

Welfare of Anaesthetists E-Newsletter August 2014

Singapore ANZCA ASM 2014

Our thanks to Dr Tim Porter and Dr Di Khursandi for organising the trainee-focussed welfare session in Singapore at the ANZCA Annual Scientific Meeting. Our speakers Professor Richard Walsh, Professor Christopher Young, Dr Sue Nicholls and Dr Vicki Pentelow approached the topic from very different perspectives. It was particularly enlightening to hear about a surgeon's approach to assisting trainees in difficulty. Thank you to all the speakers.



ANZCA-RANZCP working party

Concerns have been raised regarding the rather rapid return to work for some anaesthetists following investigation for substance abuse associated with relapse. A working party has been convened with representatives from ANZCA and the Royal Australian and New Zealand College of Psychiatrists to discuss the issue and come up with some solutions. The terms of reference are being drafted and the inaugural teleconference will be arranged soon. The working group members will be Dr Genevieve Goulding (ANZCA president), Dr Rob Fry, Dr Di Khursandi, Dr Lisa Zuccherelli and Dr Charles Bradfield from ANZCA. The psychiatrists on the working party are Dr Choong-Siew Yong, Dr Simon Byrne and Dr Bernard Hickey.

A letter has been accepted for publication in the Australasian Journal of Psychiatry about substance abuse from the anaesthetic perspective. Electronic publication prior to the print version is expected soon and a notice of this is then to be published in the Australian Psyche e-bulletin to draw attention to manuscript.

Peer review groups

It is hoped that peer review groups may become established within the anaesthetic community to facilitate discussion of difficult cases and allow peer support with difficult situations. Draft guidelines are being drawn up to assist in setting up groups within areas. A few are already established around the eastern states of Australia and information will be gathered on their success and function.

Executive members are considering starting pilot groups in their areas.

Welfare resources

The College has requested a list of all welfare resources in each region to avoid confusion due to some doubling of these roles.

This has been completed for the Northern Territory and Tasmania and their templates have been circulating to assist other regional executive members to compile their regional response. Replies are conditionally due in August, 2014.

Reading List

A reading list is being compiled for the Welfare SIG members. An article of the month is planned and the first selected is to be the survey of "Substance abuse by Anaesthetists in Australian and NZ" (AIC, published 2005). The ASA's Australian Anaesthesia and ANZCA Bulletin will both participating in this exercise.

If you would like to submit an article which you consider to be relevant, please contact Kirsty O'Connor (SIG Co-ordinator). We hope these articles will be relevant to journal clubs, welfare officers, peer review groups and trainees.

Victorian coroner's report

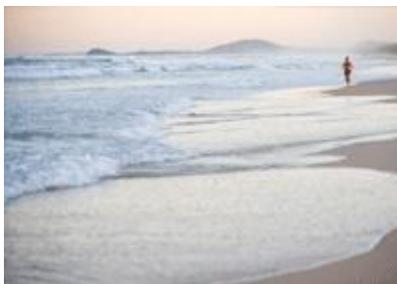
A report has been issued by the Victorian coroners regarding an anaesthetist's death. This has resulted in the Department of Health asking for a response from the Welfare SIG regarding the misappropriation of anaesthetic medications. While a response is being drafted, the inquest report has been widely distributed within the public domain and is available on request from your regional representative. Western Australian fellows will already be aware that following a WA coronial inquest, propofol access has now been restricted throughout the state.

Beyondblue National Mental Health Survey

Dr Tracey Tay recently represented the SIG with Dr Genevieve Goulding at the National Mental Health roundtable discussion convened by the Australian Medical Association and beyondblue. The participants discussed and brainstormed practical strategies to address three main areas. Further work as a result of this meeting will be published shortly. If you haven't already read it, it's a startling and concerning snapshot of our mental health. It's freely accessible on the beyondblue website.

