

JMO FORUM NSW:

FORUM 3 2021 HIGHLIGHTS

*Sharing innovations.
Empowering careers.*



HEALTH
EDUCATION
& TRAINING

CHAIR'S WELCOME DR. TAMBLYN DEVOY

The third JMO Forum for 2021 was held on Friday the 3rd of September. Whilst having a smooth start to the year, the current impact of the COVID-19 outbreak in NSW, coupled with the concurrent recruitment season, has challenged our workforce including wellbeing, teaching and education of JMOs.



Despite these challenges, it is reassuring to see that we have come together to show acts of kindness in our workplaces and have been incredibly flexible to meet the demands of the healthcare system.

At this Forum, we welcomed Dr. Kathryn Hutt, Medical Director of the Doctors' Health Advisory Services (DHAS) NSW and ACT. The DHAS provides a help line service for medical practitioners and students who are facing difficulties in their day and need someone to talk to. It was insightful to hear from Dr. Hutt the range of concerns and triggering events for some people. The surprising thing was that difficulties are not always about a workplace or medical issue: sometimes it was about not having the groceries delivered or the car breaking down triggering the breaking point. It is important, now more than ever to keep an eye on your peers and be kind to yourself and one another.

The Australian and New Zealand Prevocational Medical Education Forum will be held virtually from New Zealand on 18 and 19 October. I am very pleased that abstracts for three of our NSW JMO Forum projects have been accepted into the Forum program. Congratulations to those who will have their projects presented and the hard work put in by all members of the Forum.

Dr. Simone Van Es kindly returned to the Forum and provided many tips and tricks to gain the reader's attention with bold titles and graphical abstracts.

Finally, I wanted to acknowledge Dr. James Edwards who has been the Chair of the Prevocational Training Council (PvTC) for the past 8 years. Dr. Edwards has stepped down from the role as Chair. I sincerely thank Dr. Edwards for the support of the NSW JMO Forum and guidance provided to myself and many other prevocational trainees over the years. We wish you all the best with the future. Stepping into the role is Associate Professor John Vassiliadis who is no stranger to the PvTC and brings a wealth of experience and knowledge to the NSW JMO Forum and the PvTC.

T. Devoy



EXECUTIVE CORNER

DR. AMNA SAADI

EXECUTIVE, JMO WELFARE PORTFOLIO



As the year progresses, the JMO Welfare project is well-underway. I want to thank my team and more broadly, I would like to thank all the amazing Forum Representatives for the work they are doing in their hospitals to improve and bolster JMO Welfare as we face COVID.

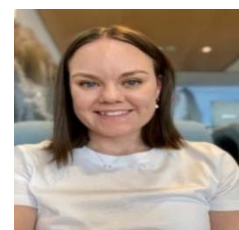
Phase 1 of the JMO Welfare project has been completed. This consisted of a Survey targeted at JMOs across the State evaluating their understanding and use of two key NSW Health JMO Wellbeing Programs (the JMO Helpline and the Delivering Under Pressure Course). We have surveyed over 80 JMOs from multiple LHDs and have shown that these initiatives are not reaching a vast proportion of JMOs that could be using them to support their Welfare.

In the second phase of our project, we are excited to implement our Mystery Shopper program to trial the Delivering Under Pressure course. This could not have come at a more opportune time as many JMOs in NSW face the worst of the COVID pandemic. We hope to be able to evaluate this valuable resource and provide feedback to NSW Health on ways to improve the implementation and marketing of these programs to JMOs whilst also giving many JMOs the opportunity to use the Delivering Under Pressure course to improve their life.

The Welfare team are really looking forward to presenting our findings at ANZPMEF in October.

DR. LISA MORGAN

EXECUTIVE, PREVOCATIONAL ACCREDITATION PORTFOLIO



September saw us gather virtually for the third JMO Forum of 2021. Although we were separated by distance and screens, the JMO Forum was still as always, a great opportunity for junior doctors across the state to share their successes, challenges, and progress from the past few months. The impact of the current COVID-19 pandemic was a common theme throughout the Forum, and it was particularly insightful hearing from our colleagues working in the hardest hit areas of the state.

