

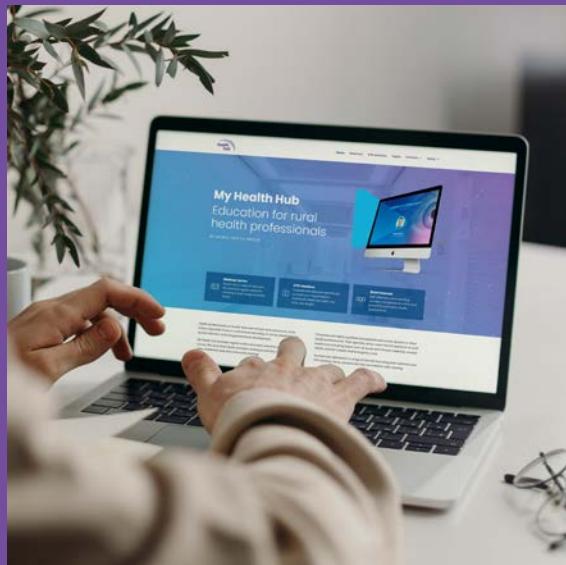
# Train to retain: The sustainable approach

Established in 2006, the Rural Health Development Programme (My Health Hub) improves equitable access to high-quality continuing professional development (CPD) opportunities for rural health professionals.

We work alongside expert clinical presenters and partner organisations helping to strengthen workforce sustainability and retention.

We are committed to equipping rural health workers with the training and resources they need to deliver high-quality care, ultimately enhancing health outcomes for rural communities.

*“Our staff felt the day was highly successful in their upskill of emergency scenarios and gave confidence in their ability to manage these, especially in a rural situation. We aim to build on this moving forward.”*



Website:  
[myhealthhub.co.nz](http://myhealthhub.co.nz)

## About us

My Health Hub is brought to you by Mobile Health Group, supporting rural health professionals with online education for more than 20 years. We offer regular webinars, continuing professional development (CPD) sessions and some in-person courses for nurses, GPs and other providers across primary, secondary, residential and community care.



**My Health Hub**  
Education for health professionals  
[myhealthhub.co.nz](http://myhealthhub.co.nz)

In addition to the Rural Health Development Programme, we also operate:



**Mobile Surgical**  
Day surgery for rural New Zealand  
[mobilesurgical.co.nz](http://mobilesurgical.co.nz)



**Mobile Medical**  
Non-invasive kidney stone treatment  
[mobilemedical.co.nz](http://mobilemedical.co.nz)



**Mobile Imaging**  
PET-CT imaging for regional communities  
[mobileimaging.co.nz](http://mobileimaging.co.nz)

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## Education for rural health professionals

Mātauranga mō ngā ngaio  
hauora taiwhenua





## Webinars

We produce webinars covering a wide range of health content specifically curated with rural needs in mind. They are free to attend, are open to anyone in the health workforce, and recordings are hosted on our website. Watch live, or watch later.



## CPD study sessions

These online sessions are tailored to each organisation or region and enable a whole clinical team to participate at the same time. This builds teamwork and enhances collaboration. Any topic, any time, any length.



## In-person workshops

In-person workshops are 1-2 day advanced courses where specialist educators travel and teach sessions to rural health professionals in their own clinical settings. Examples include our acute nursing assessment and management, and rural emergency skills courses.

## Rural needs

Accessibility is central to My Health Hub, and we are proud to provide new learning opportunities tailored to the rural sector. These opportunities are developed specifically for the rural health workforce, at a convenient time, and removes barriers to access professional development.

Annually, rural health professionals have engaged in 3,500 hours of quality CPD study sessions joining online from over 170 locations across the motu. An additional 450 hours of in-person, hands-on education have been delivered to rural doctors and nurses in their own communities, and over 18,000 hours of online webinar education provided nationally – with content focused to meet the needs of our rural workforce.

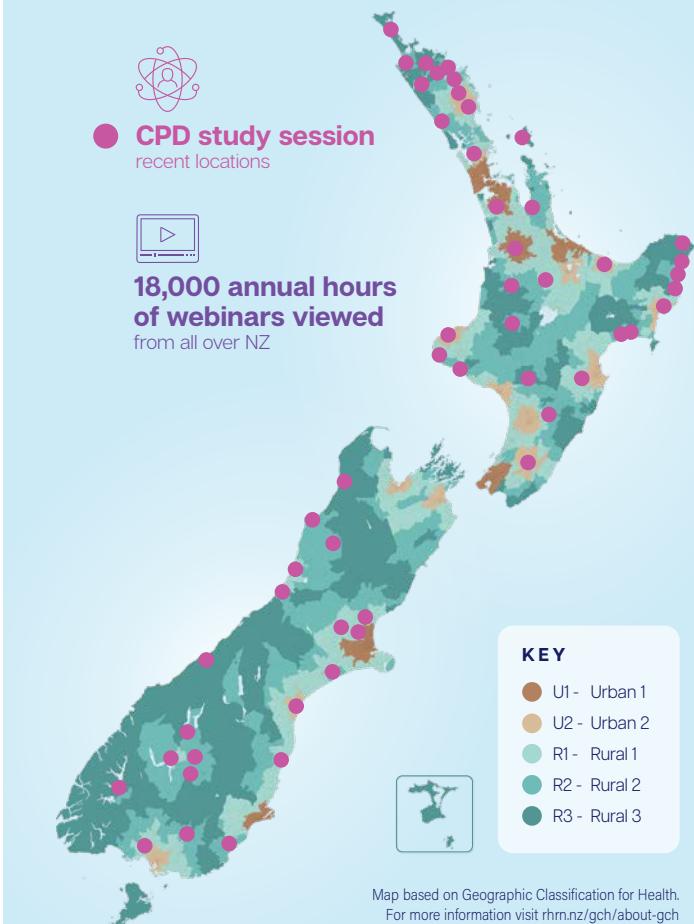
## Health outcomes

My Health Hub is committed to empowering rural health professionals with quality education and confidence. This ensures they are equipped to meet the needs of their communities. By fostering continuous learning and connection, we help create a sustainable workforce that can deliver better health outcomes and long-term support for rural whānau.

*"Being based rurally we don't get many opportunities to attend training elsewhere and often it proves difficult to attend events in the cities, so to have the team to visit us at Hauora Hokianga, where we can connect and work as a team to improve our practice is an incredibly valuable learning experience."*



## Our reach throughout Aotearoa



Map based on Geographic Classification for Health.  
For more information visit [rhn.nz/gch/about-gch](http://rhn.nz/gch/about-gch)

Funded by Health New Zealand | Te Whatu Ora, My Health Hub is annually endorsed by the Royal New Zealand College of General Practitioners (RNZCGP) as a CME provider. Our provision attracts double CME credits for RNZCGP Fellows.

