



REDUCE, REUSE, RECYCLE.....

STARTING THE TEHS HOSPITAL DR HEALTH AND WELLBEING INTEREST GROUP

Dr Chris Watson, Director Addiction Medicine

Jean Murphy, Medical Education Officer

Top End Health Service, Northern Territory

Developing a workplace mental health strategy

A how-to guide for health services



Heads ûp
Better mental health in the workplace



Step 1. Gain leadership support



Step 2. Analyse your situation



Step 3. Establish your action plan



Step 4. Monitor, review and improve

DOCTORS HEALTH NT PROGRAM

The screenshot shows a web browser window with the URL <https://doctorshealthnt.com.au/>. The website header features the logo on the left and navigation links on the right: "Confidential Urgent Support 24/7", "08 8366 0250", and "Login". Below these are menu items: "About", "Find a GP", "Telemedicine", "Hospital Doctors Wellbeing", "Education & Training", "News", and "Resources".

The main content area has a large heading: "Caring for the wellbeing of our doctors". Below this are three service cards:

- Card 1:** Image of a doctor on a phone. Text: "Find a community based GP in our network".
- Card 2:** Image of a stethoscope on a desk. Text: "Book your telemedicine initial consult appointment".
- Card 3:** Image of a person on a phone. Text: "Are you needing urgent confidential phone advice 24/7?".

The Windows taskbar at the bottom shows the search bar, task view, and various application icons. The system tray on the right indicates the language is set to "ENG US" and the date is "3/31/2019".

MEDICAL EDUCATION (HEALTH AND WELLBEING) OFFICER

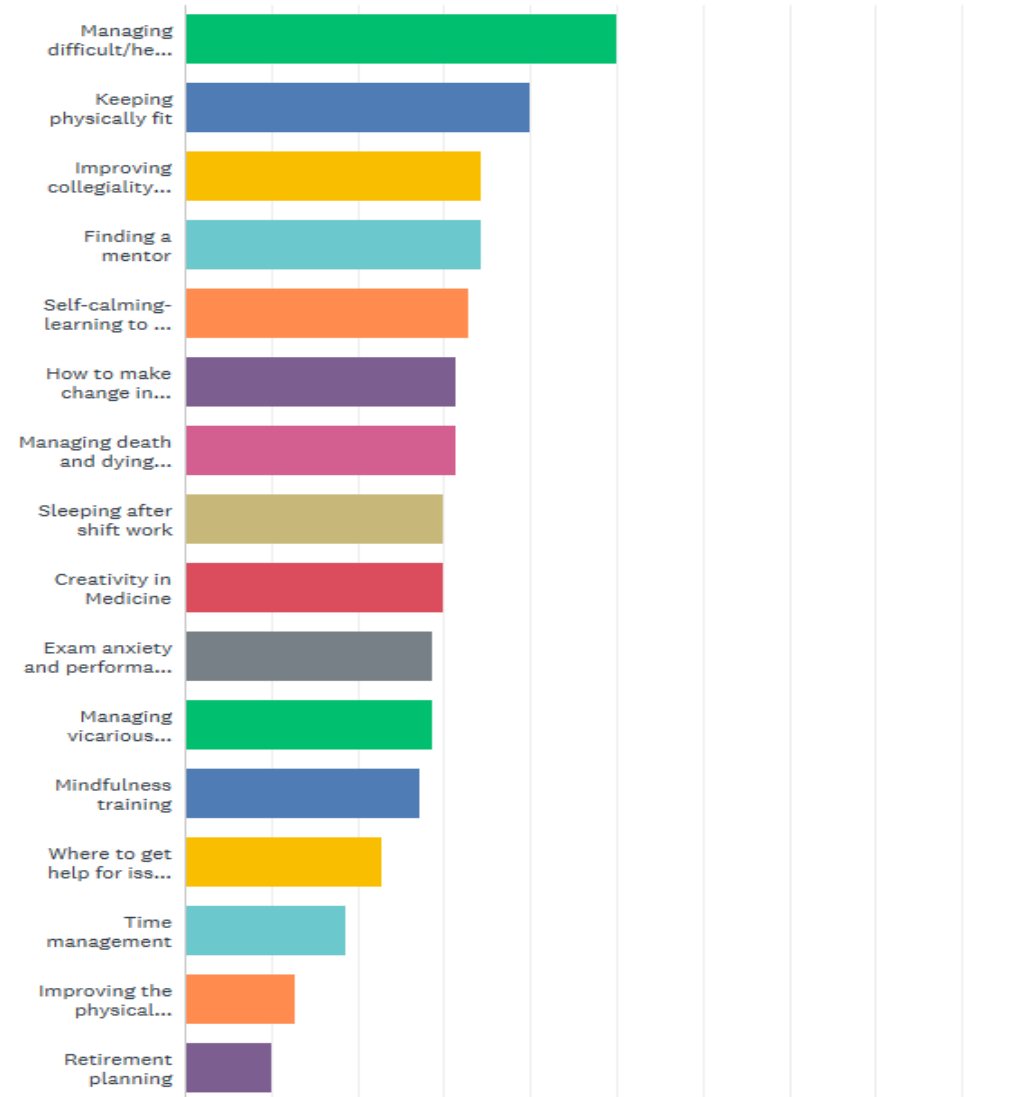
Primary Objective: Provide postgraduate medical education services to staff of Royal Darwin Hospital (RDH) and Top End Health Services (TEHS) with the objective of enhancing the education, training and assessment of prevocational medical officers and promoting an environment conducive to junior doctor learning.