In the News from the Networks, we discussed several issues directly related to the pandemic response, including geographical rostering, redistribution of junior staff to private hospitals and changes to the format of JMO education and social activities.

It was also very promising to hear about the progress on the JMO Forum Projects, with the HETI Unified Education Series, JMO Welfare Initiatives and Continuity of Care Projects being presented at the upcoming ANZPMEF in October.



As always, the Prevocational Accreditation Committee (PAC) continues to meet monthly to review hospital accreditation survey results and discuss issues relating to the education and training of prevocational doctors across NSW. It has been incredibly rewarding to be part of this Committee this year and I look forward to contributing further over the coming months.

DR. VINAY MURTHY

EXECUTIVE, JMO EDUCATION & TRAINING PORTFOLIO



As the year progresses the Education & Training project team have been hard at work on our two projects which are well underway and heading towards the analysis stage.

The Emergency Medicine Education project is currently being circulated amongst junior doctors across the state. It seeks to identify the amount of emergency medicine education that is provided to junior doctors and their attitudes to the format, content, and delivery of these sessions. The Junior Doctor Term Orientation project is also progressing well, with a solid response to the survey, and this will help us to optimise an aspect of prevocational training that is a critical part of the prevocational accreditation standards. This survey sought to understand the successes and failures of the term orientation process which will be used to form part of a set of recommendations and guidelines for supervisors and junior doctors.

Both projects will progress into their second stage in the coming weeks when surveys targeted at senior clinicians will be disseminated. This will provide an invaluable insight into how the processes of emergency medicine education and term orientations are undertaken which will be key to forming holistic and realistic recommendations.

I am proud to say that the Education & Training Team will be presenting the findings of the first phase of the Junior Doctor Term Orientation project at the Australian and New Zealand Prevocational Medical Education Forum in October!

DR. MATTHEW BOJANIC

EXECUTIVE, JMO WORKFORCE PORTFOLIO



The current outbreak of COVID-19 within NSW has created numerous challenges at all levels throughout our health system and voiced at the Forum by representatives from almost every single training network.



Whilst it was pleasing to hear that Local Health Districts across NSW were striving to support their junior doctors and were committed to working with JMOs in planning any changes to staffing, all acknowledged that there would be significant changes moving forward. Changes such as gradual movement across health districts to ward based rostering, which we've seen in numerous metropolitan hospitals to meet staffing shortfalls and reduced potential exposure risk to the virus. Whilst these new systems may be different to those in which we're used to working, and will likely have some teething issues, it is important to understand the necessity behind their implementation. In the end, we all serve the community, and preserving our ability to render that service is paramount.

The importance of ongoing flexibility has also been recognised by AHPRA, who have modified requirements for full registration to ensure that those with provisional registration will not become ineligible due to changes to their rotations stemming from the outbreak. With rotational requirements now waived for those redeployed due to the pandemic, we can rest easy with the thought that we can progress to the next stage of our careers with no disadvantage.

It is, however, important to recognise that these chaotic times should not mean that wellbeing, and pre-vocational training, should be sacrificed. The wellbeing of junior doctors is more important than ever, especially with the increased pressure we face on a day-to-day basis. It is fantastic to see a number of new wellbeing projects being launched by various Resident Medical Officers' Associations, which are being actively supported by their respective hospital executives. HETI also remains committed to providing ongoing online training to supplement local teaching which has suffered due to the need to social distance. Whilst this is a good start, it's fundamental that hospitals develop plans to work alongside junior doctors to manage burn-out and ensure annual leave and ADO entitlements are honoured. And as always, if anyone experiences any medical workforce related issues, feel free to contact me at Matthew.Bojanic@health.nsw.gov.au

FORUM HIGHLIGHTS

WELLBEING CARE PACKAGES

DR. EKA COX (RMO NETWORK 5 REPRESENTATIVE- ROYAL NORTH SHORE HOSPITAL)

Through the toughest of times, we are so thankful for the comradery and support that our colleagues have given one another.

