

## **GENERAL SURGERY**

General surgery includes the diagnosis and treatment of patients with disorders of the colon and rectum, upper gastro-intestinal organs, breasts, endocrine organs, skin and subcutaneous structures, blood vessels and the head and neck region. It also includes the early and ongoing management of trauma.

## **INTENSIVE CARE MEDICINE**

Intensive care medicine involves the diagnosis and treatment of patients with acute, severe and life-threatening disorders of vital systems.

## **INTERNAL MEDICINE**

Internal medicine involves complex medical problems which may include internal medicine, cardiology, clinical immunology, clinical pharmacology, endocrinology, gastroenterology, geriatric medicine, haematology, infectious diseases, medical oncology, nephrology, neurology, nuclear medicine, palliative medicine, respiratory medicine and rheumatology.

## **MUSCULOSKELETAL MEDICINE**

Musculoskeletal medicine involves neuro-musculoskeletal dysfunction, disorders and diseases, mostly involving acute or chronic pain problems.

## **NEUROSURGERY**

Neurosurgery involves disorders of the central, peripheral and autonomic nervous system including their supportive structures and blood supply. This includes the skull, brain, meninges, spinal cord, spine and pituitary gland. It also includes the management of traumatic, neoplastic, infective, congenital and degenerative conditions of these structures and surgical pain management.

## **OBSTETRICS & GYNAECOLOGY**

Obstetrics and gynaecology involve reproductive health and diseases, including but not limited to women's health issues, maternal foetal medicine, gynaecological oncology, reproductive endocrinology and infertility, and urogynaecology, male sexual disorders, post and perinatal issues. It is also involved with contraception, reproductive health and associated sexual health issues, as well as pathology and physiology of the reproductive system and genital tract area.

## **OCCUPATIONAL MEDICINE**

Occupational medicine involves medicine related to the effects of work on health, and health on work. It has clinical, preventive and population-based aspects. Occupational physicians ensure effective prevention and appropriate management of people with illness and injury due to work and industry; and the appropriate rehabilitation of people to facilitate their return to work.

## **OPHTHALMOLOGY**

Ophthalmology involves the diagnosis and management of patients with abnormal conditions affecting the eye, including prevention of blindness, promotion of eye health and rehabilitation of patients with visual disability.

## **ORAL & MAXILLOFACIAL SURGERY**

Oral and maxillofacial surgery involves diagnosis and treatment of diseases, injuries and defects of the mouth, jaws and associated structures.

## **ORTHOPAEDIC SURGERY**

Orthopaedic surgery involves diagnosis, treatment and management of disorders of the musculoskeletal system (bones, joints, ligaments, tendon and peripheral nerves).

## **OTOLARYNGOLOGY**

Otolaryngology, head and neck surgery involves disorders of the ears, nose, throat, and related structures of the head and neck. This includes cancer of the head and neck (excluding the eye and the brain), disorders of the salivary glands and thyroid gland, disorders of hearing, balance, swallowing, speech, snoring/sleep apnoea and aspects of facial plastic surgery.

## **PAEDIATRIC SURGERY**

Paediatric surgery is the diagnosis and treatment of children (usually up to 15 years of age) who may require surgery. It includes non-cardiac thoracic surgery, general paediatric surgery, oncological surgery, urology in children and the management of congenital abnormalities both antenatally and in the neonatal period. Also included is the management of major trauma in children.

## **PAEDIATRICS**

Paediatrics involves the assessment, diagnosis and management of infants, children and young people with health, growth, behaviour and/or development problems.

## **PAIN MEDICINE**

Pain medicine is the psychological, biological and social assessment and management of persons with complex pain.

## **PALLIATIVE MEDICINE**

Palliative medicine is the medical care that improves the quality of life of patients and their families facing the problems associated with life-threatening illness. The focus is the anticipation and relief of suffering of patients through early identification, assessment and management of pain and other physical, psychosocial and spiritual concerns. It affirms life, regards dying as a normal process and intends to neither hasten nor postpone death.

## **PATHOLOGY**

Pathology involves the assessment and diagnosis of patients with diseases. It includes genetics, haematology, immunology, microbiology (including virology) and anatomical, chemical and general pathology.

