



This month's 'A day in the life of Rural Generalist' news article shares the story of Dr Hamish Eske and his experiences in the Riverland.

Dr Hamish Eske

Dr Hamish Eske lives in Renmark, which is in the heart of the Riverland along the flourishing banks of the River Murray. Hamish works at the Renmark Medical Clinic as a GP and has been one of the Partners in the practice since the start of 2017.

Hamish also works in the Riverland General Hospital Emergency Department as a GP consultant and is part of the team organising the Riverland Academy of Clinical Excellence (RACE) in the Riverland Mallee Coorong Local Health Network (RMCLHN).

Dr Eske is a self-proclaimed former 'city boy', who undertook his medical training at The University of Adelaide. Up until this point, he had only spent a couple of weeks training in Minlaton on the central Yorke Peninsula, SA, early on in his medical degree. However, this was enough to spark his interest in rural health and when an opportunity arose to do his entire 5th year of Medical School in a rural setting, he jumped at it.

"I had a great year across Kadina, Wallaroo, Port Augusta and Port Pirie. I was parallel consulting and felt like I was a big part of the team, rather than just being present in the background in a big medical team on a ward round. I played Hockey and Cricket in local teams, being lucky enough to make friends whilst there and our team also won a hockey premiership, which made it an even harder year to forget! I left my year in the country with any ideas of staying in the city and pursuing another specialty completely forgotten."



Hamish then secured a term as an Intern at the Victor Harbor Medical Centre. After conferring with a GP Registrar colleague, a plan was made to move to Renmark once he got into GP training. Hamish felt that the experiences there would enable him to learn the skills needed to work anywhere, and there was a great need for more doctors in the area.

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RURAL GENERALIST PROGRAM

SOUTH AUSTRALIA

A day in the life of a
Rural Generalist

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Dr Eske describes his clinical experience and the 'day-to-day' in his current roles as providing

"a large range of clinical experiences in my multiple roles. I work 4 to 4.5 day per week in the clinic doing a mix of consultations, chronic disease management and procedures. I have hospital inpatients that I see daily before clinic at the Renmark Hospital and look after a 90-bed nursing home attached to the hospital with other colleagues from the Renmark clinic, and do regular weekly rounds there.

I manage and run the medical clinic as a partner, with the other 4 partners and our practice manager. I do at least 1 day per fortnight in the local emergency department and am a part of the team building the RACE program"



For Hamish, the best part about living and working in rural SA is the ability to be able to do a bit of everything. In Hamish's words, it affords him the ability to practice in multiple locations, experience multiple specialty types and have a huge variety of work, which is great for career longevity in Medicine.

"My favourite aspect in the GP is that of having a multitude of different roles to play during the day. From hospital inpatient care, to chronic disease care, acute issues to address and often palliative care reviews. In the Emergency Department, I am currently enjoying my role in improving how the Emergency Department runs and assisting with quality of life improvements for all the staff present, as well as the subsequent improvements in patient care."

The next steps for Hamish's career are to invest his energies toward supporting the community by making the [Riverland Academy of Clinical Excellence \(RACE\)](#) program successful and helping to bring new doctors into the region, and ideally stay long term.

Hamish would give the following advice to trainees considering training in rural and becoming a Rural Generalist:

"It is the best thing you can do for your skills and career, and results in a great life in a rural community. You will be a major part of the community, and patients will really appreciate you. They know just how low we are on doctors and appreciate all your time and effort."

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