



Australian and New Zealand College of Anaesthetists Interested in volunteering Factsheet

Many ANZCA fellows and trainees provide or are interested in undertaking voluntary clinical and/or educational work outside of Australia and New Zealand. There are a wide variety of ways individuals can contribute to improving health care globally both at home and abroad. If you decide you want to work overseas we would recommend starting by doing some basic research into working as a medical volunteer. There is a great deal of information already available and we have provided some resources below that provide a good starting point for considering international volunteering. Information on training opportunities as well as consideration of experienced organisations providing excellent international programs is also provided below.

Resources

[A Guide to Working Abroad for Australian Medical Students and Junior Doctors – MJA eSupplement](#)

Although originally authored for medical students and junior doctors this guide is recommended to anyone considering volunteering overseas for the first time, or even veteran volunteers interested in considering some of the wider issues that arise from medical volunteering. The guide is available for download free of charge.

[DevelopingAnaesthesia](#)

A website created to promote the advancement of anaesthetic practice and to empower anaesthetists in countries with limited resources. It provides a range of educational resources and guidelines appropriate for practitioners working in challenging environments.

[ASA volunteering database](#)

The Australian Society of Anaesthetists has developed a volunteer matching service to assist organisations seeking anaesthesia volunteers and anaesthetists seeking opportunities to find one another. Additional details about the service is available from the above link.

Training

Real World Anaesthesia Course

The Real World Anaesthesia Course is run annually in either Australia or New Zealand and limited to 16 participants. It is a five day course that aims to prepare anaesthetists to work in a variety of humanitarian aid circumstances. The course involves practical teaching sessions in the operating theatre using draw over anaesthesia, interactive problem based workshops and lectures. There are also hands-on sessions on equipment maintenance. Topics covered include: Oxygen supply, Ketamine, obstetrics and paediatric anaesthesia in austere environments, psychology of deployment, sustainability, teaching, tropical medicine, cleaning and sterilisation and work opportunities.

Selecting an organisation

When considering working overseas, ensuring you will be working with an experienced and well regarded not-for profit organisation is an important consideration. The crisis following the [2010](#)

[earthquake in Haiti](#) is frequently provided as an example where a poorly organized humanitarian response in many aspects caused more harm than good.

There are many organisations doing excellent work, the [MJA eSupplement](#) includes a comprehensive list at the back of the document, a brief list is provided below.

Interplast Australia and New Zealand

www.interplast.org.au

Essential Pain Management

www.essentialpainmanagement.org

RACS Global Health

<https://www.surgeons.org/about-racs/global-health>

Australian Society of Anaesthetist

<http://www.asa.org.au>

New Zealand Societ of Anaesthetists

<https://www.anaesthesiasociety.org.nz/>

Red Cross New Zealand

www.redcross.org.nz

Red Cross Australia

www.redcross.org.au

CardioStart International

<https://cardiostart.org/>

Medecins San Frontieres

www.msf.org

Australian Volunteers International

www.australianvolunteers.com

We hope you have found this information helpful, if you have additional questions you are welcome to contact us on overseasaid@anzca.edu.au.