



The Royal Australian  
and New Zealand  
College of  
Obstetricians  
and Gynaecologists

CPD |   
 Formulations

### Agenda – Doctor’s health and wellbeing workshop

Regional Scientific meeting – Pre meeting workshop, Albury, NSW

Thursday 6 April 2017

Time	Topic	Speaker
9.00am	Welcome and Introduction/orientation to day	Dr Helen Schultz
9.15am	Keynote presentation:  Doctor's health and mental ill-health from the coal face. Presentation of a psychological autopsy from a psychiatrist's viewpoint.	Dr Helen Schultz
10.15am	Keynote presentation:  Global and local trends in Doctor's mental ill-health in the medical profession. What works and what doesn't	Dr Mukesh Haikerwal, AO
10.50pm	A legal perspective on the impacts of mandatory reporting and complaints on doctor wellbeing. Strategies to manage difficult times	Ms Mayada Dib

<b>11.15am</b>	Morning Tea	
<b>11.30am</b>	Crucial conversations: The heart of the matter. Effective and ineffective communication to deliver better outcomes.	Mr Glen Hancox, Director, ACTReal.
<b>12.00pm</b>	Module 1: Role play and discussion. Doctors as patients and impediments to help seeking.	Dr Helen Schultz and Mr Glen Hancox
<b>1.00pm</b>	Lunch	
<b>1.45pm</b>	Reflection and review of morning	Dr Helen Schultz
<b>2.00pm</b>	Module 2: Crucial conversations. Breaking bad news and the era of mandatory reporting.	Dr Helen Schultz and Mr Glen Hancox
<b>3.30pm</b>	Afternoon tea and move to breakout groups	
<b>3.45pm</b>	Breakout groups. Real life barriers and opportunities for helping doctors.	Facilitated by Dr Helen Schultz and Mr Glen Hancox
<b>4.30pm</b>	Regroup and debrief.	Facilitated by Dr Helen Schultz and Mr Glen Hancox
<b>5.00pm</b>	Next steps. Identifying which supports work and what else needs to be done.	Facilitated by Dr Helen Schultz and Mr Glen Hancox
<b>5.30pm</b>	Close	Dr Helen Schultz