



Welfare Special Interest Group Newsletter

Welfare SIG Newsletter

Edition 5: July 2015

Welcome to the July newsletter. It contains information about upcoming sessions at meetings, a research section, and highlights topics attracting interest at the moment. We welcome your ideas and suggestions for future issues.

Upcoming events

[ANZCA Combined Special Interest Group meeting, September 25-27 2015](#) **["Innovation - Leadership - Accountability"](#)**

[Peppers Noosa Resort and Villas \(formerly Outrigger\), Noosa, Qld.](#)

A fascinating [program](#) is planned with a number of welfare sessions including the "Reports, complaints and the doctor" session by Harry McKay and Dr Kym Jenkins, mentor workshops, mindfulness practice and a welfare advocate lunch.

The Mentor's Toolbox workshop - 80% sold out

Secure your place in this practical workshop, which provides everything you need to build effective mentoring relationships. [Register now.](#)

Welfare advocate lunch

Our numbers are rising but there are still locations where there are no welfare advocates and confusion about the role. Over lunch we will discuss the welfare advocate resource document RD26, how we can encourage the appointment of welfare advocates and how we can support each other. Contact [Events](#) to register or visit the [meeting website](#) for all the information. We urge everyone to attend, particularly those of you who have not been exposed to other welfare officers/advocates from other regions so are unaware of the fantastic work going on in other centres. Great strides are being made across the region.



[The Australian Society of Anaesthetists and New Zealand Society of Anaesthetists Combined Scientific Congress \(ASA CSC\) September 12-15, Darwin NT](#)

Dr Jaelea Skehan, Director of the Hunter Institute of Mental Health and Dr Prani Shrivastava, former chair of the Welfare SIG will be presenting a proposal on a welfare based "Model of Care" for all anaesthesia groups and departments. Dr Skahan and Dr Tracey Tay, former Chair of the Welfare SIG will be running a workshop, which will provide the ideal opportunity for attendees to be actively engaged in exploring and developing ideas about the practical application of mental healthcare in

anaesthetic departments. All are invited to attend and be an active part in developing this model of care. Dr Marion Andrew also will present data from the recent beyondblue national mental health report.

Australian Doctors Health Conference 2015, October 22-25, Melbourne

Open for registrations and accepting abstracts.

SAVE
THE DATE
www.adhc2015.org.au

PATHWAYS
AND
PROGRESS

AUSTRALASIAN DOCTORS HEALTH CONFERENCE 2015



22 to 25 October 2015
Pullman Mercure Albert Park
Melbourne, Victoria, Australia

ANZCA NZ Annual Scientific Meeting, November 5-7

Trauma: Personal, professional and patient perspectives, Wellington, New Zealand

The ANZCA New Zealand National Committee is hosting the 2015 New Zealand Anaesthesia Annual Scientific Meeting. The program aims to highlight advances in trauma care relevant to an everyday anaesthetist. The meeting features physical trauma and touches on the mental trauma that confronts us. Sessions and workshops on welfare will cover suicide in anaesthetists, substance abuse in anaesthetists, "How to love your job", the trauma of retirement and "The Groundhog Day effect: Break the cycle now and live your full potential!" For further information visit the [meeting website](#).

As well as exploring the clinical aspects of trauma, the meeting will focus on the trauma anaesthetists themselves may experience through work, with keynote speaker Dr Nancy Redfern leading a plenary session on welfare with a presentation titled "How to be a mentor". She also will conduct a pre-meeting workshop titled "Introduction to mentoring - developing skills workshop". This workshop will take place at Te Papa on Wednesday November 4.

Dr Redfern is a consultant anaesthetist in Newcastle upon Tyne in the UK, working in obstetric and neuroanaesthesia. She has a long-term interest in mentorship and its value both for leaders and others in getting through the day. She instigated a formal mentoring program for anaesthetists in the

UK and runs a mentor development program for the Royal College of Physicians and Surgeons of Glasgow.

Recent events

ANZCA Annual Scientific Meeting, May 2-5, 2015

"The Changing Face of Anaesthesia and Pain Medicine", Adelaide Convention Centre, SA.

The welfare session, "Titanic professional issues: Time to stop moving the deckchairs?" focused on substance abuse and engendered an effective culture of welfare and self-care. We thank the speakers, Dr Rob Fry, Mr Lewis Fry, Dr Roger Sexton from Doctors Health SA and Dr Joanna Flynn from the Medical Board of Australia, for very informative and interesting presentations.

Resources

Resource Documents (RDs)

Resource document 12 - *The isolated anaesthetist*

The review has been completed and is being reviewed by the parent bodies and the Anaesthesia Continuing Education Coordinating Committee (ACECC). The committee thanks all who provided valuable feedback and discussion. Without your input, both complimentary and critical, we would fail to fulfil our role.

Resource document 26 - *The role of the welfare advocate*

The review of this document has now been completed and is available [here](#).

One major change in the review was the new name of the role changing from the welfare officer to the welfare advocate. As this is not an officially appointed ANZCA position, the role title has been re-labelled appropriately.

The SIG executive is aware that some anaesthetists have been unwillingly placed into the role of the welfare advocate and others are not fulfilling the role as outlined in RD26. The revised document more clearly outlines the scope of the role and potential conflicts of interest. The publication of the revised document provides all departments and welfare advocates an opportunity to reflect on how they are fulfilling the role and if a conflict of interest exists, the impetus to resolve it promptly.

