

Doctors Caring for Colleagues Workshop – Program

Saturday 23 Sept 2023

Commences 10.00am AEST time, concludes 2.00pm AEST

Options for Pre-Workshop Preparation

We encourage you to complete the module “Doctors for Doctors training” before or after this workshop – this is the link to the workshop - <https://training.dr4drs.com.au/login/index.php> (if you have already completed before no need to do again)

Prior to the session ‘Suicidal doctor’ we encourage you to view a session from the Australasian Doctors’ Health Conference “Confronting the ‘truth’ about suicide and challenging the myths” presented by Psychiatrist, Dr Rachel Gibbons, <https://vimeo.com/manage/videos/844482541>

The recent **Australasian Doctors’ Health Conference 2022**, encapsulated significant wisdom and expertise regarding doctors’ and medical students’ health and wellbeing – those sessions can be viewed on the Doctors’ Health Alliance website here - <https://doctorshealthalliance.org.au/conference-resources>

Time AEST time	Topic	Timing	Who
10.00am	Welcome - Acknowledgement of Country Outline of the day	5mins	Dr Roger Sexton AM , Medical Director, Doctors’ Health SA
10.05am	Self-Care – the sustainable doctor	25mins	Dr Roger Sexton AM , Medical Director, Doctors’ Health SA
10.30am	Being the doctor’s GP – a strategic framework for care “Healthier doctors, Healthier community”	30mins (inc. Q&A)	Dr Helen Wilcox , Medical Director, Doctors Health Advisory Service WA
11.00am	Mandatory Reporting and Medicolegal matters <i>Presentation video 15mins and 15mins live questions</i>	30min (inc. Q&A)	Tracy Pickett & Georgie Haysom AVANT
11.30am	Rural doctors’ health – barriers and impact of workplaces - Includes Case Study video	30mins	Dr Roger Sexton AM , Medical Director, Doctors’ Health SA
12.00pm	<i>Regroup</i>	5mins	<i>Outline of next part of the day</i>
12.05pm	BREAK for LUNCH	30mins	**Hubs are offering refreshments for face to face participants**
12.35pm	<i>Regroup</i>	5mins	
12.40pm	Understanding moral injury / burnout / PTSD – does it matter?	30mins (inc. Q&A)	Dr Margaret Kay AM , General Practitioner and Senior Lecturer, Faculty of Medicine, UQ & Dr Kathryn Hutt , Medical Director, Doctors’ Health NSW
1.10pm	Suicidal doctor – managing the call Recognition / Risk assessment / Management	30mins (inc. Q&A)	Dr Patrick Johnson , Psychiatrist, Medical Director, Victorian Doctors Health Program
1.40pm	Summary of key learning <i>with Q & A session with Medical Directors of doctors’ health services</i>	20mins	Q&A Panel discussion
2.00pm	Final Comments - Evaluation - Close – Concludes national online component (local hubs continue)	5mins	Dr Roger Sexton AM , in role as Chair, Doctors’ Health Alliance

LOCAL NETWORKING/CONTENT AT THE FACE-TO-FACE HUBS **If you are attending a local hub, you will meet members of the local doctors’ health service, discuss local issues and find out how you can be involved with the doctors’ health program. *Each hub will run for different lengths of time, it is not compulsory to stay on.*

A **Certification of Completion will be provided to all participants who attend the National workshop.

*****CPD** - We encourage you to record your own CPD for this Forum in your CPD home - 1 hour of Education Activities and 3 hours of Reviewing Performance activities for this workshop. If you also complete the 2 hr online modules, then you can also claim these as additional CPD time.