



**MEDIA RELEASE**

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**DOCTORS IN TRAINING URGED TO NOT JUST CARE FOR OTHERS**

Doctors in training are being urged to ensure they are caring for themselves as well as others on R U OK Day.

AMA Queensland President, Professor Chris Perry, said last year's annual Resident Hospital Health Check survey revealed 50 percent of doctors in training experienced moderate to high levels of psychological distress.

"Last year's survey showed many are working unsafe hours increasing their risk of developing mental health conditions and suicidal ideation," he said.

"The annual survey, which is now open for 2021, asks junior doctors in Queensland hospitals to answer questions about hospital culture, access to leave, overtime, training, and overall wellbeing."

AMA Queensland's Council of Doctors in Training (CDT) hopes to address some of these issues in its inaugural Self-Care September campaign.

The month-long campaign aims to highlight the challenges faced by doctors in training and give them the tools to improve their personal wellbeing and resilience.

AMA Queensland CDT Co-Chairs, Drs Rob Nayer and Natasha Abeysekera said the Self Care September Campaign would lead a conversation on doctors in training's health and wellbeing with a series of virtual content and engagement opportunities.

To help address the stresses faced by Queensland doctors, AMA Queensland also runs the Wellbeing at Work program to help doctors in their first year to develop healthy coping skills so they can survive and thrive in medicine. Wellbeing at Work has helped more than 3,500 interns across Queensland hospitals since it started in 2015.

For more information on the Resident Hospital Health Check visit [qld.ama.com.au/advocacy/resident-hospital-health-check](http://qld.ama.com.au/advocacy/resident-hospital-health-check)

For more information on Self-Care September visit: [qld.ama.com.au/SelfCareSeptember2021](http://qld.ama.com.au/SelfCareSeptember2021)

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