

## ***Rural Health Hero Test***

(after ZeFrank)

*It is safe here. Imagine .. we are surrounded by a soundproof glass bubble that protects us from all outside, only you and I are here and you and I can be honest with each other without fear. This test is designed to show if you are a rural health hero or not. Your only task is to answer honestly, by sitting down if the answer to the question is "yes".*

**Have you ever trodden in cow faeces on your way to a home visit?**

*It's OK. You are with friends.*

**Have you ever been chased up a gravel path by a goat, goose, dog, cow or chicken?**

**Have you ever fallen over a wire fence at the scene of an accident and heard police, ambulance and fireman laugh?**

*It is OK, you are with friends here, you are a rural health hero*

**Have you ever been on a home visit and had to have your car rescued by a tractor because it fell off the side of the road because the road was narrow and your reversing skills too poor?**

**Have you ever fought with a manager or government official over the future of a service to your community?**

*Yes. You are a rural health hero.*

**Have you ever tried to match up skin edges ragged by a chainsaw?**

**Have you ever fallen asleep in front of a patient on a warm afternoon after a busy weekend on call?**

**Have you ever spent an afternoon persuading a patient the trip to town to get healthcare is worth it?**

**Have you ever seen a man, a barn, a gun, his blood and brains?**

**Have you comforted a spouse in a kitchen left behind to deal with the debts?**

*Be calm, you are safe here, you are a rural health hero.*

**Has your spouse ever been asked by a stranger in the street if you have the results of their Chest X-ray?**

**Have you ever sat at a family dinner party with your friend and his wife who you have just treated for an STI that he caught from someone who is not at the party?**

**Have you seen someone's inner thigh in the cereal aisle of the local shop?**

*You are safe here. It is OK. You are with friends.*

**Do you live in a most beautiful house? Is the view from your window amazing? Do you breathe clean air and walk in forests, fields, beaches, or mountains after work?**

**Have you ever thought yours was the best job in the world?**

**Have you ever wondered what will happen next and smiled?**

*It's Ok, I see you have all passed the test, well done, you are all rural health heroes.*

*Jo Scott-Jones*