## **PLASTIC AND RECONSTRUCTIVE SURGERY**

Plastic and reconstructive surgery involves the restoration, correction or improvement in the shape and appearance of the body structures that are defective or damaged at birth or by injury, disease, growth or development. It includes cosmetic surgery.

## **PSYCHIATRY**

Psychiatry involves the assessment, diagnosis and treatment of patients with psychological, emotional, or cognitive problems resulting from psychiatric disorders, physical disorders or any other cause.

## **PUBLIC HEALTH MEDICINE**

Public health medicine is the analysis of incidence, distribution, and control of diseases in populations and population groups. It involves the assessment of health and health care needs, the development of policy and strategy, the promotion of health, the control and prevention of disease, and the organisation of services.

## **ANAESTHESIA**

Anaesthesia is the provision of anaesthetic drugs, care and pain management to patients often during operations.

## **CARDIOTHORACIC SURGERY**

Cardiothoracic surgery involves disorders of structures within the chest including: the heart and vascular system, the lungs and trachea, the oesophagus, the diaphragm and chest wall.

## **CLINICAL GENETICS**

Clinical genetics is the investigation, diagnosis of and provision of medical advice, assessment and management of patients in relation to inherited genetic and chromosomal disorders and tendencies.

## **DERMATOLOGY**

Dermatology is the study, research, diagnosis and management of disorders, diseases, cancers, cosmetic, ageing and conditions of the skin, fat, hair, nails and oral and genital membranes.

## **DIAGNOSTIC & INTERVENTIONAL RADIOLOGY**

Diagnostic and interventional radiology is the diagnosis and treatment of disease in patients (often cancer) using various forms of medical imaging.

## **EMERGENCY MEDICINE**

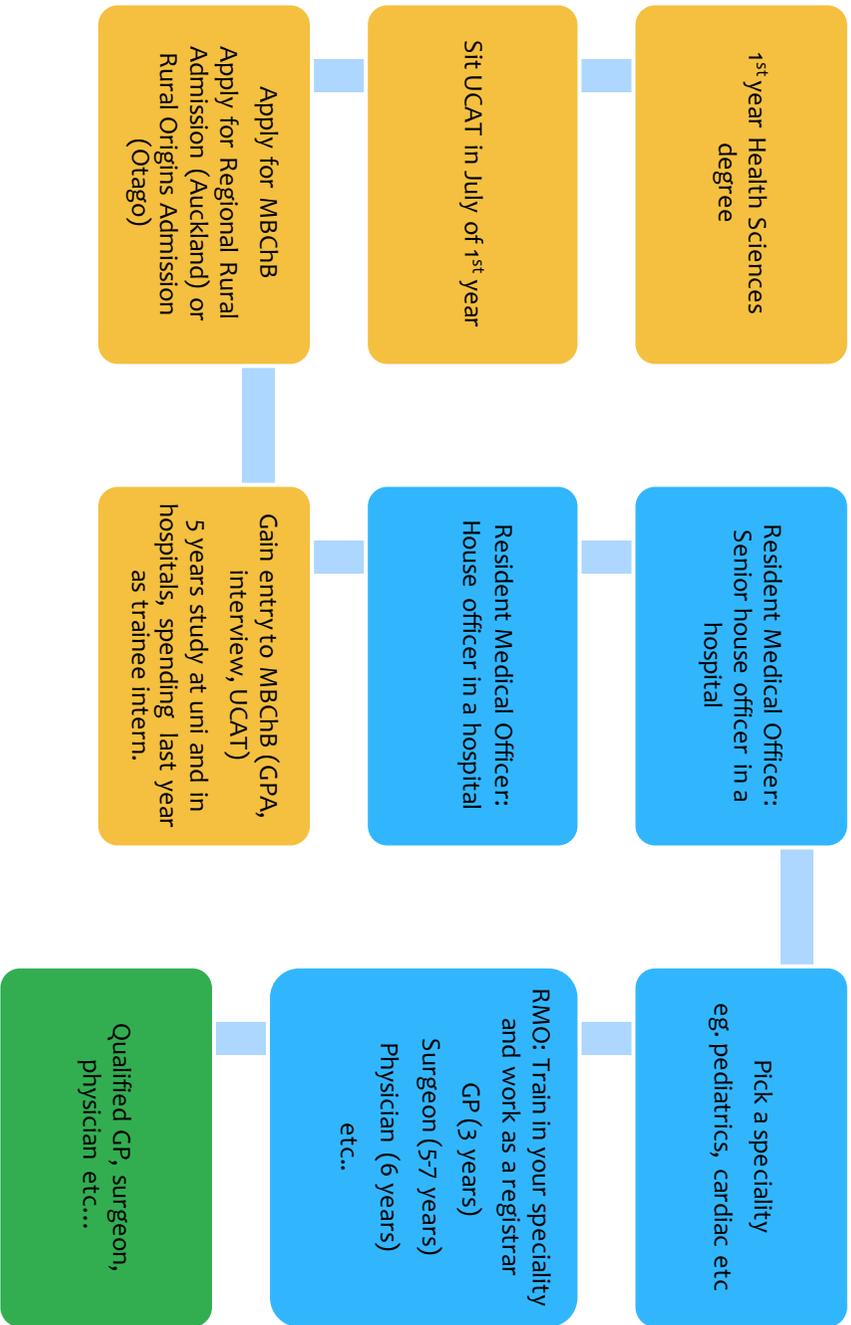
Emergency Medicine is the prevention, diagnosis and management of acute and urgent aspects of illness and injury affecting patients of all age groups with a full spectrum of undifferentiated physical and behavioural disorders. It involves pre-hospital and in-hospital emergency medical systems.

