

Meet the trainee committee

Dr Sukhi Hegde, Co-chair

Hi everyone,

I'm Sukhi, one of the co-chairs for NSW and the ANZCA Trainee Committee. I'm looking forward to being an advocate for issues you're facing.

I'm currently completing a fellowship in Liverpool Hospital and as part of my training I've worked in numerous metropolitan and rural hospitals in NSW as well as interstate. I'm passionate about improving conditions for all trainees, especially those outside of major centres and helping address concerns such as job progression, access to teaching/exam preparation and trainee welfare. In particular, more comprehensive support is warranted with regards to exam related issues and critical incidents encountered during training. I believe there's room to improve our support of trainees who have encountered personal and professional challenges during their training and that training opportunities should be more cohesive and equitable regardless of whether you're in a regional or metropolitan centre.

I'd love to hear about issues pertinent to you and work towards concrete solutions to these.



Dr Bahaven Jeyaratnam, Co-chair

I'm Bahaven, currently I'm a provisional fellow at Royal North Shore Hospital. This year, I'll be one of the co-chairs for the NSW Regional Trainee Committee, and look forward to hearing from you about any issues you have with training or otherwise. Improving the equation for both metropolitan and rural independent trainees is a long standing objective for me, and I will be working with these portfolios to address your concerns. Ensuring trainees have equitable access to exam preparation, career progression and support through training is a goal for the committee at large and I will facilitate this as best I can. I look forward to working with the rest of the team to provide solutions to any problems we encounter through the year.

Outside of work, I am a sporting tragic, I will get behind most sports with limited ability. You'll find me on my days off alternating between the beach and a strong coffee. Feel free to say hi anytime!

Dr Dominic Horne, Deputy chair

I'm Dom, an advanced trainee at St George Hospital, Sydney. Having grown up on a wheat and cattle farm near Wee Waa in northwest NSW, I returned to the bush for my formative medical years and intend to practice in a rural referral hospital after pursuing exposure to retrieval medicine and attaining fellowship.

My outside interests include snowboarding, waterskiing and rugby league. After leading the Workplace/Welfare and Rural Trainee Portfolio's in 2024, I've been elected to deputy chair in 2025 and aim to support these portfolios while working with the co-chairs to lead the 2025 Trainee Committee in a successful year addressing issues for all ANZCA trainees.



Dr Timothy Ellwood

I'm from a small rural town in the Hilltops region of NSW called Boorowa – known for its fine merino wool. I'm currently an AT1 on the new Southern NSW Regional Training Scheme and have completed training time in Orange, Wagga Wagga and am currently at The Canberra Hospital. This is my third year sitting on the NSW Trainee Committee and I have worked on portfolios for centralised teaching as well as rural & regional trainees. My overall aim is to improve the experience of trainees at all sites, particularly regional hospitals, to help improve the first extremely challenging few years of a competitive training program and ensure equity across training sites.

Dr Adam Lipszyc

Hi! I'm an anaesthetic trainee (BT2 in 2025) based at John Hunter Hospital in Newcastle. I did all my prevocational medical training in Melbourne and have been enjoying the warmer weather (and water) that the central NSW coast offers. I'm interested in research and sustainability, as such I will endeavour to advocate for trainees in this space. Please reach out if you have any ideas or issues with audit or research requirements/opportunities or sustainability initiatives. There are tall shoulders we can all stand on in this space! Outside of anaesthetics, I love NOT WORKING and enjoying the beach with my wife and our golden retriever Olive (featured). Gin is also good.





Dr Ben Maudlin

Hi, I'm Ben Maudlin, an AT1 at Royal North Shore Hospital, dedicated to advocating for trainees across NSW, with a focus on clinical wellbeing, education, and improving patient safety through industrial relations reform.

Having worked across inner and outer metro Sydney and regional NSW hospitals (RPA, Campbelltown, Coffs Harbour, and Nepean) over the past seven years, I've seen firsthand the challenges independent trainees face. Sitting my primary exam as an independent trainee, I understand the inequities in recruitment, access to teaching, and examiner support.

I bring experience as a former HETI JMO Forum Chair, Federal AMA Doctors in Training Committee (Prevocational SIG Chair), and current AMA NSW Councillor.

I'm committed to driving meaningful change to improve training, working conditions, and patient care. I'm always keen to hear from trainees about the challenges they face and to collaborate on tangible solutions.

