



A FEW THINGS WE HAVE BEEN UP TO RECENTLY...

- 5 April : NREG (National Resident Doctor Engagement Group) Meeting;
- 6 April : Meeting at Hawkes Bay DHB to discuss improving our engagement and responsiveness to issues including safe rostering;
- 18 April : NZRDA Education Trust Meeting;
- 18 & 19 April : Ministry of Health Symposium on Health Technology;
- 20 April : Meeting with Members at Wairarapa DHB;
- 28 & 29 April : Meeting of the Australasian Medical Unions in Canberra;
- 2 & 3 May : National Executive Meeting;
- 2 May : Meeting with the MCNZ to discuss E-portfolio;
- 3 May : Meeting with Auckland DHBs to discuss NRA (Northern Regional Alliance);
- 4 & 5 May : MECA Bargaining;
- 10 May : Delegate Meeting to discuss Bargaining;
- Ongoing Meetings about Waikato DHB's Vaccination Policy;
- Submitted Feedback about the Ministry of Health's Healthy Meals Policy;
- Commented Publicly (Press Release) about the SDHB's Change in Meal Provider.

If you want to know more about any of the things the RDA does on your behalf please let us know.

Delegate Training 2016

Every year in March the RDA holds 'Delegate Training', inviting all delegates to attend and participate. Delegates provide an invaluable link between RDA members and the union office and are a helpful first point of call for you on the hospital floor. Visit the website to find out who your local representatives are. Thank you to all delegates for your continuous hard work and commitment to the role. What follows is a brief account of this year's training from one of your delegates.

"I recently attended my first ever NZRDA Delegate's Training in an unseasonably wet Tauranga, not that that got in the way of anything! I arrived not knowing anyone and feeling mildly apprehensive. However, I left having had a really great time with a revived sense of what the RDA is all about, how my role as a delegate fits into that and what I can do to help maximise the RDA presence in my particular DHB.

Together with the 40 or so other delegates I enjoyed four jam-packed days of banter-filled fun and games and a comprehensive series of very practical and interesting talks (including presentations from guest speakers) and helpful workshops on all things 'RDA'. All of this hard work was complimented by an endless supply of great food and drink which was both well-deserved and most appreciated by all!

To begin, we were met at the airport and then arrived at the lovely Trinity Wharf Hotel. We were greeted with some refreshments before getting straight down to business with a bit of an introductory session, some roleplay scenarios and discussion around future

challenges in medicine - all very interesting. The hotel put on a fabulous lunch and then we went back into it with some MECA bargaining updates. It was great to get some insight during these first few sessions into the sheer volume of work that goes on behind the 'RDA' scenes to keep things running as they should.

Most of us had endured early starts that morning so thankfully we weren't worked too hard on day one. We escaped off to Waimarino Adventure Park in the afternoon which was great fun and an excellent first day activity for breaking whatever ice may have remained following the morning session! We were split into teams with tasks to complete against the clock, some of which are probably fairly challenging to their usual schoolchild clientele, but to teams composed entirely of type-A doctors many of them were near impossible! We got completely fixated on constructing the most seaworthy barrel raft that ever existed, which we confidently managed to do, albeit to the detriment of all our other tasks... That's alright though, shortcomings were soon forgotten thanks to the thrills of being catapulted into the air on the 'blob' and mustering the multitasking abilities required to fly down a waterslide whilst in a kayak! Victories and losses alike were cheered over dinner.

The following day we got through a sizeable volume of work, with talks on topics such as the structure and function of the RDA, its future work plan including important issues like workplace bullying and other important issues like indemnity. We also had a small-group session giving individual delegates the opportunity to discuss difficulties amongst peers from similarly-sized DHBs which was very helpful. That evening we were treated to





a delectable dinner at Mills Reef Winery. A fun (and funny) prize giving ceremony took place that resulted in half the delegates being in some form of fancy dress by the time we left the restaurant - perfect attire for heading into the Tauranga township to enjoy some St Patrick's day celebrations!

