



Sydney
Local Health District

GradStart and MidStart programs 2024



Sydney Local Health District GradStart and MidStart programs on offer in 2024

Welcome to Sydney Local Health District Nursing and Midwifery Services

Our experienced team will support you to build on the foundations of your university studies to a nursing or midwifery career filled with possibilities.

Our supported and facilitated program will give you opportunities to work across a range of clinical specialties to develop and consolidate your skills, knowledge and practice.



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2024 Sydney Local Health District GradStart and MidStart Programs

Sydney Local Health District (the District) is proud to offer a diverse range of both nursing and midwifery programs to get you started in your career. All our programs are advertised via the NSW Health campaign:

Just pick from the relevant campaign:

- Sydney Local Health District – GradStart Nursing
- Sydney Local Health District – GradStart Mental Health Services
- Sydney Local Health District – GradStart Midwifery
- Sydney Local Health District – MidStart

Prior to your interview we will ask your preference of the following:

- Program within campaign
- Stream within program

This booklet provides an overview of what is offered in each of the specialised programs and streams.

For more information about the applications process make sure you check the following websites:

- [**NSW Health GradStart**](#)
- [**NSW Health MidStart**](#)
- [**SLHD GradStart and MidStart**](#)

The District offers a range of career pathways to enhance your professional development. These opportunities begin in your graduate year and extend beyond this with university partnerships and specialised training programs in the speciality of your choice. GradStart is just the beginning.

Balmain Hospital

Balmain Hospital, located in Sydney's inner west, specialises in aged health and rehabilitation medicine. It operates four inpatient wards, is accessible via public transport, including bus and ferry, is close to parks and cafes and offers onsite staff accommodation at Stacey House. The hospital also provides a General Practice Casualty (GPC), an urgent care service for the community that treats minor illnesses and injuries. The number of Australians aged 65 years and over is expected to double over the next 40 years, making comprehensive care of older people a highly desired skill set for future employees across the health sector. As a graduate nurse, Balmain Hospital will allow you to develop skills in assessing and treating general medical conditions among older people. All areas, including aged care, general rehabilitation medicine and transitional care, provide you with an environment to work collaboratively with a range of clinicians to deliver high-quality patient care in partnership with our patients and their families.

Balmain Hospital GradStart offers two streams. The first is a 12-month program with rotations at Balmain Hospital, specialising in aged care and rehabilitation. The second is an 18-month Aged Care Transition to Practice program with rotations across the District in acute, sub-acute, community and emergency department settings. This program is designed for candidates wanting to specialise in the care of older people, with a structured program to support your understanding of care provided at various points of the patient journey.

The GradStart program at Balmain Hospital is ideal for graduates to develop high-quality foundation skills, including time management, medication management, delirium and dementia care, acute and chronic wound care, and palliative care management. Balmain Hospital provides graduates with a friendly and supportive environment and education opportunities to develop skills and enable career growth and development.

Balmain Hospital (cont)

Streams offered	Aged care and rehabilitation Aged Care Transition to Practice
Duration	<ul style="list-style-type: none">• Aged care and rehabilitation – 12 months• Aged Care Transition to Practice – 18 months
Rotations	<ul style="list-style-type: none">• Aged care and rehabilitation – rehabilitation and aged care wards• Aged Care Transition to Practice – acute aged care, sub-acute aged care, ASET, Community (e.g. Residential aged care facility outreach)
Orientation	<ul style="list-style-type: none">• Structured orientation program (all streams)• 5 days in-person• Balmain Hospital - Aged care and rehabilitation 4 days supernumerary for first rotation 2 days supernumerary for second rotation 2 days supernumerary for second rotation• Aged Care Transition to Practice 4 days supernumerary for first rotation 1 day supernumerary for second, third and fourth rotation
Intake date(s)	February 2024, March 2024, May 2024
GradStart program name	Sydney Local Health District

Canterbury Hospital

Canterbury Hospital is a dynamic metropolitan hospital with various services, including emergency department, critical care, paediatrics, acute medical/geriatrics and operating theatres. We have cared for a diverse and rapidly growing community in the inner west for 90 years. Canterbury Hospital strongly focuses on paediatric nursing with a general paediatric ward, paediatric hospital in the home and a purpose-built paediatric emergency department. Our multi-skilled staff are at the heart of everything we do, taking pride in working together and providing high-quality care to our patients and their families. Canterbury Hospital is also looking forward to a facility redevelopment to expand our services to meet the needs of our growing community.

