MEDIA RELEASE

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Doctors' health at the forefront

Queensland doctors go above and beyond to help patients, but now they are being encouraged to help themselves.

AMA Queensland today launched the pilot of its *Resilience on the Run* program at Rockhampton Hospital aimed at providing young medicos with the resilience and coping skills needed to survive and thrive in the rewarding, but challenging, field of medicine.

Dr Malcolm Forbes, Chair of AMA Queensland's Council of Doctors in Training, said supporting the resilience and wellbeing of young doctors is crucial to the evolution of their medical careers.

"The transition from university to workplace, with an increase in professional responsibilities, is inherently challenging. The reality of being personally responsible for the lives of patients can induce stress and burnout. Building the resilience of interns will allow them to cope with the stress of internship, resulting in healthier doctors and healthier patients."

The program, presented by renowned psychiatrist and resilience expert Dr Ira van der Steenstraten, will focus resilience and mindfulness, managing interpersonal relationships, navigating difficult scenarios on the job and practical steps for asking for help.

Dr Forbes said the program was developed following an alarming *beyondblue* report into the mental health and wellbeing of junior doctors.[1]

"The mental health of medical professionals has been in the spotlight recently, following research finding high rates of anxiety and burnout in junior doctors. I applaud the enthusiasm of Rockhampton Hospital in piloting this program to address this important issue."

"It's imperative that doctors care for other doctors. This program, supported by AMA Queensland, demonstrates the care and collegiality that the profession needs."

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[1] https://www.beyondblue.org.au/docs/default-source/research-project-files/bl1132-report---nmhdmss-full-report_web