

RESILIENCE ON THE RUN PILOT PROGRAM

AMA Queensland are piloting a Resilience on the Run well-being program for 2015 Interns at Rockhampton Hospital. The program has been fully funded by the AMA Queensland Foundation, and seeks to address the findings raised in the recent beyondblue report into depression in the medical profession.

This program consists of four workshops commencing on 21 August 2015 and will cover:

- Managing difficult interpersonal relationships (patients, colleagues, and patient families)
- Managing difficult scenarios on the job
- Resilience and mindfulness
- Practical steps in how to ask for help/seek assistance

The program will be measured with validated, widely accepted assessment tools in order to establish if the program has made a significant improvement to the well-being of participating interns. Measurements will be taken before the program commences, at the conclusion of the program, and three months post course completion and will include the intervention site (Rockhampton Hospital intern group) and a control site (Cairns Hospital intern group). Discussions are also underway with the University of Queensland Medical School with respect to support of the research and statistical component of the project.

Upon completion of a successful pilot and submission of the findings to the *Medical Journal of Australia* we are hoping to secure further funding (from a range of sources) to



make the program more widely available to Hospitals from 2016 and beyond.

The AMA Queensland Foundation and AMA Queensland extend our thanks and appreciation to the *Resilience on the Run* working group including Drs Malcolm Forbes, Lisa Byrom, Margaret Kay, Ira van der Steenstraten and Alex Markwell. **Q**

DOCTORS DOING GOOD



Dr Steve Hambleton

AMA Queensland Foundation President

The AMA Queensland Foundation is about supporting you and your medical colleagues who are filling in the gaps, delivering and championing vital services and projects outside of those catered for by the public health system for Queenslanders in need.

Established in 2000 by a group of like-minded doctors, the Foundation is your way of making a real and tangible difference in the lives of those suffering at the hands of a failing health system - beyond what you can achieve in your day-to-day work. Your donations provide an alternative means for financing essential services for people in need, medical research, and education.

Government funding for equipment and services is limited and insufficient. More often than you realise, those with genuine needs

and causes that don't fit into the neat boxes of other health-specific charities continue to suffer or go without vital equipment and medical treatment.

The medical community must band together, not only to support the work of the Foundation but to advocate on behalf of those who need our support. We need a far wider commitment by doctors - as well as those in the community touched by the good work of medical practitioners - to 'do good'.

"It's time to step up to the mark, colleagues, and pronounce that we are doctors doing good and that we invite colleagues and patients who are passionate about helping others to know of our work." - Dr Steve Hambleton, AMA Queensland Foundation President **Q**



DO YOU KNOW OF A PROJECT WHICH NEEDS FINANCIAL ASSISTANCE?
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