## **FAMILY PLANNING & REPRODUCTIVE HEALTH**

Family planning and reproductive health is the treatment of and provision of health services for patients in relation to contraception, reproductive health and sexual health issues.

## **GENERAL PRACTICE**

General practice is personal, family, and community-orientated comprehensive primary care that includes diagnosis, continues over time and is anticipatory as well as responsive.



?

# WHICH MEDICAL SPECIALTY?



?

?



For further information please contact  
Wendy Paul, New Zealand Institute of  
Rural Health

wendy@nzirh.org.nz  
0275617266  
078231002



Updated  
Mar 2019



**Information derived from Medical Council of New Zealand**

<https://www.mcnz.org.nz/get-registered/scopes-of-practice/>

March 2019



## **Which Health Career NZ**

### **RADIATION ONCOLOGY**

Radiation oncology involves treating cancer and other medical conditions through radiation treatment, provision of palliative and other supportive care, provision of other non-surgical cancer treatment.

### **REHABILITATION MEDICINE**

Rehabilitation medicine is the medical care of patients in relation to the prevention and reduction of disability and handicap arising from impairments, and the management of patients with disabilities from a physical, psychosocial and vocational viewpoint.

### **RURAL HOSPITAL MEDICINE**

Rural hospital medicine is determined by its social context, the rural environment, the demands of which include professional and geographic isolation, limited resources and special cultural and sociological factors. A broad generalist set of skills, knowledge and attitudes are needed to deliver optimum patient outcomes in rural hospitals. Unlike rural general practice, rural hospital medicine is orientated to secondary care.

### **SEXUAL HEALTH MEDICINE**

Sexual health medicine is concerned with sexual relations, including freedom from sexually transmissible infections (STIs), unplanned pregnancy, coercion and physical and psychological sexual discomfort. It involves fertility and also promotes sexual health of the community through education, advocacy, screening and diagnostic testing.

### **SPORT AND EXERCISE MEDICINE**

Sport and exercise medicine is the medical care of the exercising individual, including patients with musculoskeletal injuries and medical problems arising from sporting activity.

### **UROLOGY**

Urology involves disorders of the urinary tracts in males and females, and male genital organs. It also includes the management of trauma to these organs and the management of male sterilisation, infertility and sexual dysfunction.

### **VASCULAR SURGERY**

Vascular surgery is the diagnosis and treatment of patients with disorder of the blood vessels (arteries and veins outside the heart and brain) and the lymphatic system.