

DOCTORS DOING GOOD IN 2015 - WHAT YOU HAVE HELPED US ACHIEVE

2015 has been a year of consolidation for the Foundation and the Board has been busy planning the Foundation's direction for 2016 and beyond. We look forward to keeping you updated on our future programs and activities next year. Thanks to our wonderful donors, the Foundation has been able to impact the lives of many this year.

Some of our recent achievements include the mental health program *Resilience on the Run*, launched in August this year at Rockhampton Hospital. The program has been fully funded by the Foundation and aims to improve awareness of workplace stress and pressures for doctors in training. It also aims to provide practical strategies and support to reduce burnout and psychological distress. Results 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 the participants. A post-program analysis will be conducted with submission of the findings to the *Medical Journal of Australia*.

Another project funded by the Foundation is the Medical Student Scholarship Program at James Cook University. This year the program assisted five medical students, including welcoming second year medical student Jessica Roberts to the program and celebrating Preston Cardelli's graduation at the end of this year. The scholarship is designed to provide funding to disadvantaged students wishing to undertake medical training but who are unable to do so due to financial hardship.

Fourth year medical student and scholarship recipient Stuart Woods has been working

hard combining many extra-curricular activities with his medical studies. He recently undertook a three-week elective placement in the small town of Young in New South Wales. Here Stuart was able to shadow rural GP Dr Judith Nallbird as well as a series of visiting specialists. When asked about this experience Stuart replied,

"For the first time I felt like I got to experience what it's actually like to be a rural doctor and not just a transient medical student. As it was my second visit, I was fortunate enough to revisit some of the patients I had seen a year earlier. Seeing some of these characters again was undoubtedly one of my favourite elements of the entire placement and was really gratifying when some of them remembered me. Not only did this allow me to catch up with them and see how their lives have changed, but it also gave me the opportunity to observe their disease progression and see how some of the original treatments implemented last year did or didn't work."

"It reminded me that when you do work as a rural GP, you become part of people's lives, families, and routines and they have immense trust in you. It really brought it home why I applied for medicine in the first place as well as portraying the major benefits of going rural."

Stuart is grateful for the generosity of donors who have helped with the many expenses of medical school. He strongly encourages any medical students to consider doing their placements in rural areas saying, "I have certainly learnt more from my experiences out there than in any lecture theatre."

Louis Jenkins is a third year medical student at James Cook University and has been really enjoying his studies to date. Louis recently spoke about what the scholarship means to him:

"Year three is the last of my pre-clinical years and everything that I've been taught in the JCU course is all starting to come together! It has only motivated me more to get the most out of the medical course!"

The scholarship has proven to be invaluable over the past year. Being able to purchase stationery and medical equipment, cover

my rent and other bills, and even organising trips back to Sydney to see my family every now and then have all been made possible because of this bursary! I cannot thank all the people who make it possible, enough."

The Foundation wishes all scholarship recipients the best with their future studies. We would also like to thank our generous donors, our major corporate partners: William Buck, TressCox Lawyers, MDA National, and the Queensland Visiting Medical Officers Committee. It is only through your valuable support that we can continue the work of the Foundation and fulfil our charter of doctors doing good.

We wish all our supporters a very Merry Christmas and a Happy New Year. We look forward to your support in this year's Christmas Appeal which is to raise funds for the treatment and management of hearing health in Aboriginal and Torres Strait Islander children. For more information on the Foundation's work, please visit www.amafoundation.com.au. **Q**

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A LIFETIME OF CARING



A gift in your Will (bequest) can ensure we are there to lend a hand and potentially help us overcome the most challenging medical problems of tomorrow.

For more information on making a bequest to the AMA Queensland Foundation please visit www.amafoundation.com.au or contact the Foundation Office on **(07)3872 2204**.

GIVE A CHILD THE GIFT OF SOUND THIS CHRISTMAS

Allunga was a six year old who was struggling at school because he couldn't hear properly. He felt left out and the other children would tease him saying, "Don't worry he can't hear properly, he's deaf".

Unfortunately, for many children like Allunga here in Australia, this is how they live – held back from school and childhood experiences because they can't access proper health care when needed. Imagine having a child with hearing difficulties which undoubtedly have a lifelong negative impact unless treated, yet not having the financial means to do so. Sadly, some parents have to choose between putting food on the table or paying for treatment due to long waitlists for this much needed surgery.

AMA Queensland Foundation is committed to breaking down the barriers to healthcare for children by funding a vital project that will help improve the health of Indigenous Queenslanders in rural and remote areas. Working in conjunction with the North Coast Aboriginal Corporation for Community Health and CheckUP Australia, the AMA Queensland Foundation will fund procedures for 20 children. The project aims to significantly improve access to ENT surgical services for

Aboriginal and Torres Strait Islander children for the treatment and management of hearing health.

Together we can make a difference. This Christmas season - the time for giving, please give generously to the AMA Queensland Foundation's Christmas Appeal.

Please keep an eye out for your chance to help when our letter or email arrives. Alternatively, donate online today via the Foundation website or fill in the slip below and return to the Foundation Office. **Q**



DOCTORS DOING GOOD

Do you have a project which needs financial assistance?

Contact Fran Hawkes, Foundation Coordinator:

Phone: (07) 3872 2204

Email: f.hawkes@amaq.com.au

Website: www.amaqfoundation.com.au



I want to give the gift of sound with my tax-deductible donation



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I/ we would like more information about leaving a bequest to the AMA Queensland Foundation.

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