Key Duties and Responsibilities:

1. Under the guidance of the Director of Clinical Training (DCT), develop, deliver, implement and facilitate education, training and assessment programs to junior medical staff within RDH and TEHS.
2. Develop policy and procedures for educational and organisational initiatives and support structures for junior doctors' training.
3. Ensure educational, training, assessment and support structures, including induction and orientation courses, for junior medical officers are appropriate for all medical graduates including international medical graduates
4. Be responsible for the collection of data, reporting, survey preparation and implementing survey recommendations to meet national pre-vocational medical education accreditation.
5. Analyse, evaluate, develop, implement and recommend improvements to educational and training programs for junior medical officers through assessments, critiques, interviews and surveys via sound quality improvement systems.
6. Provide high level support as the secretariat of the medical education governance groups to drive strategic agendas.
7. Provide sensitive, confidential and empathetic pastoral care for all medical officers as required ensuring support for their health and well-being.
8. Foster a positive workplace culture through exemplary leadership practices and role modelling behaviour.

What topic would you be interested in hearing more about to improve your physical and mental health?

Answered: 70 Skipped: 0



Seminar 3: Understanding your Therapeutic style

Co-dependent, saviour, altruistic, martyr

- I need to be loved and needed -



Perfectionist, anxious, controller

- I need to be perfect to keep things in control -



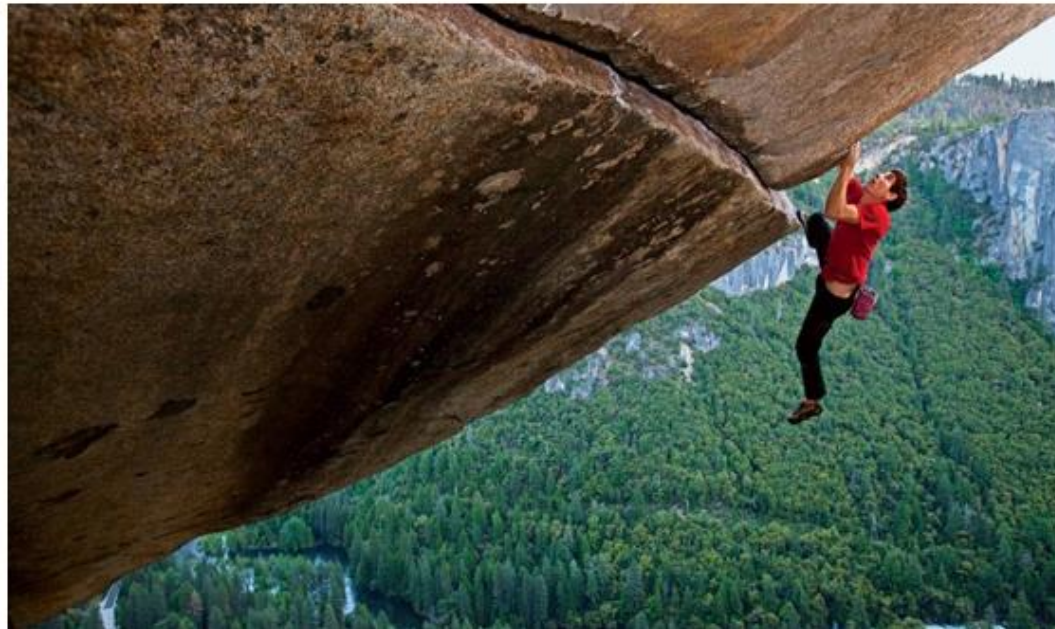
Narcissist, bully, arrogant, "god complex"

- I need to be respected and admired -



PART A:
DIFFICULT CONSULTS

PART B: KEEPING CALM





WHY REDUCE, REUSE, RECYCLE

REDUCE

- EXPECTATIONS - YOUR MEMBERSHIP

REUSE

- ROLES – MEDICAL EDUCATION OFFICER
- RESOURCES – DOCTORS HEALTH SA/NT
- AOD SEMINARS

RECYCLE

- CLINICIAN EXPERTISE
- TEACHING SESSIONS

