgit Abelsen, NCRM/UiT</i>
14:20 - 14:40	Rural Hospitals, Thriving in Adversity <i>Professor Emma Watson, NHS Education for Scotland</i>	Rural Credential <i>Dr Pauline Wilson, NHS Education for Scotland, NHS Shetland</i>
14:40 - 15:10	Workshop session and discussion	Discussion

Programme - Day One

15:10 - 15:20	Comfort break
15:20 - 15:40	Community Engagement: How to make it real: what, why, when, next steps <i>Professor Sarah Strasser, Waikato University</i>
15:40 - 16:00	Developing the National Centre for Remote and Rural Health and Social Care <i>Dr Pam Nicoll, NHS Education for Scotland</i>
16:00 - 16:30	Plenary on social inequality, general practice and rural medicine, rural hospitals and generalism
16:30 - close	Closing remarks

Programme - Day Two

UHI House, Old Perth Road, Inverness, IV2 3JH

10:45 - 11:00	Registration
11:00 - 11:15	Dr David Garbutt – Introduction and NES Support for Partnership Working to Improve Rural Healthcare
11:15 - 11:35	Feedback from day 1: 10 mins each Norway and Scotland
11:35 - 11:50	Addressing R&R Health Inequalities: A Tale of Two Countryside's <i>Dr Pam Nicoll, NHS Education for Scotland</i>
11:50 - 12:10	Engaging communities around health and care services delivery in Scotland's rural and island areas to co-construct a vision for the future rural NHS that will help inform policy and services planning <i>Professor Sarah -Anne Munoz, University Highlands and Islands</i>
12:10 - 12:30	Non-pharmaceutical interventions in rural areas and future directions for this research and services development. <i>Professor Sarah -Anne Munoz and colleagues from University of the Highlands and Islands</i>
12:30 - 13:15	Lunch

Programme - Day Two

13:15 - 13:35	NES Rural Fellowships 10 Years On <i>Dr Debbie Miller and Joni Miller, NHS Education for Scotland</i>
13:35 - 14:20	Rural Advanced Practitioner Programme (RAP): Designing the programme to meet current and future needs. <i>Trish Gray, National Centre for Remote and Rural Health and Care</i> Delivering the new RAP Programme <i>Dr Heather Bain and Roland Preston, University of the Highlands and Islands</i> Designing a Rural Supervisory Hub: What, why, how and for whom? <i>Claire Savage, National Centre for Remote and Rural Health and Care</i>
14:20 - 14:40	Curriculum - using what we know works: context & content <i>Professor Sarah Strasser, Waikato University</i>
14:40 - 15:00	Scottish Government: Supporting Improved Recruitment and Retention in Remote and Rural Primary Care <i>Fiona Duff</i>
15:00 - 15:25	Plenary / panel discussion
15:25 - close	Closing remarks

Refreshments

Aberdeen

All dietary requirements that we have been notified of will be catered for at each meal.

Breakfast

Breakfast is not provided.

Lunch

A sandwich buffet lunch will be provided at the venue, catered by Grub. A sample menu can be found on [the ASC website](#).

Comfort breaks

Tea, coffee, soft drinks and biscuits will be available during both comfort breaks.

Evening meal

No evening meal is provided on day one of the symposium. Some suggested restaurant options in Aberdeen have been noted within this programme and delegates are recommended to book tables in advance.

Inverness

All dietary requirements that we have been notified of will be catered for at each meal.

Breakfast

Tea, coffee and soft drinks will be available during registration as well as fruit and pastries.

Lunch

A hot lunch will be provided at the venue, catered by Highland Catering.

Aberdeen

The history of Aberdeen as a settlement stretches back over 8000 years. It is often referred to as 'The Granite City', or the 'Silver City' due to the local granite stone used to make many of the buildings in the city. The city was once comprised of two separate burghs: Old Aberdeen and New Aberdeen which sat at the mouth of the rivers Don and Dee respectively. The city was know today was incorporated in 1891 and is now the third largest city in Scotland.

Aberdeen was once the oil captial of Europe thanks to the booming industry in North Sea oil, and is still home to a lucrative industry of oil and natural gas refineries.

It has been voted the safest city in the UK and has very low levels of unemployment.