At RNSH, our RMOA's Wellbeing Committee have gone above and beyond to create COVID-safe initiatives to show appreciation and boost the morale of our trainees especially during geographical ward-based rostering.

One of the most well-received initiatives have been the "Wellbeing Pack" drop offs to individual wards. These packs have been organised and constructed voluntarily by members of our Wellbeing committee - a labour intensive and selfless task. Wellbeing packs include food, snacks, tea, fruit as well as a handwritten note from the team with words of encouragement.

These Wellbeing packs are collated every 3-4 weeks and are dropped off to 20+ wards by committee members of the RMOA.

Further to this, through the Wellbeing team as well as the Mess, Sports & Sponsorship teams, RMOA have also facilitated other initiatives including regular restocking the common room fridge with ready-to-eat meals (Soulara, My Muscle Chef), online exercise classes (yoga, F45) and coffee vouchers.

Our thoughts are with our colleagues across the state, especially those in Western Sydney. Remember that you are not alone and that we are in this together! We are always looking for new ideas to bring forward and improve our wellbeing culture and so please feel free to reach out with any feedback or suggestions.



CENTRAL COAST LOCAL HEALTH DISTRICT (CCLHD) WOMEN IN HEALTH INITIATIVE

DR. LUCA BORRUSO (PGY1) & DR. SIE-HOON LAH (PGY2)
JMO REPRESENTATIVES, NETWORK 7 - GOSFORD HOSPITAL

The CCRMOA Women in Health initiative was formed to provide an opportunity for medical and allied health professionals from all levels with a particular interest in women's health issues, to get together for teaching, information sharing and fundraising.

Our inaugural event raised funds for the Barbara May Foundation (BMF), represented on the night by guest speaker and Central Coast obstetrician and gynaecologist Dr Andrew Browning (AM). Dr Browning spoke about his experiences in providing preventative and emergency women's health services across Tanzania, Ethiopia and South Sudan, providing life-changing treatment for women who have been ostracised by their communities due to the injuries they sustain during prolonged obstructed labour.

The event raised almost \$4000 from raffle prizes and silent auction donations from local Central Coast female-led businesses.



The aim of our initiative is to support women working across medicine, nursing and allied health as working professionals, as well as help women in our community as patients. Following the inaugural fundraiser, WIH ran several mentorship sessions for junior doctors by female consultants across medicine, critical care, and GP specialties. The mentorship sessions focused on casual hospital sexism, developing confidence, imposter syndrome, training pathways, medical motherhood, and everything in between.

The group has also established a book club, focusing on interesting and topical fiction and non-fiction books with a strong emphasis on female authors and the female experience.

The latest initiative aims to fundraise a little closer to home and acknowledge that while extended lockdowns are hard for everyone, for some women and children in our community it is much worse. We have teamed up with Coast Shelter for 'Life Support' which is a NSW lockdown campaign to create and donate care packages for women who have arrived at emergency accommodation after leaving an unsafe environment.

The idea behind the care packages is to provide women with some basic comfort and dignity through this difficult and often chaotic time of their lives.

The Women in Health initiative is founded on the belief that women's wellbeing is not just about physical health, but also about having a strong sense of community and belonging and building strong relationships with other women.

CCRMOA Women in Health contacts:

Dr Alissa Barton - Alissa.Barton@health.nsw.gov.au

Dr Lucy Zhang - Lucy.Zhang@health.nsw.gov.au

JMO FORUM 4: 19 NOVEMBER 2021

If you would like to reach out to the NSW JMO Forum, a full list of representatives can be found on the HETI website at: <https://www.heti.nsw.gov.au/education-and-training/courses-and-programs/prevocational-education/jmo-forum>



Alternatively, you can contact us at: HETI-JMOFORUM@health.nsw.gov.au

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NSW Helpline 02 9437 6552 (7days)
www.dhas.org.au

The DHAS acknowledges the Medical Board of Australia's funding contribution.

