



# GRADSTART NURSING INFORMATION PACK

## Rural Metro Exchange

## Program

Prince of Wales Hospital & South East  
Regional Hospital - Bega

2025



South Eastern Sydney  
Local Health District



# Acknowledgement of Country

Prince of Wales Nursing Services would like to acknowledge the Traditional Custodians of the land, the Bidjigal people of the Eora Nation. We acknowledge and pay respects to the Elders past, present and future.



## Artist: Brendan Broadbent

This artwork is 'South Eastern Boundaries' and depicts the lands and waterways of the Traditional Custodians of the South Eastern Sydney areas. The artwork is based on the South Eastern Sydney Local Health District map and replicates the locations of the facilities from Sydney's Central Business District in the north to the Royal; National Park in the south.

# The Rural / Metro Exchange GradStart Program

Our 12-month Transition to Professional Practice Rural Metro Exchange for Registered Nurses is a unique program in partnership with South East Regional Local Health District, which will allow you to experience the difference between working in the 'big city' metropolitan area and also 'country' rural areas of NSW.

## Metro: 6 Month Rotation

The Prince of Wales Hospital - South Eastern Sydney Local Health District.

More about Prince of Wales Hospital is available at <https://www.seslhd.health.nsw.gov.au/prince-of-wales-hospital>

## Rural: 6 Month Rotation

South East Regional Hospital - Bega | Southern NSW Local Health District

More about Bega Hospital is available at: <https://www.nsw.gov.au/departments-and-agencies/nsw-health/service-directory/bega-south-east-regional-hospital>





# Opportunities at Prince of Wales Hospital



## KAREN TUQIRI, DIRECTOR OF NURSING

The Nursing Team at Prince of Wales is committed to the vision of transforming person-centred care together. To achieve this we enable our nurses to practice at their highest level in environments that support safe, person-centred care.

At Prince of Wales, we promote a unified, inclusive community of nursing that embraces CORE values that start with putting the person at the centre of everything we do. We are motivated to create the future of nursing and trust by working together we collaborate to achieve shared success.

We promote nurses to incorporate evidence based practice and seek opportunities to enhance practice through identified career development pathways. We also acknowledge the importance of focusing on supporting your wellbeing.

I look forward to sharing your nursing professional journey here at Prince of Wales and I wish you continued success and happiness as you progress your career ambitions.

## Nursing Vision for Prince of Wales Hospital

*“Transforming Person-Centred Care Together”*



Person Centred Care  
Regeneration Artwork  
Kris Ancog (RN)



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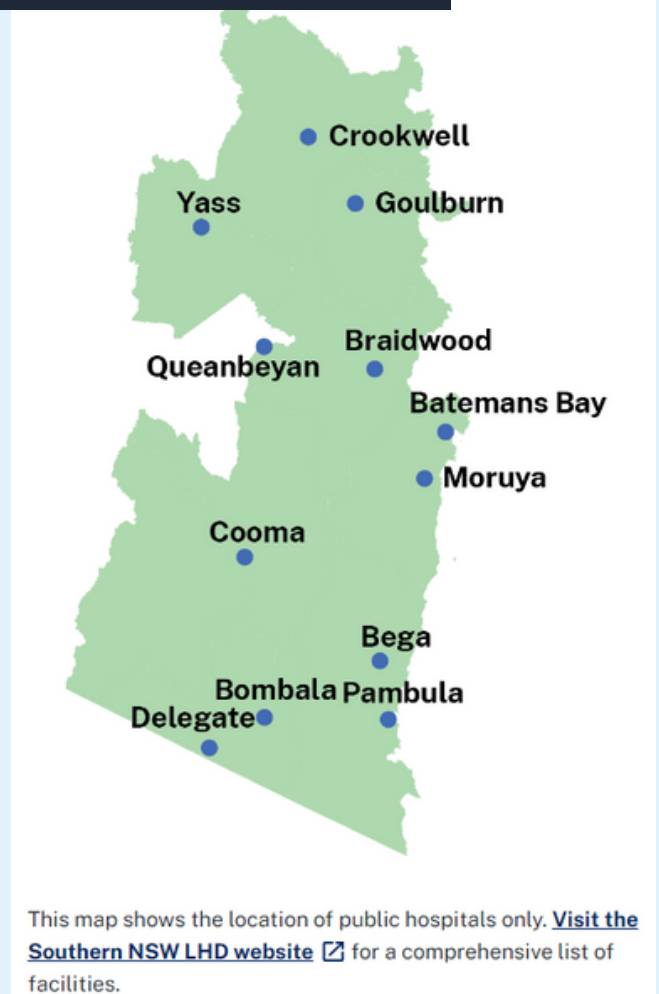


# Prince of Wales Hospital

Prince of Wales Hospital and Community Health Service is a Level 6 Tertiary Referral Hospital with an inpatient bed base of 370. Each year we care for more than 60,000 patients in our Emergency Department and have around 50,000 admissions to the inpatient units. POWH offers an outpatient service and rural outreach service and provides more than 900,000 occasions of non-admitted patient care each year, including innovative virtual models of care. We have transitioned the majority of inpatient units and wards to the Acute Services Building (ASB) including a state of the art Emergency Department and Intensive Care Unit. POWH provides an exceptional staff experience and enhanced patient and family outcomes as a result of the provision of person-centred care.

