

# THE IMPACT OF REMOTE AND RURAL LIVING ON HEALTHCARE<sup>1</sup>.

Mithran MacAden  
Medical Education Fellow



...submit data to STAG)  
...STAG in 2015)

NHS Orkney

26

17

9

NHS Highland

NHS Grampian

8

10

16

NHS Tayside

29

28

18

NHS Forth Valley

6

NHS Fife

NHS Greater Glasgow and Clyde

7

25

23

24

NHS Lothian

NHS Lanarkshire

21

22

20

NHS Borders

3

NHS Ayrshire and Arran

2

1

NHS Dumfries and Galloway

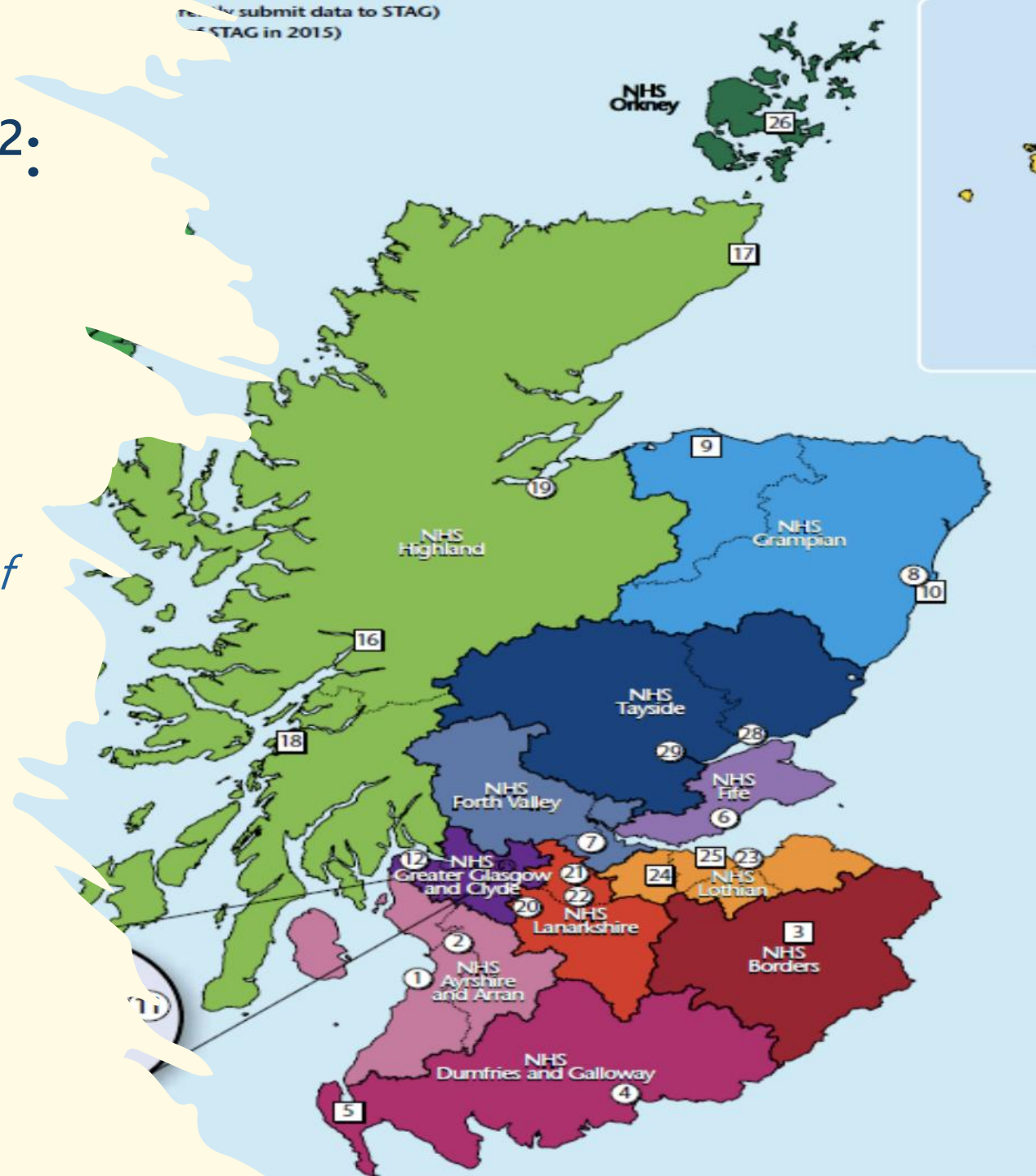
4

5

11

# POSSIBLE TOPICS TO EXPLORE<sup>2</sup>:

- The implications of living in a remote and rural area on physical and / or mental health.
- The impact of living in a remote and rural area on access to care in the community (*Eg. End of Life Care, District Nurses*).
- Considering how maternity services in remote and rural areas compare to central hospitals.
- **Professional identity** within the remote and rural healthcare workforce.



