



## **NEW ZEALAND RESIDENT DOCTORS' ASSOCIATION**

### **MEDIA RELEASE**

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#### **NZRDA Conference to Promote Good Health and Wellbeing for Doctors**

The New Zealand Resident Doctors' Association is pleased to announce that the NZRDA Conference on Health & Wellbeing will be held next week at the SkyCity Auckland Convention Centre on 8-9 November. The conference agenda is available [here](#).

The aim of this conference is to advance and promote good health and wellbeing for Resident Doctors across New Zealand, a very important and timely issue. As discussed in the recent NZ Herald article "Burnout leaving hospital doctors unable to care, putting patients at risk", the risk of burnout and fatigue is a very real one for resident doctors and is putting their health and wellbeing – as well as the health of their patients – in jeopardy.

This conference will bring together experts on all matters related to health and wellbeing for doctors and will have a practical focus, including workshops during which conference attendees will acquire and develop their skills in this area. Key topics will include stress management and preventing burnout, the application of mindfulness techniques, and psychological first aid.

The Hon Dr David Clark, Minister of Health, will open the conference. Other speakers include sleep specialist Dr Tony Fernando, Dr Karyn O'Keeffe of the Sleep-Wake Research Centre, and Dr Peter Lim of the Royal Prince Alfred Hospital, Australia.

The conference will be chaired by Dr Kyle Perrin, Consultant at Wellington Hospital, and Michael Frampton, Chief People Officer at Canterbury DHB.

All RMOs, members of the medical community, district health boards, and other interested parties are invited to attend. Information on the conference schedule and registration fees are available on the NZRDA website [www.nzrda.org.nz/nzrda-health-and-wellbeing-conference-2018/](http://www.nzrda.org.nz/nzrda-health-and-wellbeing-conference-2018/)

Commenting on the conference, NZRDA Vice President Dr Kathryn Foster said, "Resident Doctors (RMOs) by and large became doctors to help those in need, to sit with and work for

others on their darkest days, and to try to make those dark days better. We value the privilege of caring for the health of New Zealanders, and care deeply for our patients. However, we sometimes lose sight of caring for ourselves. Long hours, shift work, loss, grief, trauma, and stress can conspire to exert a heavy physical and psychological toll on RMOs – we are doctors, yes, but we are also humans, as vulnerable to the same physiological and emotional struggles as anyone else. To have the opportunity to help RMOs effectively manage their health and wellbeing is a valuable chance to improve the health and wellbeing of us all.”

## **Contact**

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## **Resident Doctors**

Resident doctors (RMOs, or Resident Medical Officers) are registered medical practitioners, and range in experience from first-year qualified doctors to those with more than 12 years' experience. They primarily work in the public sector, where they are employed by all 20 District Health Boards. Resident doctors staff New Zealand's public hospital system, delivering 24/7 care to patients, and also utilise this time to gain specialist qualifications as surgeons, physicians, paediatricians, etc. Resident doctors are also employed in general practice as GP trainees.