## South East Regional Hospital - Bega

Southern NSW Local Health District (SNSWLHD) covers a large area of the state, from Goulburn and Crookwell to the Victorian border and surrounds the ACT on three sides, a total of 44,537sq kms. We are home to five large Aboriginal nations – the Gundungurra, Ngambri, Ngarigo, Ngunnawal and Yuin. Our borders extend from the pristine beaches of the NSW South Coast, the farmlands of the Southern Tablelands, across the picturesque Great Dividing Range and the spectacular Snowy Mountains



# GradStart Program: General Stream

We offer Registered Nurses transition through a General Stream which encompasses a diverse range of clinical specialties across both hospitals. The General Stream offers rotations through two clinical settings, providing exposure to a wide range of specialties including Cardiac, Cancer, Renal, Dialysis, Respiratory Medicine, Infectious Diseases, Surgery (General, Orthopaedic, Urology, Vascular, ENT, Head/Neck, Plastics, Ophthalmology), Spinal, Aged Care, Rehabilitation, Neurosciences, Medical Imaging, Community, adult ICU and Emergency Nursing. We also offer a full 12 month transition to ICU program for suitable nurses after the GradStart year has been completed.

## Commencement dates

The Rural / Metro Exchange Program commences in February



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# What the Program Offers

- Experience within a Metropolitan and Rural Healthcare environment!
- A person-centred, friendly, caring and supportive workplace
- Rotations through two clinical settings to develop comprehensive physical assessment skills and clinical reasoning
- A dedicated preceptorship program
- Ongoing support from a wide range of clinicians and experts in their field, both in and after-hours
- An extended hospital, nursing and clinical orientation/ induction program, including supernumerary time
- Protected education time
- Graduate nurse-focused workshops
- Recognition of prior learning / Masters participants / ENs and previous work in health
- Individualised career development pathways
- Portfolio development
- Performance development feedback
- Specialty Clinical learning objectives
- Hospital and unit-specific training and education programs
- Facilitation of learning
- Clinical competency assessments
- Specialty workbooks
- Shared decision making
- Leadership development
- Coaching on an individual basis
- Clinical supervision on an individual basis
- Clinical research involvement