# PRACTICALITIES<sup>3,4</sup>:

- 2 students who will be supervised by Dr. Sheena Murdoch.
- Free accommodation on Raigmore's campus with potential to accompany staff to peripheral, rural sites on day trips.
- Write-up can be done in Aberdeen – or stay up north to explore the Highlands!





**FURTHER INCENTIVES TO TRAVEL NORTH<sup>5,6,7,8!</sup>**

## **SUPERVISION:**

- Meet with Dr. Murdoch 1-2 times per week (*can be online if writing up from Aberdeen*).

## **ASSESSMENT:**

- Written essay covering the chosen topic.

## SUPERVISOR / CONTACT DETAILS:

Dr. Sheena Murdoch - [sheena.murdoch3@nhs.scot](mailto:sheena.murdoch3@nhs.scot)

*Consultant Neurologist, Student Support and Remote  
and Rural Lead.*

# REFERENCES:

1. MacAden M. Suidhe Viewpoint. Image Captured By Mithran MacAden. 2022.
2. McKechnie M. Scotland's Hospitals [Internet]. Emerge Research. 2021 [cited 2025 May 4]. Available from: <https://www.emergeresearch.org/wp-content/uploads/2021/02/Martin-McKenchnie-Scottish-Trauma-Network.pdf>
3. NHS Highland. Raigmore Hospital (Inverness) [Internet]. <https://www.nhshighland.scot.nhs.uk/>. 2025 [cited 2025 May 4]. Available from: <https://www.nhshighland.scot.nhs.uk/your-services/in-person-services-and-locations/hospitals/raigmore-hospital-inverness/>
4. University of the Highlands and Islands. UHI House [Internet]. <https://www.facebook.com/>. 2023 [cited 2025 May 4]. Available from: [https://www.facebook.com/photo/?fbid=739646241543043&set=pcb.739645278209806&locale=en\\_GB](https://www.facebook.com/photo/?fbid=739646241543043&set=pcb.739645278209806&locale=en_GB)
5. Trip Advisor. Eilean Donan Castle [Internet]. <https://www.tripadvisor.co.uk/>. 2017 [cited 2025 May 4]. Available from: [https://www.tripadvisor.co.uk/Attraction\\_Review-g186547-d189549-Reviews-Eilean\\_Donan\\_Castle-Kyle\\_of\\_Lochalsh\\_Lochalsh\\_Scottish\\_Highlands\\_Scotland.html](https://www.tripadvisor.co.uk/Attraction_Review-g186547-d189549-Reviews-Eilean_Donan_Castle-Kyle_of_Lochalsh_Lochalsh_Scottish_Highlands_Scotland.html)
6. Visit Scotland. Ben Nevis [Internet]. <https://www.visitscotland.com/>. 2025 [cited 2025 May 4]. Available from: <https://www.visitscotland.com/things-to-do/outdoor-activities/walking/mountains-hills/ben-nevis>
7. Andyk2121. Glenfinnan Viaduct [Internet]. <https://www.tripadvisor.co.uk/>. 2015 [cited 2025 May 4]. Available from: [https://www.tripadvisor.co.uk/Attraction\\_Review-g1029082-d2643233-Reviews-Glenfinnan\\_Viaduct-Glenfinnan\\_Lochaber\\_Scottish\\_Highlands\\_Scotland.html#/media/2643233/?albumid=-160&type=ALL\\_INCLUDING\\_RESTRICTED&category=-160](https://www.tripadvisor.co.uk/Attraction_Review-g1029082-d2643233-Reviews-Glenfinnan_Viaduct-Glenfinnan_Lochaber_Scottish_Highlands_Scotland.html#/media/2643233/?albumid=-160&type=ALL_INCLUDING_RESTRICTED&category=-160)
8. Trip Advisor. Loch an Eilein [Internet]. <https://www.tripadvisor.co.uk/>. 2018 [cited 2025 May 4]. Available from: [https://www.tripadvisor.co.uk/Attraction\\_Review-g186537-d629534-Reviews-Rothiemurchus-Aviemore\\_Aviemore\\_and\\_the\\_Cairngorms\\_Scottish\\_Highlands\\_Scotland.html#/media/629534/?albumid=-160&type=ALL\\_INCLUDING\\_RESTRICTED&category=-160](https://www.tripadvisor.co.uk/Attraction_Review-g186537-d629534-Reviews-Rothiemurchus-Aviemore_Aviemore_and_the_Cairngorms_Scottish_Highlands_Scotland.html#/media/629534/?albumid=-160&type=ALL_INCLUDING_RESTRICTED&category=-160)

**THANK YOU FOR LISTENING!**

## SUPERVISOR / CONTACT DETAILS:

Dr. Sheena Murdoch - [sheena.murdoch3@nhs.scot](mailto:sheena.murdoch3@nhs.scot)

*Consultant Neurologist, Student Support and Remote  
and Rural Lead.*