

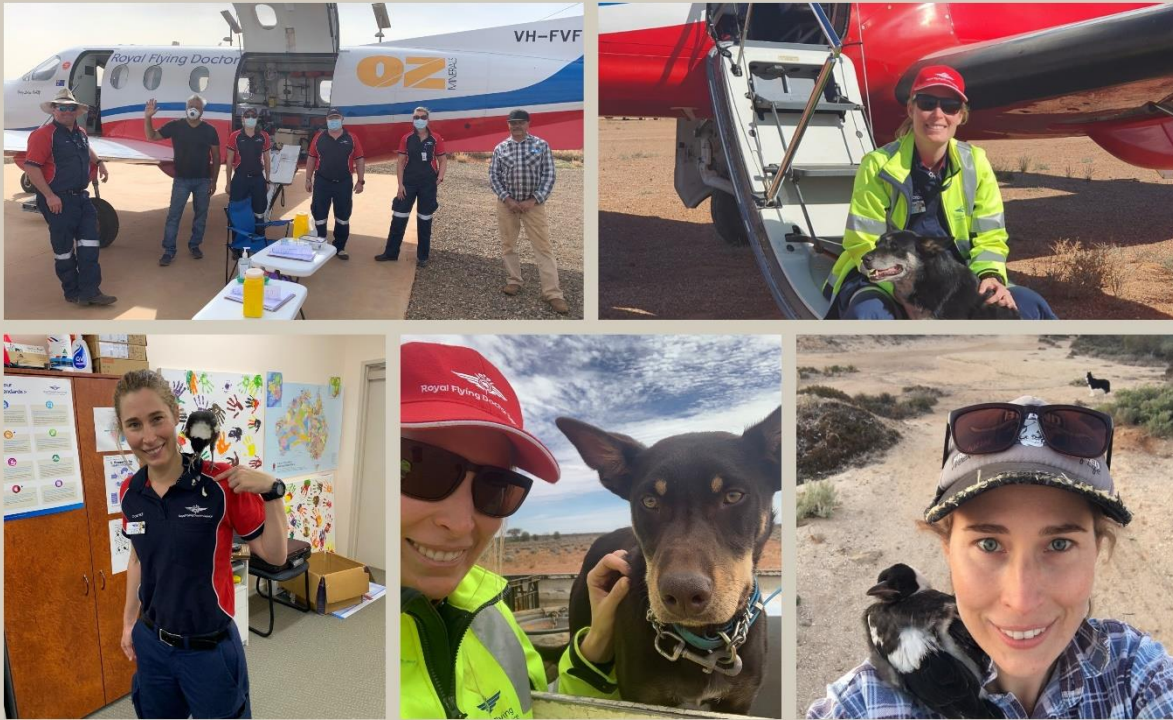


RURAL GENERALIST PROGRAM

SOUTH AUSTRALIA

A day in the life of a
Rural Generalist

November 2021



Welcome to the Rural Generalist Program South Australia's first in a series of 'who's who' in the rural generalist community in South Australia. Hear their stories about why doctors choose to go rural and the variety of experiences they have living and working in rural and remote South Australia.

Dr Jessica Martyn

Dr Jessica Martyn, residing in Port Augusta, South Australia, is a Consultant Rural Generalist who works for the Royal Flying Doctors Service and Port Augusta Hospital.

Jessica grew up in rural Western Australia and always knew she wanted to go bush. Her medical training comprised medical student placements in Dorrigo, New South Wales, Longreach in Queensland and various remote Aboriginal communities in the Northern Territory, before completing her internship and Resident Medical Officer year in Alice Springs.

Working for the RFDS and in Pt Augusta Hospital, Jessica says every day is different

'I might be flying to a remote Aboriginal community for a primary health care clinic, to an emergency retrieval on a sheep station, working as the senior doctor at Port Augusta Hospital Emergency Department or assisting in theatre for caesareans. As a rural generalist we see everything from infants to geriatrics to trauma to sepsis and manage these patients on the ward as well.'



On weekends, Jessica says she enjoys camping and being outdoors and living and working rurally means she can make time for her favourite recreational activities including walking her dog along the beach at home, hiking the local national parks and fishing/ kayaking in the Spencer Gulf.

When asked about how she's found living and working in a regional area and connecting with local communities, Dr Martyn says

'I love it – my colleagues at the hospital, RFDS, SAPOL and SAAS paramedics have become my family here and we all support and look after each other. I'm getting to know the wider community and am constantly amazed at how everyone in a small town is connected in some way.'

The next steps for Jessica's career are to complete her GP anaesthetics training next year in Whyalla enabling her to provide anaesthetics as well as emergency services at the Port Augusta Hospital the following year.

The advice Jessica would give to trainee's considering training in rural and becoming a Rural Generalist is

'Do it! You become a jack of all trades and there are incredible opportunities both professionally and personally. You can have additional skills in obstetrics, anaesthetics, surgical and emergency medicine whilst living in an incredible location with incredible people.'

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