



Proudly supported by the Queensland Health



WELLBEING AT WORK

EQUIPPING YOUNG DOCTORS WITH
SKILLS TO THRIVE IN MEDICINE



PROGRAM FORMAT AND DELIVERY MODE

The *Wellbeing at Work* program is delivered face-to-face over a total of three hours in a two-part workshop series. On request there were some groups who have had a customisable one off 3-hour session instead of the two-part workshop. Topics include:

- ▶ Strategies for personal empowerment;
- ▶ Developing mindful communication techniques for more effective engagement with others;
- ▶ Skills for managing challenging scenarios in the workplace;
- ▶ An evidence based introduction to Mindfulness and how it can improve well-being in the workplace;
- ▶ Strategies for dealing with Burnout and Compassion Fatigue; and
- ▶ Practical tips on getting help.

Fully funded by Queensland Health, AMA Queensland will deliver the *Wellbeing at Work* program to all medical interns from 2020 - 2021. For all *Wellbeing at Work* enquires, contact the Business Support Services Team at AMA Queensland on (07) 3872 2222 or email wellbeing@amaq.com.au.

Hospital course dates for *Wellbeing at Work* will be allocated on a first come-first served basis.

PROGRAM BACKGROUND

The 2013 *BeyondBlue*¹ National Mental Health Survey of Doctors and Medical Students, which revealed substantially higher rates of psychological distress and suicidal thoughts amongst medical practitioners than the Australian population, led to the creation of a wellbeing program that has positively impacted the lives of more than 2,000 young doctors in Queensland.

Developed in 2015 by AMA Queensland's *Council of Doctors in Training* in collaboration with psychiatrist Dr Ira van der Steenstraten, the *Wellbeing at Work* program (formerly *Resilience on the Run*) provides young doctors with the strength and coping skills to help them survive and thrive in medicine. A total of 2,224 interns have since completed the program with the overwhelming majority of survey respondents (85 per cent) rating it as good or excellent.

It was October 2015 when a *Resilience on the Run* pilot was first delivered to 20 interns at Rockhampton Base Hospital. Shortly afterwards, the program was provided to 270 young doctors at a range of hospitals in the Metro South Hospital and Health Service.

Resilience on the Run was so successful that the State Government funded AMA Queensland to further expand the program to all medical interns in public hospitals from 2017-2019. Further funding has been allocated to the program in 2020-2021, and the name has now changed to *Wellbeing at Work*.

Presented by psychiatrist and wellbeing expert Dr Ira van der Steenstraten, the *Wellbeing at Work* program focuses on developing techniques for resilience and mindfulness, managing interpersonal relationships, navigating difficult scenarios and asking for help. The delivery of *Wellbeing at Work* 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 a high level of wellbeing can enhance a person's leadership and improve their engagement with peers and other professionals, ultimately enhancing the quality of patient care.

IN THE MEDIA

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

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

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

www.ncbi.nlm.nih.gov/pubmed/30989773

www.mja.com.au/system/files/issues/208_11/10.5694_mja18.1806C2.pdf

www.mackay.health.qld.gov.au/health-chat-community-newsletter/

www.jimboombatimes.com.au/story/3958106/program-tackles-job-stress/

<https://twitter.com/beyondblue/status/646849509977292801>

¹ beyondblue, National Mental Health Survey of Doctors and Medical Students. Melbourne, Victoria: beyondblue; Oct 2013. Available at: www.beyondblue.org.au/docs/default-source/research-project-files/bl1132-report---nmhdms-full-report_web/