Streams offered	General nursing Peri-operative nursing Metro-rural exchange
Duration	12-month program – 2 x 6-month placements
Rotations include:	<ul style="list-style-type: none">• General nursing – one ward rotation (medical, surgical or aged care medical) and one specialty rotation (emergency department, paediatric, Intensive Coronary Care Unit)• Peri-operative nursing – anaesthetics, scrub/scout, Recovery and Day Surgery Unit• Metro/rural exchange – Metro (the District) Canterbury Hospital Emergency Department and Condobolin MPS (WNSWLHD)
Orientation	Structured orientation program: <ul style="list-style-type: none">• 5 days in-person• 6 days supernumerary in the clinical area
Intake date(s)	March 2024
GradStart program name	Sydney Local Health District

Sydney District Nursing (& RPA Virtual Hospital)

RPA Virtual Hospital includes a new Virtual Care Centre and a longstanding community nursing service, Sydney District Nursing. The Virtual Care Centre is a 24-hour service, and nursing staff use technology to assess patients and provide care, support and guidance to patients and their families in their homes. Sydney District Nursing delivers quality care to patients requiring community nursing care in their homes or clinics, using an individualised, holistic and collaborative approach. As a community nurse, you will work

with vibrant communities in a busy urban environment to provide patients with safe, quality nursing care. Every day will be different. A team of expert clinicians will support you in providing wound care, continence management, hospital in the home (administering intravenous antibiotics and managing peripheral and central lines), chronic disease management and palliative care (providing care and support for patients living at home with a terminal illness and their families).

Stream offered	Sydney District Nursing
Duration	12-month program –based at one centre (Marrickville Health Centre, Redfern Health Centre, Croydon Health Centre, Concord Hospital or Canterbury Hospital)
Skill areas	A range of complex clinical skills including post-surgical and chronic and complex wound care, chronic respiratory and cardiac care, continence care including catheter management, hospital in the home, intravenous therapy, medication and drain management and palliative care.
Orientation	Structured orientation program –3 weeks buddied with senior staff for every home visit, clinical skills teaching day and competency assessments, active preceptorship, reflective learning debriefing sessions, group clinical supervision
Essential requirements	Current unrestricted NSW driver's licence (P2 accepted)
Intake date(s)	February 2024 and May 2024
GradStart program name	Sydney Local Health District

Concord Hospital

Concord Repatriation General Hospital (Concord Hospital) boasts a comprehensive range of medical and surgical specialty services, including colorectal, upper GI, cardiology, respiratory, renal, neurosciences and plastics. The hospital's Burns Unit is recognised across NSW and provides highly specialised care as part of the statewide burns service. The Concord Centre for Palliative Care takes palliative patient referrals across the District and offers end-of-life and respite care. Recent redevelopment has allowed our services to expand to meet our growing community's needs.