New documents are in the pipeline. Keep an eye on the [website](#) for further information.

Welfare resources listed by region

There is now a list of welfare resources by region/state, which can be accessed in [Networks](#).

1. Once you login, under My Networks click on "Supervisor orientation and support resources"
2. Click on "Welfare and monitoring"
3. Click on "Welfare support services by region"

Useful articles

Anaesthesia and Intensive Care articles

Fry et al's survey on substance abuse and Weller et al's study on the stress of anaesthesia exams on trainee well-being are two excellent welfare related articles to be published in Anaesthesia and Intensive Care since November. We urge you to read them, pin them up in your workplace and discuss them in your journal clubs.

Fry R, Fry L, Castanelli D. [A retrospective survey of substance abuse in anaesthetists in Australia & New Zealand from 2004 to 2013](#). *Anesth Intensive Care* 2015;43(1):111-117

Weller JM, Henning M, Butler R, Thompson A. [The impact of the Australian and New Zealand College of Anaesthetists specialist examinations on trainee learning and well-being: a qualitative study](#). *Anaesth Intensive Care*. 2014;42(6):736-744.

Australian Society of Anaesthetists' articles

The Australian Society of Anaesthetists (ASA) has produced a number of welfare articles and have given permission for them to be reproduced and available on the [ACECC website](#).

All articles can also be found in the Welfare Dropbox. Please contact [events](#) to gain access.

Mindfulness podcast now in Networks

"Mindful training under pressure to perform on demand" by Patsy Tremayne

To access this podcast and other resources please login to [Networks](#) then [click here](#).

Alternatively you can find this podcast in Networks at: Curriculum teaching and learning support / Roles in practice / Podcasts / Mindful training under pressure to perform on demand.

Research

The welfare SIG gathers research and data on welfare issues among Australian and New Zealand anaesthetists to inform our collaboration with professional bodies and health administrations. As always, we welcome any research contributions, ideas and enthusiasm from our membership.



Other news

Proposed Model of Care

The Australian Society of Anaesthetists (ASA) is partnering with the welfare SIG to develop a model of care pathway for all public hospitals and private groups. At the ASA combined scientific congress ([ASA CSC](#)) in Darwin on Monday September 14 there is a symposium called "Caring for our colleagues and ourselves - what really works". The workshop that follows is a joint initiative between the ASA, Welfare of Anaesthetists SIG and the Hunter Institute of Mental Health on Good Mental Health in the Workplace, including suicide prevention. Places are limited (approximately 50) and we will form a working party on the development of a model for mental health in anaesthesia. This is a concrete opportunity to shape the welfare culture across the region. Please consider attending and tell your friends. All are welcome. [Click here](#) for more information on the ASA CSC.

We hope in time all the welfare SIG recommendations in resource documents will be scrutinised and possibly re-written in line with evidence. If no evidence exists, we will examine how best to obtain evidence and collaborate with other organisations in order to improve the mental health and wellbeing of anaesthetists.

This has arisen from the beyondblue national mental health survey findings, which recommended: "Ongoing monitoring of mental health status in doctors and medical students, particularly following the introduction of relevant interventions, would not only allow for the efficacy and uptake of programs to be determined, but could allow for the development of an evidence base and inform the development of interventions in other jurisdictions. The high level of mental-health knowledge, understanding and education in this population suggests that any additional support, intervention or change in practice is likely to have a good uptake."

Restructuring of the Doctors' Health Advisory Service (DHAS)

The Australian Medical Association (AMA) and DHAS across Australia are working together toward doctor's health services similar to the Victorian Doctors' Health Program (VDHP) (the model selected by the Australian Health Practitioner Regulation Agency (AHPRA) and the Australian Government to roll out across the country). The VDHP's director, Dr Kym Jenkins will speak at the [Combined SIG Meeting](#) in Noosa about their work including addiction management.

International collaboration

The Welfare of Anaesthetists SIG has been invited to collaborate internationally with other welfare of anaesthetists groups. More news should be forthcoming at our [annual general meeting in Noosa](#).

Elections for the welfare SIG executive

Elections for the Welfare of Anaesthetists SIG Executive Committee will be held at the welfare AGM at the [Combined SIG Meeting](#) in September in Noosa. Keep an eye out for emails outlining the election process and calling for nominations in the coming months. If you are interested in joining the executive please contact [Events](#).

Next newsletter

We wish you a successful and exciting remainder of 2015 as we continue to work towards providing education, resources and research to our members and the wider anaesthetic community.

For submissions or ideas for the next newsletter, please contact [Alexis Marsh](#)

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We hope to see you at [Noosa](#)!

Committee executive members

Chair: Dr Marion Andrew, SA
Deputy chair: Dr Kushlani Stevenson, Vic
Member: Dr Greg Downey, NSW
Member: Dr Robert Fry, NZ
Member: Dr Diana Khursandi, Qld
Member: Dr Suzi Nou, NT
Member: Dr Jenny Plummer, Tas
Member: Dr Tim Porter, SA
Member: Dr Catherine Purdy, NZ
Member: Dr Prani Shrivastava, WA
Member: Dr Tracey Tay, NSW
Trainee representative: Dr Nirooshan Rooban, WA
RANZCP representative: Dr Shirley Prager, Vic

ANZCA

The Australian and New Zealand College of Anaesthetists (ANZCA) is the professional medical body in Australia and New Zealand that conducts the education, training, and continuing professional development of anaesthetists and specialist pain medicine physicians.

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