



Welfare Special Interest Group Newsletter

Welfare SIG Newsletter

Edition 1 July 2013

Welcome to our inaugural newsletter. It contains information about upcoming sessions at meetings, a research section, and highlights topics attracting interest at the moment. We plan to send this out twice a year and welcome your ideas and suggestions for future issues.

Australian Anaesthetist

The Australian Society of Anaesthetist (ASA) published the first issue of their new magazine, *Australian Anaesthetist* in April. It featured several articles from the Welfare Special Interest Group (SIG) including emerging patterns in substance abuse, returning to work after illness, transitioning into retirement, returning to work after maternity leave, the role of the welfare officer and peer review groups. Thanks go to all our contributors, the feedback so far has been very positive.

Keep an eye out for two further articles which will be published in the upcoming issue of *Australian Anaesthetist* – the welfare of the International Medical Graduate and the isolated anaesthetist. Thank you to those authors also.

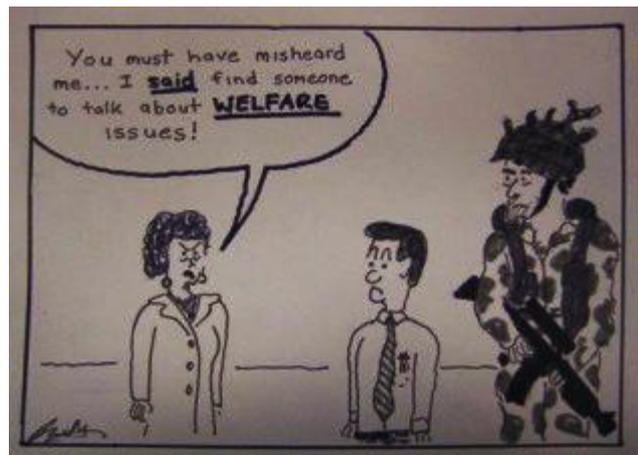
ANZCA ASM May 2013

The Welfare of Anaesthetists session took place on Saturday May 4 and was titled "Trainees have never had it so good: exploring the myth". Dr Marion Andrew presented "the SA & NT trainee welfare initiative" which explored the origins of the initiative, the statistics on Australian & NZ anaesthetists' suicides and the role and work of the committee. It was inspiring and thought provoking.

Two previous winners of the Ray Hader award for trainee welfare also presented. Dr Amanda Young (specialist anaesthetist and psychiatry trainee) discussed the suicide of a friend & colleague, which propelled her into working for anaesthesia trainees and subsequently the Victorian Doctors Health program. Dr Katherine Jeffrey discussed her path to winning the award and the tremendous stress trainees face doing examinations. Dr Sheila Barnett discussed the work of the New Zealand trainee initiative.

A brief panel discussion concluded the session where hot topics raised included the workforce issues facing our profession. Our thanks to Dr Kushlani Stevenson for her effort in organising an excellent session.

Dr Rob Fry conducted a problem-based learning discussion on the impaired anaesthetist. Participants had a range of interesting experiences to share as well as a variety of opinions on how to assist the impaired colleague. It was a very interactive and interesting group discussion. Thanks to Rob for facilitating this session.



Combined Education, Management and Welfare SIG Meeting September 20 -22 “Mindfulness, performance and achievement” Noosa, Qld.



Mindfulness has become a buzzword in both corporate and academic circles. Emerging research in psychology and psychiatry shows measurable improvements in many areas of well-being, both physical and psychological.

Many of us recognise a state of cognitive overload in ourselves. We are too busy or overworked or burnt out or compassion fatigued. Mindfulness may be useful in our day-to-day to deal with these issues. Many books have been written about mindfulness but actually translating abstract ideas into a busy anaesthetic practice can be challenging.

“[Spiritual Care Programme](#)” will conduct an introductory one and a half day workshop on mindfulness. They will present a non-denominational approach to mindfulness and skills training specifically tailored to health care workers. The workshop is fully subscribed this year however if you are interested in participating in one of their workshops in the future, Spiritual Care Programme run tailor made courses for healthcare workers across Australia. Email [Hannah Burnell](#) for further information.

Other sessions at the meeting include performance appraisal and management, dealing with the disruptive department member, scope of practice, beyondblue will be presenting the results of the national mental health survey of doctors and medical students, life skills for anaesthetists, mindful training to perform under pressure & a workshop on communication in exams (aimed at exam candidates, mock examiners and supervisors of training).

Dr Shirley Prager (co-founder of peer review groups in psychiatry) will conduct a session aimed at assisting newly founded peer review groups. All interested parties are welcome to attend the session regardless of whether you have a peer review group. If you have set up a peer review group and would like further information about Dr Prager’s session please email [Prani Shrivastava](#) (convenor Combined SIG meeting).

ASA NSC Canberra September 26-29 Anaesthesia "Art & Science"

Dr Greg Downey is convening the welfare session at the ASA NSC scheduled for 10.45am-12.15pm on Saturday September 28, 2013. Speakers include Dr Genevieve Yates who will be speaking on “the balanced doctor” and Dr Peter Klineberg on "Medical negligence: What happens when big brother finds out."

ANZCA ASM May 5-9, 2014 Singapore "Working together for our patients"

Dr Di Khursandi and Dr Tim Porter are co-convening the Welfare of Anaesthetists (WOA) SIG session in Singapore.

Christopher Young, a surgeon from Sydney will be discussing surgical trainee issues. Professor Richard Walsh (previous ANZCA president) will be talking of his experience on the NSW Medical Board, and Di or Tim will present on the WOA SIG Resource Documents (RD), particularly the Welfare Officer. Di will also be presenting on the Isolated Anaesthetist RD in the Rural SIG session at the ASM.

Tim will be running a PBLD, and Di will conduct two workshops: Supporting trainees, and How to conduct that difficult conversation.

Research links

We plan to introduce a regular section in the newsletter to assist researchers looking to link up with interested parties in other regions. Please contact [Hannah](#) or [Prani](#) if you wish to be included in the next newsletter.

Propofol guidelines for handling

Propofol misuse is escalating. At a recent teleconference of the Welfare SIG executive, the issue of guidelines for propofol handling and disposal was raised. There is currently no formal push to establish such guidelines however a number of anaesthetic departments have asked if others are considering such a move. If any department or institution has guidelines or a position on the handling of propofol (storage, dispensing or disposal) please contact [Dr Tracey Tay](#).

New Resource documents (RDs)

Two new Resource Documents have been finalised: *RD 12 The Isolated Anaesthetist* and *RD 26 the Role of the Welfare Officer*. These are now available to view on the [website](#).

Library auto alerts

Laura Foley at the ANZCA Library is happy to assist SIG members with online auto-alerts. She can set up a search alert for members of the Welfare SIG on any relevant topic including impaired physicians and the wellbeing of physicians. Once you are added to the list of recipients anytime a new article is published on the topic, the library will email you the citation details. Please email the [ANZCA Library](#) if you wish to set up this service.

Next newsletter

For submissions or ideas for the next newsletter, please contact [Hannah Burnell](#).

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We hope to see you at a welfare SIG activity soon!

Cartoons created by Dr Blair Munford FANZCA, NSW