Dr Victoria Sadick

Hi! I'm Victoria, I've worked across various LHDs in NSW including Nepean/Blue Mountains Health district, Prince of Wales/Sydney Children's Hospital Network, Sutherland Hospital and now currently the Trauma/Regional Provisional Fellow at Liverpool Hospital.

My portfolio this year in the trainee committee is leading centralised teaching with the aim of continually advocating for improved access and consistency to teaching and exam support for all trainee, independent and rural colleagues.

I'm also part of the part zero portfolio and hope to provide any support and advice for any aspiring ANZCA trainees. Feel free to reach out.





Dr Milonee Shah

Hi! My name's Milonee and I'm an advanced trainee in the Hunter New England network. I moved to Sydney for med school, completed my junior years at RNSH and did two independent years at the Northern Beaches and Gosford before commencing scheme training.

I am excited to have moved back home, be closer to family and gain exposure to trauma, and more complex sub-specialty anaesthesia at the John Hunter whilst preparing for the fellowship exam. My areas of interest include regional anaesthesia, medical/sim education and retrieval medicine.

This is my second year serving on the trainee committee. My goals this year as independent portfolio and part zero head are to improve support structures and networking between independent trainees to enhance inclusivity and establish an intra-state mentoring program for independents, and facilitate a part zero course that continues to serve as a launch pad for incoming trainees to introduce them to the reality of training, various requirements and resources available.

Outside of work, I LOVE to dance and go to a weekly drop in hiphop/rnb class. My other passions include scuba diving and travelling. Last year I dived in The Galapagos and this year's destination is Raja Amat in Indonesia! I also love linguistics – my current pursuit is español!

Dr Jason Trounce

Hello, my name is Jason Trounce, a first year advanced trainee based at Wollongong. I was previously an independent trainee at Dubbo, where I also completed all my previous JMO years. I was born and raised on the family farm in the Dubbo region before a ten-year career as a mechanical/control systems engineer in the mining, oil & gas sectors in Australia and the UK. My aim is to return to Dubbo as an anaesthetic consultant at the end of training. Beside medicine, my interests include engineering, agriculture, and most importantly spending time with my young family.

This year I'll be involved in both the independent and rural portfolios for the NSW ANZCA Trainee Committee. The aim is to build on previous work in terms of support and advocacy for independent and rural trainees, with the longer-term goal of strengthening the anaesthetic rural workforce.





Dr Jacob Van Tienen

Hi everyone, I'm Jacob – currently an AT1 at Westmead Hospital. Throughout my career I've trained across Western Sydney, the Illawarra and Mid North Coast. Holistically, this has given me firsthand experience and insight into the variation in culture and practice of our awesome specialty. I am head of the communications portfolio this year – look out for me in your emails and social media! My other contributions will be in workforce + welfare, as well as centralised teaching. These areas align with my own passions of mentorship, education and advocacy for my peers, and I'm excited for the year ahead.

My extracurricular interests include swimming and running, doting on Buddy (my 4yo labradoodle), and supporting local LGBT art and culture.

Dr Eric Xu

Hi everyone, my name is Eric and I'm a BT2 based at Gosford Hospital! I spent my junior years in Sydney before coming up to Gosford as an SRMO, and staying here since. I'm currently seconded to Coffs, where I am enjoying the clinical exposure and life outside of medicine.

I am passionate about my fellow colleagues in their training, education and wellbeing, and am excited to be on the NSW Trainee Committee in 2025. In particular, my portfolios are part zero, centralised teaching, workforce/welfare and research. Please reach out if you have any ideas or concerns you would like to raise – always happy to hear and help the best way I can!

Outside of work, I love spending time with my loved ones (featured is my partner and I, learning how to pose for photos). I enjoy swimming and playing futsal... although arguably my best 'sport' still lies in chess (slowly coming back to this post-primary...)



Dr Stephanie Naim

Hi! I'm Steph, currently an AT2 at Royal North Shore Hospital and looking to complete my PF year in Sydney in 2026. My training journey has been scenic and has taken me all around Sydney and NSW so far, from Coffs to Port Macquarie, Northern Beaches to Hornsby, Royal Hospital for Women to RNS. This has been immensely insightful to understanding the experience and needs of trainees in various settings across our state.

As a new committee member, I'm excited to carry on assisting with the initiatives that enhance the experience and welfare of all NSW trainees. Please reach out if you think we can help you!