Enjoy a 'wee dram'? Aberdeenshire is home to a record number of whisky distilleries boasting 17 around the county, and if you struggle to understand the locals it may be because they're talking in 'Doric'. This is a local dialect of the Scots language spoken in the northeast of Scotland.



Aberdeen

Restaurants:

- Miller & Carter Aberdeen - Steak
<https://www.millerandcarter.co.uk/restaurants/scotland-and-northern-ireland/millerandcarteraberdeen>
- Aperitivo Italian Restaurant
<https://www.aperitivoaberdeen.com/>
- Milton on the Corner – Scottish-inspired food
<https://miltononthecorner.co.uk/>
- Mi Amore - Italian
<https://www.amoreitalianrestaurant.co.uk/>
- The Braided Fig
<https://thebraidedfig.co.uk/>
- Choaphraya – Thai
<https://choaphraya.co.uk/thai-restaurant/aberdeen>

Taxi companies:

- Rainbow City Taxis Limited – +44 1224 878787
- Aberdeen Taxis – +44 1224 200200
- ComCab – +44 1224 353535
- Ace Taxis – +44 1224 656959

Top attractions:

- Duthie Park Winter Gardens, Polmuir Road - Duthie Park opened in 1883 after it was gifted to the city by Miss Elizabeth Crombie Duthie in 1880 for the 'wellbeing and recreation of Aberdeen inhabitants.'
<https://www.aberdeencity.gov.uk/services/leisure-culture-and-parks/parks-and-gardens/duthie-park>
- St. Machar's Cathedral, 18 The Chanonry - is believed to occupy the site of a small Celtic chapel erected by St. Machar in AD 581. The succeeding cathedral was founded in 1136, although the earliest work in the present building dates from the 14th century and was completed in 1552.
<https://www.stmachar.com/>

Inverness

The name Inverness comes from the Scottish Gaelic “Inbhir Nis” (pronounced ‘in-yer nish’), which means “Mouth of the River Ness”.

The word “Ness”, which also gives its name to Loch Ness, is of Pictish origin, coming from the river goddess “Nessa”. Legend has it that that Dark Beira, mother of the gods, transformed Nessa into the River Ness.

There have been settlers in the Inverness region since as early as the 6th century and it was first ruled by the Picts - so named for the ornate tattoos found on the bodies of the Picts by the Romans.

Inverness is home to perhaps one of the world’s greatest legends - the Loch Ness Monster. This legend dates back to the 6th century, however the “surgeon’s photograph” taken in 1934 sparked renewed interest in this myth and brought it to worldwide attention. Loch Ness is Britain’s largest lake by volume with a depth of up to 230 metres (by contrast, the deepest lake in England’s Lake District is only 70 metres deep), so Nessie has a lot of space to hide.



Inverness

Restaurants:

- River House Restaurant - seafood
<http://riverhouseinverness.co.uk/>
- Cheese and Tomatin - Italian
<https://www.cheeseandtomatin.com/menu/>
- Fig and Thistle - Scottish
<https://www.figandthistle.co.uk/>
- Rocpool - Fine dining
<https://rocpool.com/dining>
- McBain's by the River - Scottish, seafood
<https://mcbainsbytheriver.com/>
- Black Isle Brewery - tap room and pizza
<https://www.blackislebrewery.com/visit-us/inverness-bar/>

Taxi companies:

- Inverness taxis - +44 1463 222222
- A2B taxis - +44 1463 807060
- Capital taxis - +44 1463 808080

Top attractions:

- Culloden Battlefield and visitor's centre - Powerfully emotive and atmospheric battlefield where the 1745 Jacobite Rising came to a tragic end
<https://www.nts.org.uk/visit/places/culloden>
- River Ness walks - Allow 1 to 2 hours for the complete circular walk. The great thing about this walk is you can make it as long or as short as you like as there are a number of bridges that allow you to shorten it if time is running out, and return on the opposite bank to your starting point.
<https://www.explore-inverness.com/what-to-do/outdoors/ness-island-walk/>

Further Information

Cover image: Tràigh Bhàn beach on Iona looking over to Bearraich, Isle of Mull. Taken by Gordon S Hoggins, 2020.

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on 0131 656 3200 or email altformats@nes.scot.nhs.uk to discuss how we can best meet your requirements.



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