Day three rounded the training out nicely with some very useful talks regarding MECA interpretation and compliance, strikes and social media, leadership and breakout sessions covering members in distress and helpful rostering advice. We closed things off with a very relaxed and enjoyable dinner at the fabulous Harbourside restaurant.

Our training concluded the following day with the NZRDA AGM where the executive and secretariat reported on the year's activities. We were then all sent on our way home. Overall, it was an incredibly useful and enjoyable few days. I think it's safe to say that everyone in attendance found the information and support hugely beneficial. Thank you to those behind the scenes at the RDA office for putting on such a good show!"

Meet your delegates: Dr Helen Saywell



Hi, I am Dr Helen Saywell, your (recently elected) National Executive Vice President. I am originally from Wellington and have spent time working at both Hutt and Wellington

hospital after taking time off to travel the world in 2014 (where I successfully managed eight countries and three continents in just two months!). Currently I am loving life in Hawkes Bay working as a Paeds Reg and I bought my first house here last year. I became a delegate in my first year as a House Officer and have been working with the RDA helping to support my colleagues ever since. I am very passionate about advocating for

RMO interests and wellbeing. We are so fortunate that here in NZ we have the support of a union that has a strong voice and consistently acts to help achieve a safe and fair workplace with access to quality training that we need in order to continue to provide world class health care.

Sunny Hawkes Bay is a fantastic place to live and the hospital has a friendly atmosphere. This year the RDA have been assisting the DHB with increasing MECA compliance, in particular to make our hours safer (which in turn results in a better work-life balance for RMOs). It has been great to see an increase in genuine commitment and engagement from senior management to work with the RDA and the RMOs going forward - working to create positive change in the workplace. If you are working at Hawkes Bay DHB do not hesitate to come and have a chat to me! I look forward to meeting and working with many of you throughout the year!

Conference leave entitlements for senior regs



If you are in your 5th year (or higher) on the registrar salary scale and have completed the first part of your vocational training examination requirements and a further 12 month service, then you are entitled to eight days additional leave (i.e. over and above your ordinary MEL entitlement) to attend appropriate conferences. The MECA (cl. 26.10) also provides that you shall receive \$6,500 towards expenses relating to that conference leave. We strongly recommend that you take advantage of this entitlement before you become an SMO! Many of you forget that these funds are available to you to attend "additional" conferences i.e. not those specifically related to training but still in your field of study. If you have any queries about this particular entitlement or if you are experiencing difficulties getting your leave request approved or related expenses reimbursed then get in touch with us.

Community based attachments

A number of you will have found yourselves in a community based attachment run (CBA), gaining more experience in community care and learning about the interaction between the community and the hospital. As time goes on and with more care moving into the 'community space' an increased number of you will be completing CBAs. At present this is done on a voluntary basis, however it will become compulsory in the future - the Council has approved a staged transition, with 10% of house officers completing a community based clinical attachment in 2015/2016 and working towards 100% compliance by November 2020.

We are actively involved in assessing the run descriptions for these attachments so if you are allocated to one and have any concerns please check with your RMO Unit in the first instance that the RDA has in fact 'signed off' on the run. Over the course of the year we will also be monitoring and assessing the new attachments as they are "worked" by making contact with everyone that completes a CBA either by phone, or by visiting your CBA site to talk to you directly. Some of the things that we are interested in include: How well supported RMOs felt in their attachment, whether you were exposed to a wide range of medical conditions treated in the community, did you receive sufficient teaching and if you stayed in accommodation provided by the practice was it of adequate quality.

We are hoping to use this information to create a framework to help future RMOs select the CBA that is right for them. In the meantime, if you have any feedback (positive or negative) please do get in touch with us.

Participants wanted for sports medicine study

Dr Peter Burt from the Dunedin school of medicine is recruiting doctors new to the area of sports medicine for his PhD study titled "Physician integrity when faced with ethically challenging situations in the sporting environment". The study will examine medical practice in the sporting environment to determine whether there are elements associated with this setting that could lead an inexperienced physician to consider involvement in questionable behaviour that were they in their regular clinical environments they would likely reject. If you are interested in participating please get in touch with Dr Burt at peteburt@xtra.co.nz to find out more about participating in his study.