Streams offered	<ul style="list-style-type: none">• General nursing• Peri-operative nursing• Critical care• Aged care and rehabilitation• Cancer• Metro-rural exchange
Duration	12-month program – 2 x 6-month placements
Rotations include:	<ul style="list-style-type: none">• General nursing – emergency department, Intensive Care Unit, Coronary Care Unit, medical wards, surgical wards, specialist aged care medical wards, cancer services• Peri-operative nursing – anaesthetics, scrub/scout, Recovery and Day of Surgery Unit• Metro/rural exchange – Metro (the District) Concord Hospital and Baradine MPS (WNSWLHD)• Critical care – rotations include emergency department, Intensive Care Unit• Aged care and rehabilitation – acute aged care, rehabilitation and psychogeriatrics
Orientation	Structured orientation program: <ul style="list-style-type: none">• 5 days in-person• 6 days supernumerary in the clinical area
Intake date(s)	February 2024, March 2024 and May 2024
GradStart program name	Sydney Local Health District

Drug Health Services

Drug Health Services include withdrawal management, opioid agonist treatment, a court diversion program, Needle Syringe Program including Primary Health Care Clinic, counselling, substance use in pregnancy and parenting service, hospital consultation and liaison, assertive outreach teams, community youth service and ambulatory withdrawal management.

Stream offered	Drug health nursing
Duration	12-month program – 1 x 4-month inpatient unit placement, 1 x 8-month outpatient service placement
Placement options:	RPA Hospital, Concord Hospital, Canterbury Hospital, Redfern Health Centre
Orientation	Structured orientation program – 6 days in-person (including 2 days for drug health), 6 days supernumerary in the clinical area
Intake date(s)	February 2024
GradStart program name	Sydney Local Health District

Royal Prince Alfred Hospital

One of Australia's premier tertiary referral hospitals, Royal Prince Alfred Hospital (RPA Hospital) is recognised as a global leader in healthcare excellence and innovation. The hospital's campus is home to NSW's largest volume of research, and its clinicians have delivered national and international breakthroughs and innovations in clinical care, diagnosis and treatment. Upon completing your GradStart program, professional development options and training programs are available in highly specialised areas such as intensive care, emergency care, cardiac and advanced GI. RPA Hospital is undergoing a facility redevelopment to expand services to meet the needs of a growing community.

Streams offered	<ul style="list-style-type: none"> • General nursing (February, March and May) • Peri-operative nursing (February) • Cardiac nursing (February, March and May) • Paediatrics/neonatal intensive care (February) • Metro/rural exchange (February)
Duration	12-month program – general 2 x 6-month placements, peri-operative 1 x 6-month and 2 x 3-month placements
Rotations include:	<ul style="list-style-type: none"> • General nursing – Highly specialised and technical medical and surgical wards including intensive care, transplant, colorectal, upper GI, aged care, medial assessment, palliative care, paediatrics, renal and dialysis. • Peri-operative nursing – perioperative unit, endoscopy, Institute of Rheumatology and Orthopaedics and opportunity to rotate in anesthetic and recovery departments. • Cardiac nursing – rotations through coronary care, cardiology wards and cardiac services • Paediatrics/neonatal intensive care – rotations through paediatric ward and neonatal services • Metro/rural exchange – metro (the District) RPA Hospital and Coonamble MPS or Walgett MPS (WNSWLHD)
Orientation	Structured orientation program: <ul style="list-style-type: none"> • 5 days in-person • 6 days supernumerary in the clinical area
Intake date(s)	February 2024, March 2024 and May 2024
GradStart program name	Sydney Local Health District

Metro-rural exchange

A unique program in partnership with Western NSW Local Health District allows you to experience the difference between working in metropolitan and rural areas of NSW.

Streams offered	Nursing: <ul style="list-style-type: none">• Concord Hospital / Western NSW Baradine MPS• RPA Hospital / Western NSW Coonamble MPS• RPA Hospital / Western NSW Walgett MPS• Canterbury Hospital / Western NSW Condobolin MPS
Duration	12-month program – 2 x 6-month placements (one in Sydney Local Health District and the other in Western NSW Local Health District)
Rotations	Specific to hospital
Orientation	Structured orientation program: <ul style="list-style-type: none">• 5 days in-person• 6 days supernumerary in the clinical area Travel days allocated to relocate from Sydney Local Health District to WNSWLHD
Intake date(s)	February 2024
GradStart program name	Sydney Local Health District

