

RURAL CME WORKSHOP RAROTONGA 2026

Wednesday, 5 August

- 9:00 am** **Welcome & introductions with Cook Island Team**
- 9:30 am** **Morning tea**
- 10:00 am** **Cook Island Health**
- 12:15pm** **Lunch**
- 1:15 pm** **Toxicology story time: Anecdotes from the edge – Lisa TenEyck, Emergency Medicine Specialist**
- 2:30 pm** **Afternoon break**
- 3:00 pm** **Neonatal resuscitation: not just the realm of the paediatrician – Susan Weggery, Rural Hospital Specialist**
- 4:00 pm** **Tales of the South Pacific – Trevor Lloyd, Rural Hospital Doctor**
- 6:00 pm** **Drinks and Dinner at the Crown**

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Thursday, 6 August

- 9:00 am** **Anxiety and Depression – Mark Lankshear, GP/Rural Hospital Medicine Specialist**
- 10:30 am** **Morning Tea**
- 11:00 am** **An immigrant's journey of cultural safety – Dinesha Kumarawansa , Rural Hospital Specialist**
- 12:30 pm** **Lunch**
- 1:30 pm** **"Raemaru Track – not a mystery!"
A walk in the Cook Islands forest**

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Friday, 7 August

- 9:00 am** **POCUS in the Wild: Tips, Tricks & Traps for Rural Urgent Care – Nicky Gaffney, Emergency Physician**
- 10:00 am** **The Pain Game: MSK Ultrasound & Nerve Blocks (A Practical Session) – Nicky Gaffney**
- 10:30 am** **Morning Tea**
- 11:00 am** **Frontline experience: Knowledge in the room**
- 12:30 pm** **Lunch**
- 1:30 pm** **Frontline experience: Knowledge in the room**
- 3:00 pm** **Closing and feedback**
- 4:00 pm** **End of day**