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## **New Budget must shore up hospital frontline**

A small investment in junior doctors would deliver long term bonuses to the State's health, according to Queensland's peak doctors' group.

AMA Queensland President Dr Chris Zappala said it was worrying that a growing number of junior doctors were quitting their vocation and the State Government should do more to support them and their patients.

"We are seeing more and more new doctors suffering from anxiety and burnout," Dr Zappala said.

"Interns and junior doctors work long, erratic hours in high pressure environments but dedication only gets them so far; sometimes they need help dealing with the emotional challenges. We want them to have the skills to thrive and give their patients the best possible care."

He called on the Government to fund a resilience program to be rolled out across the State.

"AMA Queensland's Resilience on the Run program was developed in direct response to the challenges facing junior doctors," Dr Zappala said.

"It builds skills such as resilience and mindfulness, managing interpersonal relationships and difficult situations on the job, and gives them practical steps for asking for help.

"Junior doctors must learn to help themselves before they can help others."

Resilience on the Run was successfully trialled at Rockhampton Base Hospital and has since been rolled out at Princess Alexandra, Logan and Redlands Hospitals.

Dr Zappala also called on the Government to employ a more targeted approach to healthcare spending in 2017-18.

"A scatter-gun approach to investment may clear up some of the symptoms but it hasn't delivered a cure for the system's woes," he said.

"Last year, the Government spent a record amount on health but it did little to deliver comprehensive reform."

AMA Queensland's Budget Submission recommends:

- More funding for the Office of the Health Ombudsman.
- More funding for palliative care services.
- Establishing the Queensland Medical Education and Training Institute (QMETI).

To view the full Budget Submission [click here](#).

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# MEDIA RELEASE



## **AMA Queensland**

*AMA Queensland is the state's peak medical body which exists to advance the professional interests of doctors and the health of the community. It is an independent organisation representing more than 6,000 doctors – from residents and registrars to public and private specialists and general practitioners.*