Community health

Child and family health nursing

A child and family health (CFH) nurse is a registered nurse who has completed a recognised post-registration qualification in CFH nursing. CFH nurses practice at an advanced level, supported by Australia's National Standards of Practice for Maternal Child and Family Health Nurses. CFH nurses work in partnership with parents using a strengths-based approach to promote the child's health and development and the family unit's wellbeing. A CFH nurse has specialised skills in the nursing care of children from birth to 5 years of age and is uniquely prepared to support parents and families during this critical period in a child's life. They have a crucial role in establishing early contact with families and providing care tailored to meet the family's unique needs.

Youth Health

Youth Health provides centre-based and outreach clinics for people aged 12 to 25. It's a one-stop shop for mental health, physical health, sexual health, (at risk of) homelessness issues and alcohol and drug health. We support young people who are LGBTQIA+, Aboriginal and Torres Strait Islander, culturally and linguistically diverse, who receive out-of-home care and are engaged with the youth justice system. The nursing role involves working as part of the multidisciplinary team conducting comprehensive HEEADSSS assessments, treatment plans and case management for complex and vulnerable young people. The wellbeing and health in-reach (WHIN) nurse program is a partnership between NSW Health and the NSW Department of Education. The program establishes a WHIN to work with selected NSW public primary and high schools to identify health and social concerns for vulnerable school students and their families and facilitate access to healthcare. The program aims to improve education, health, and wellbeing outcomes for children, young people and families. The WHIN coordinator works closely with the school's learning, support, and wellbeing teams and local health and social services to support students and their families on various health and wellbeing issues such as mental health, social and behavioural support, physical health, and peer or family relationships.

Streams offered	Specialist program focusing on child and family health nursing and youth health nursing
Duration	12-month temporary recruitment – 2 x 6-month placements
Rotations include:	<ul style="list-style-type: none"> • Child and family health nursing teams (Croydon, Camperdown and Canterbury) • Youth Health & WHIN –Redfern and identified schools in the District
Orientation	Structured orientation program: <ul style="list-style-type: none"> • Supernumerary period • Dedicated study days • Active preceptorship and nurse educator support • Reflective learning debriefing sessions • Access to Group Clinical Supervision • Workplace Clinical Skill and Competency Assessments
Essential requirements	Current unrestricted NSW driver's licence (P2 accepted)
Intake date(s)	March 2024
GradStart program name	Sydney Local Health District

Tresillian

Tresillian is an early parenting service offering guidance to families with children from birth to age three across NSW metropolitan and regional areas. The service provides information, education, resources and support to build parental confidence and skills around breastfeeding, nutrition, settling, and child and toddler behaviour, as well as helping parents with post-natal depression and anxiety. New graduates seeking further employment within Tresillian have the opportunity to transition to our transition to specialty program while working towards their Graduate Certificate in Child and Family Health qualification.

Streams offered	Child and family health nursing
Duration	12-month program – rotational 3 x 4-month placement at our Tresillian Canterbury, Tresillian Wollstonecraft and Tresillian Nepean Units
Rotations include:	Child and family health nursing, based in the Residential Unit. Also have the opportunity to do observational days in the co-located Day Service Unit that includes home visiting and telehealth services and placement days in community based Child and Family Health Services.
Orientation	Structured orientation program: <ul style="list-style-type: none">• Supernumerary period• Dedicated study days with a focus on foundational child and family health nursing skills, infant states and cues, feeding, sleep and settling and family partnership skills• Active preceptorship and nurse educator support• Reflective learning debriefing sessions• Access to Group Clinical Supervision• Workplace Clinical Skill and Competency Assessments
Intake date(s)	March 2024
GradStart program name	Sydney Local Health District

Mental Health Services

The District's Mental Health Service is a specialty stream managing and providing public mental health services across Sydney and the inner west. We aim to deliver mental health nursing services that, through research and innovative commitments, set standards that other national and international nursing organisations emulate. The GradStart mental health nursing program provides a pathway for the development of nurses to acquire expertise in managing patients and clients within the mental health specialty.

