



# Doctors' Health and Wellbeing Curriculum

## High Level Summary of Core Content

1. Understanding doctors' health: Individual, systemic, and cultural determinants
2. Professional identity and medical culture: Norms, values, and wellbeing impacts
3. Workplace risks and impacts: Bullying, harassment, racism, fatigue, and safe hours
4. Self-care, boundaries and help-seeking: Practical strategies, pathways to care, and how to be a patient
5. Caring for colleagues: Dual roles, confidentiality, and treating colleagues safely
6. When things go wrong: Adverse events, error, second victim experiences, and recovery
7. Complaints, regulation and medico-legal stress: Navigating processes and staying well
8. Peer support and responding to colleagues: Building connection, trust, and early intervention
9. Environmental and workforce wellbeing: Broader system pressures and sustainability
10. Leadership and organisational wellbeing: Culture, systems, and sustainable change
11. Research and evaluation in doctors' health: Using evidence to guide practice and measure impact
12. Career transitions and sustainability: Across training, practice, and retirement
13. When a doctor dies: Suicide awareness, prevention, and postvention including organisational response
14. Contextual focus areas: IMGs, rural medicine, medical students, doctors-in-training, and First Nations doctors, Australian Defence Force doctors, Being a supervisor.