



*Rural medical intern, Dr Keziah Dilger, talks about her fantastic experience since joining the Flinders and Upper North Local Health Network and the incredible range of clinical education and training she's been exposed to every day.*

*Keziah says it's truly inspiring working alongside a bunch of amazing and passionate rural doctors and medical staff. She's thoroughly enjoyed the welcoming nature of the regional community and has developed some wonderful friendships both in and outside of work.*

*Find out what led Keziah to pursue rural medicine and what drew her to this majestic part of outback South Australia.*

### Dr Keziah Dilger

Keziah best describes herself as a born and bred Tasmanian who feels extremely lucky to have grown up and completed her studies in such a beautiful State. Intently listening to the inspiring stories from her university lecturers about their amazing experiences in working across regional Australia and how they approached challenging and complex situations, she gained an



understanding of how rural doctors managed certain presentations differently due to the limited resources available. Her interest in rural medicine first sparked in her third year of medical school and emerged through an opportunity at the local GP clinic in Huonville, Tasmania. This interest continued throughout her final years of university which led Keziah to spend a few weeks in Queenstown, Tasmania, a place where she really started to feel that rural medicine was her career path.



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Keziah explored different internship programs across the country and was drawn to what South Australia had on offer. It ticked all the boxes and was a launching pad to pursue a career as a Rural Generalist and work towards her 'big dream' of working in Antarctica and other expedition medicine endeavours.

*“I was particularly drawn to the program that the Flinders and Upper North provided and ended up putting that as my number one choice. So here I am now, in Whyalla, and I could not be happier with my choice.”*

During her internship at Whyalla Hospital and Health Services, Keziah says she's had some amazing experiences and has been exposed to an incredible range of clinical experiences. Currently completing her general medicine term, Keziah says she has developed some of her clinical skills such as ultrasound guided cannulation. This has become one of her favourite things to do as she enjoys having lovely chats with her patients and distracting them while performing the procedure. Earlier in the year, Keziah undertook the general surgery term and spent a lot of time in the operating theatre, improving her technique in skin lesion excision and suturing. By the end of the term, she was able to perform some excisions independently (under the guidance of her supervisor) and now shares with us some unique experiences that you can only get in rural:



*“I've experienced being on call to assist in caesarean sections and general surgeries, where you get to assist a consultant in procedures after hours and on the weekend. I have even been flown down to Port Lincoln for the day by one of the anaesthetists.”*

During her general practice term at the Bunyarra Medical Clinic, Keziah was exposed to plenty of subspeciality areas which allowed her to broaden her knowledge base and learn from those who provide advice from the Central Adelaide Hospital Teams. Later in the year, she's looking forward to undertaking the emergency medicine term, which is a mix of working for the Royal Flying Doctors and the Port Augusta Hospital, that provides opportunities to fly out to remote communities in South Australia and assist in the health clinics.

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Next year, Keziah is planning to continue as a Postgraduate Year 2 in her Rural Generalist training with the Flinders and Upper North Training Program for more experience in both anaesthetics, obstetrics and gynaecology. Keziah says:

*“I have been enjoying the perks of working in a small hospital. Being a small hospital, you get to know most people in the hospital and really get to build good working relationships, as well as relationships outside of work.”*



Personally, Keziah has found the local community very welcoming and enjoys participating in some wonderful activities outside of work, such as her favourite weekly trivia night, playing netball with the Ravens Netball Club and going to her local gym, Performance Based Fitness. She’s also developed some wonderful friendships, making her big move and transition to regional SA much easier.

On the final note, we asked Keziah if she would recommend doing an intern year in a rural and remote region?

*“**Absolutely.** Even if you don’t know a single person in the town you are moving to, do it! I can promise you that you will enjoy your internship far more than your friends in the city. It is so worth it for the experience and may just sell you on working in rural communities in some capacity in the future.”*



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