Streams offered	<ul style="list-style-type: none"> • Mental health nursing • Mental health/general exchange (RPA Hospital and Concord Hospital) • Mental health/drug health exchange
Duration	12-month program
Rotations include:	<ul style="list-style-type: none"> • Mental health – rotations include 3 x 4-month placements, 1 x inpatient adult acute unit, 2 x other specialties • Mental health / general exchange (RPA Hospital or Concord Hospital) – rotations include 2 x 6-month placements, 1 x mental health and 1 x medical/ surgical in acute hospital ward • Mental health / drug health exchange – rotations include 2 x 6-month placements (1 x mental health and 1 x drug health ward)
Orientation	Structured orientation program: <ul style="list-style-type: none"> • 15 dedicated study days • Active preceptorship • Reflective learning debriefing sessions • Group clinical supervision • Workplace clinical skill and competency assessments • Mental health online education modules • Academic coursework • 4-day personal safety and aggression management training • Supernumerary day/s in the clinical area at the start of each rotation.
Intake date(s)	February 2024, March 2024, August 2024
GradStart program name	Sydney Local Health District -Mental Health Services

Midwifery programs

Sydney Local Health District offers maternity services at Canterbury and RPA hospitals.

Canterbury maternity is a diverse and dynamic unit providing our midwives with various clinical experiences. These include an Antenatal Clinic, birthing unit, postnatal care (as inpatients and in the home), as well as a thriving Midwifery Group Practice (MGP) and Canterbury Antenatal and Postnatal Service (CAPS). Our team is passionate about providing high-quality women and family-centred care.

RPA maternity is a Level 6 tertiary referral hospital providing care to women living within the District and mothers and babies across NSW who require complex obstetric care. In addition to the Antenatal Clinic, delivery ward and antenatal/postnatal wards, RPA Hospital has three Midwifery Group Practices (MGP), a Midwifery Antenatal and Postnatal Service (MAPS) and a team model of midwifery provided care through the RPA Birth Centre.

GradStart programs offered	<ul style="list-style-type: none">• Canterbury Hospital• RPA Hospital
Duration	12-month program - usually 4 x 3-month placements
Rotations include:	<ul style="list-style-type: none">• Canterbury Hospital - Antenatal Clinics, Birthing Unit, antenatal/postnatal ward and special care nursery• RPA Hospital - Antenatal Clinics, delivery ward, antenatal and postnatal wards. Consideration may also be given to a rotation to the Neonatal Intensive Care Unit.
Orientation	Structured 2-day midwifery orientation program and 2 days supernumerary at the commencement of each new clinical area, 4 new graduate study days
Intake date(s)	February 2024
GradStart program name	Sydney Local Health District



MidStart programs offered	<ul style="list-style-type: none"> • Canterbury Hospital • RPA Hospital
Duration	12-month Graduate Diploma of Midwifery program
Rotations include:	RPA and Canterbury hospitals – Antenatal clinics, Birthing Unit/delivery ward, antenatal/postnatal wards, special care nursery, midwifery group practice, child and family health, and lactation
Orientation	Structured orientation program – 8 days of in-person and supernumerary clinical days
Intake date(s)	February 2024, July 2024
MidStart program name	Sydney Local Health District

How to apply

Start your career with one of the leading local health districts in NSW.

For more information see:

[health.nsw.gov.au/nursing/employment/
Pages/recruit.aspx](https://health.nsw.gov.au/nursing/employment/Pages/recruit.aspx)

Search 'Sydney Local Health District'
as the program name.

If you have any questions or would like
more information visit:

[slhd.health.nsw.gov.au/working-with-us/
nursing-midwifery-careers](https://slhd.health.nsw.gov.au/working-with-us/nursing-midwifery-careers)



Scan the QR code
for more information





Sydney
Local Health District