



This month, we hear from rural General Practitioner, Dr Kellie Mibus, who works at the Waikerie Medical Centre and the Riverland Mallee Coorong Local Health Network's Waikerie Health Service. Kellie also lives in Waikerie, South Australia, with her husband and three children (all born at the Waikerie Health Service).

### Dr Kellie Mibus

After completing medical training, Dr Mibus was interested in undertaking her GP training and clinic placement in a rural practice. Kellie felt supported having a great medical team around her and very much enjoyed the lifestyle in a country town that provides rewarding and varied work. As a result, Kellie and her husband decided to stay put and plant roots in Waikerie.

At Dr Mibus' practice, she sees a wide variety of general practice presentations including the full gamut of minor acute as well as chronic disease management and preventative health. Kellie and her colleagues treat more severe emergencies both in the clinic and at the local hospital. Being located on a highway, it is not uncommon to see road trauma as well as trauma related to rural farming and other work. Being in a riverside community, there are also water sport accident presentations mostly at the hospital around holiday periods and weekends.

*"We also manage our own inpatients during their hospital stay so are able to manage early surgical cases, those requiring further non-operative management as well as orthopaedic and medical issues. We also manage antenatal care and intrapartum care – previously at Waikerie, but with the temporary closure of our service due to limited midwifery staff, this has been moved to Riverland General Hospital and Loxton Hospital Complex.*

*We have an onsite X-ray machine and most of our doctors have a license to be able to perform X-rays for emergencies as needed."*



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# RURAL GENERALIST PROGRAM

SOUTH AUSTRALIA

A day in the life of a  
Rural Generalist

February 2022

Dr Mibus also manages the palliative care of her patients who reside at the Waikerie Health Service Residential Aged Care Facility (RACF) Pioneer Lodge and Haven, and even extends this service to home visits in the later stages of care.

Across Kellie's broad scope of practice, she particularly enjoys chronic disease management, and the satisfaction of seeing improvements in her patients' health and keeping them well. Kellie also enjoys dealing with, and managing, more acute emergencies and then seeing her patients later when they are recovered, knowing she has played a role in helping them.

We asked Kellie how she and her family have found living and working in a regional area and connecting with the local communities:



*"We have connected well in our community and have now lived here nearly 14-years. We have also had 3 children during our time here (all born at the Waikerie Health Service). We are all involved in sports in the community and our children attend the local school, where my husband is a teacher. We're involved in a local church as well.*

*We enjoy the relationships we make with people who we see across many areas including school, social/sporting and our workplaces. It is nice going to the local shops and knowing most of the people in some capacity."*

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

*"It is extremely rewarding work. Training in a place like Waikerie is fantastic as you are very well supported and never have to feel that you will have to manage things beyond your abilities on your own. Also, being fairly close to Adelaide means access to tertiary level support is not far away.*

*Connect in your community and you will find they value you and you will never be short of patients to see and help."*



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