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AMA Queensland

RESILIENCE ON THE RUN PROGRAM



Program background

In response to the alarming findings identified in the 2013 *Beyondblue* National Mental Health Survey of Doctors and Medical Students, in 2015 AMA Queensland's Council of Doctors in Training researched and developed a *Resilience on the Run* pilot program. The pilot program aimed to provide young doctors with the resilience and coping skills needed to survive and thrive in medicine and was successfully delivered for Interns at Rockhampton Base Hospital in October 2015.

Dr Malcolm Forbes from the *Resilience on the Run* research project group explains "the transition from university to workplace and an increase in professional responsibilities is inherently challenging. The reality of being personally responsible for the lives of patients can induce stress and burnout. Building the resilience of interns will allow them to cope with the stress of internship, resulting in healthier doctors and healthier patients."

Presented by resilience expert Dr Ira van der Steenstraten, the *Resilience on the Run* program focuses on developing techniques for resilience and mindfulness, better managing interpersonal relationships, navigating difficult scenarios on the job and practical steps for asking for help. The delivery of *Resilience on the Run* will play an integral part of an intern's training at the vulnerable time of their entry into the workforce. It is well documented that improved personal wellbeing can enhance medical leadership and collaborative engagement with peers and other health professionals, ultimately enhancing the quality of patient care.

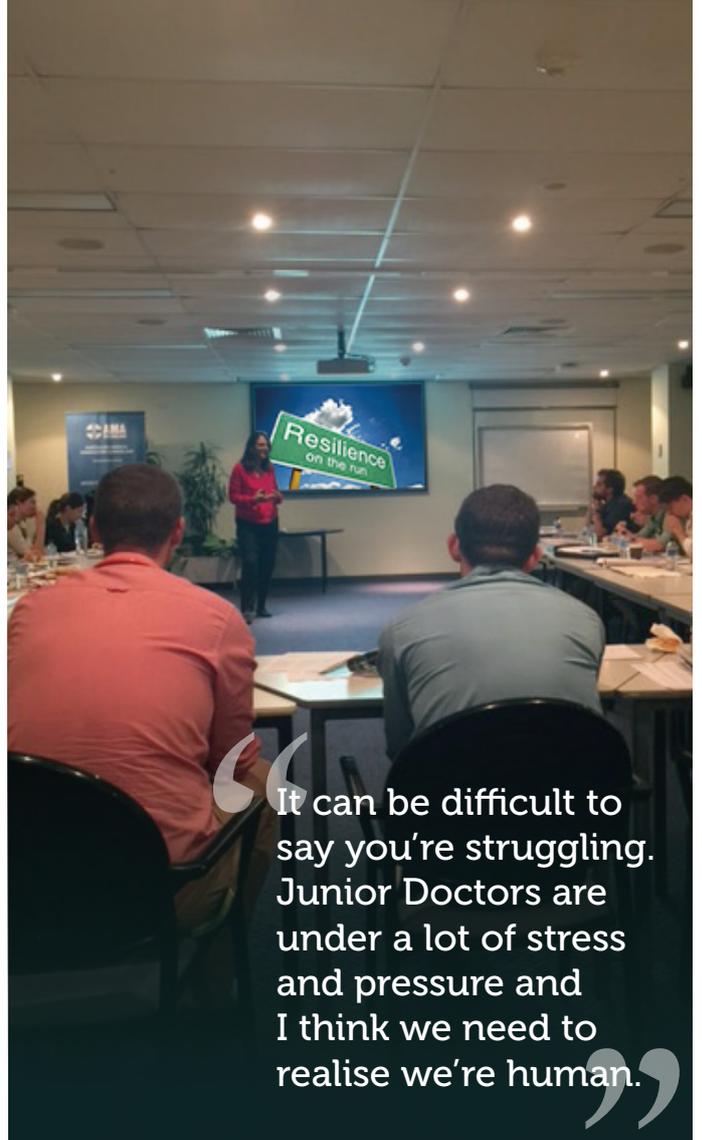
Program format and delivery mode

The program can be delivered as a customisable, face-to-face, two-part workshop series. Each session is 1.5 hours in length and topics include:

- > An introduction to Mindfulness and how it can improve well-being and resilience for doctors in training;
- > Developing mindful communication techniques for more effective engagement with others;
- > Strategies for dealing with Burnout and Compassion Fatigue;
- > Skills for managing challenging scenarios in the workplace e.g. caring for the dying patient or dealing with adverse feedback from a supervisor;
- > Practical tips on getting help.

Fully funded by Queensland Health, AMA Queensland will deliver *Resilience on the Run* program to all medical interns from 2017-2019. For all *Resilience on the Run* enquiries, contact the Business Support Services Team at AMA Queensland on 07 3872 2222 or e: resilience@amaq.com.au

Hospital course dates for *Resilience on the Run* will be allocated on a first come-first served basis.



Resilience on the Run in the media

<https://metrosouth.health.qld.gov.au/innovationcentral/project/resilience-on-the-run-program>

<https://metrosouth.health.qld.gov.au/news/mental-health-program-just-what-the-doctor-ordered>

<http://www.abc.net.au/news/2015-09-23/resilience-on-the-run-program-helps-junior-doctors-deal-stress/6792432>

<http://www.brisbanetimes.com.au/queensland/bitter-pill-young-doctors-five-times-more-stressed-than-rest-of-us-20160527-gp5jyv.html>

<http://www.redlandcitybulletin.com.au/story/3954482/redlands-doctor-learns-how-to-make-hospital-life-not-so-stressful/>