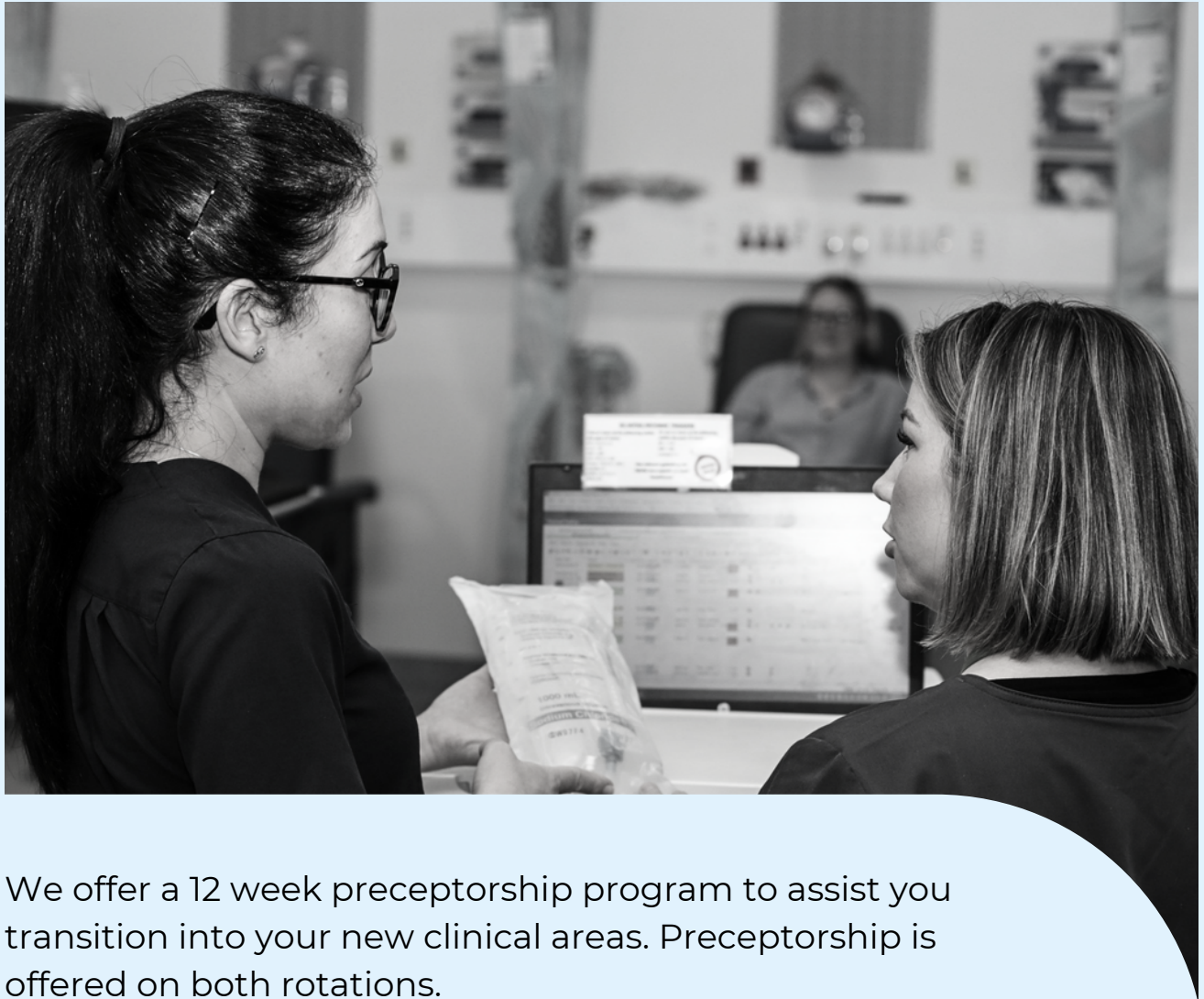


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# Preceptorship



We offer a 12 week preceptorship program to assist you transition into your new clinical areas. Preceptorship is offered on both rotations.

Preceptorship is a formal agreement; it is a relationship between experienced nurses (preceptors) and nurses who are new to the organisation (preceptees) to facilitate their orientation and integration into their new roles and responsibilities in the professional practice environment of care.

The Preceptorship Program has been established to ensure that appropriate support is provided to nurses as they transition into a new work environment. The purpose of this model is to provide structure to a preceptorship arrangement.

Your Preceptor will work closely the nursing leadership teams to ensure you are welcomed into a supportive practice environment.



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# Educational Opportunities



POWH & SNSWLHD prides itself on maintaining a commitment to lifelong learning. We are dedicated to providing point of care supervision with preceptorship models, ward clinical nurse educators and after hours support. Educational opportunities are available to staff across all levels of nursing. All units have a professional development pathway with specialty specific and professional development educational opportunities highlighted along the way.

## Targeted GradStart Education Calendar



Weekly education sessions are held on a Thursday 2.30-3.30pm. This is protected teaching time at POWH for Transition nurses & it is expected you will attend a minimum of 12. The primary focus of these sessions will be on current clinical practice in a variety of settings.

Topics covered include:

- Clinical skills
- Case studies
- Reflective exercises
- Clinical practice updates
- Career opportunities

We offer virtual attendance for our rural nurses.

## GradStart Development Day



This full day workshop covers a variety of clinical and non- technical skills to develop GradStart Nurses to be reflective, professional & confident practitioners.



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## Further Information

### Randwick City

Randwick Local council is renowned for our world-class beaches and cafes and restaurants to tickle your taste-buds, The fascinating coastline and atmosphere will have you in awe the minute you arrive. Offering a mix of historic buildings, impressive beaches and coastal walks coupled with boutique restaurants, transport links and a vibrant nightlife, you'll never be short of things to do in this progressive community.

### Transport

Prince of Wales Hospital is well serviced by the light rail and also by a regular public bus service to and from the city and surrounding beaches. For further information you may wish to view the Transport Infoline [www.transport.nsw.info](http://www.transport.nsw.info)

### Parking

Onsite parking is available for a fee in the privately managed car-park with a wait list available for nurses who wish to obtain a staff discounted parking space. There is limited on street parking in neighbouring streets.

### Accommodation

There is no on-site accommodation at Prince of Wales Hospital however, there are many short and long-term options available within the local area.



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## Information & Contact

If you are interested in launching your nursing career at Prince of Wales Hospital or require any further information about us, please email or phone:

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*All enquiries welcome!*