Direction of SIG

There has been recent discussion within the College questioning the purpose and direction of the Welfare SIG, specifically whether it is able to offer support to Fellows directly, especially those working solely in private practice and if so, what practical support? The executive's view is that members of the SIG are not trained in counselling or treatment and should have no therapeutic role. The activity of the SIG should remain educational and simply guide individuals to the available resources such as helplines and doctors health advisories. Once a full list of resources in each region has been compiled this will become easier for all concerned.



Upcoming meetings - 2014

Combined SIG meeting "Bridging the gap"

September 19 – 21, 2014 at Peppers Salt Resort, Kingscliff, northern NSW.

Presentations will include "Our registrars are revolting" trainee survey by Dr Greg Downey, "Burnout in mid-career" by Dr Robin Youngson and "Common pitfalls for junior consultants" by Dr Jenny Stedmon. Dr Youngson will also present a workshop on "re-

awakening purpose".

On both Saturday and Sunday morning, Ms Jane Gray will running mindfulness practice sessions which are sure to fill up fast.

ASA NSC

October 4 -7, 2014

The Gold Coast Convention and Exhibition Centre, Gold Coast, Queensland

Dr Jeneen Thatcher and Di Khursandi have organised a partner-friendly session on Sunday October 5. This will be trainee focused and includes Ms Georgia Ridler on "Striving for success in exam and work performance", Dr Imelda Bourke on "Mentoring the trainee in trouble- achieving success after multiple examination attempts" and Dr Jennifer Gunn on "Recognising and helping loved ones with stress or depression". This session is open to partners so please bring them along.

Information on the Myers Briggs Type Indicator (MBTI) workshop

Psychometric tools are questionnaires or tests that help businesses to select the right people, facilitate individual and team development, and increase organisational effectiveness.

Individual tests are among the best single predictors of job performance and are even more powerful when combined with other tests or interviews. They provide an objective and fair method of selecting and developing staff and help to remove bias and discrimination.

The Myers Briggs Type Indicator has been used worldwide for many decades to determine personal preferences in behaviour, thinking and reasoning, as well as in selection of personnel. Knowing your own type and preferences can inform most aspects of life as an anaesthetist, including team work, and communication with colleagues, friends, and family.

The workshops will take place on Sunday October 5 from 1.30-5pm. Dr Di Khursandi is the facilitator

Upcoming meetings - 2015

ANZCA ASM

May 2-5, 2015

Adelaide Convention Centre, Adelaide, SA

Combined SIG Meeting 2015

The Anaesthetist in Management special interest group will be chairing this meeting.

No venue has been selected as this stage

ANZCA NZ ASM

November 5-7, 2015

Te Papa Museum, Wellington, New Zealand

Changing of the Guard - New Chairperson and other executive committee changes

The SIG executive committee would like to thank Dr Prani Shrivastava for doing an incredible job chairing our committee for three years. Dr Shrivastava has been dynamic, motivating and a source of inspiration to us all and we will continue to draw on her advice as an ongoing member of the group.

We would like to welcome Dr Marion Andrew to the position of chair. The changeover will occur at Combined SIG meeting in Kingscliff, NSW in September.

Dr Kushlani Stevenson has taken up the role of deputy chair. This is a new position and we hope it will help the incoming chair and SIG co-ordinator with the day-to-day running of the SIG. For Victorians, please feel free to contact Kushlani via the [ACECC](#) or [ANZCA](#) websites. She is looking for welfare officers to represent all teaching hospitals in Victoria and interested fellows to participate in a pilot peer review group.

We also welcome Dr Rochelle Barron as the new trainee representative to the executive and thank her predecessor Dr Vicki Pentelow.

Next newsletter

For submissions or ideas for the next newsletter, please email [Kirsty O'Connor](mailto:Kirsty.O'Connor@anaesthetists.org.au) or phone her on +61 3 9093 4998

Welfare of Anaesthetist Special Interest Group Executive Committee

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Dr Rob Fry (NZ)
Dr Kushlani Stevenson (Vic)
Dr Jenny Plummer (Tas)
Dr Tim Porter (SA)
Dr Suzi Nou (NT)
Dr Shirley Prager (RANZCP representative)
Dr Cath Purdy (NZ)
Dr Rochelle Barron (trainee representative)