



# Junior Medical Officer Newsletter

October 2021

## Message from Dr Justine Harris, District Director Medical Workforce

Dear Colleagues

Firstly I would like to express my appreciation to all of you and your hard work during the current rapidly changing environment. Everyone has been working hard, with shifting rosters, roles and many of you have been greatly affected by changes to your exams. I recognise how challenging this is and we greatly appreciate your commitment and support to your patients and colleagues.

The ongoing situation means that the workplace is changing to meet these challenges. There are some online forums set up for regular check-ins, to enable you to raise concerns, provide feedback or ask any questions. You are all welcome to join these or please alternatively contact myself or your site DMS.

Assistants in Medicine have also commenced to assist the LHD, please welcome and support them in their roles.

This newsletter includes information on different avenues for support available to you all, please reach out if you need any help.

Yours sincerely, Justine

## Illawarra Medical Network - BPT

Basic Physician Training is the pathway into internal medicine and in NSW is undertaken in training networks. There are eleven Basic Training Networks in NSW and the Illawarra Medical Network is the newest of these.

The 39 FTE Basic Physician Trainees in the Illawarra Medical Network are rotated to four sites in ISLHD, all within an easy driving distance of each other: The Wollongong Hospital, Shellharbour Hospital, Port Kembla Hospital and Bulli Hospital. The IMN offers full and part-time training for trainees as well as close supervision and pastoral care.

Although a new training network, the IMN has excellent examination pass-rates including an average overall pass-rate for the written exam which is comparable to the Australian average and an average overall pass-rate for the clinical exam which is above the Australian average.

There are a broad variety of BPT accredited term rotations available including: cardiology, endocrinology, gastroenterology, general medicine, geriatrics, haematology, ICU, infectious diseases, neurology, medical oncology, rehabilitation, renal & respiratory medicine. In addition to these accredited basic training terms, there are Advanced Training opportunities available in these specialities and addiction medicine, nuclear medicine, palliative care, rheumatology & sexual health.

With the recent announcement of the Greenfields site for the Shellharbour Hospital re-development and the expansion of the Shoalhaven District Memorial Hospital, it is a great time for those interested in basic training to join this new training network. Further information about the IMN program can be found at this

link: <https://www.islhd.health.nsw.gov.au/your-career/illawarra-medical-network-basic-physician-training>

Enquiries about the program can be directed to the IMN Medical Education and Support Officer, Shaynee Yarworth ([Shayne.Yarworth@health.nsw.gov.au](mailto:Shayne.Yarworth@health.nsw.gov.au)).

**Dr Elizabeth Clingan, Network Director of Physician Training / IMN**

## Basic Physician Training at Shellharbour Hospital

Shellharbour Hospital serves as a secondment site for 8-9 trainees from both the Illawarra Medical Network and East Coast Medical Network and offers rotations in Geriatric Medicine and General Medicine in conjunction with subspecialty medicine in Nephrology, Endocrinology, Cardiology, Respiratory and Infectious Diseases.

Trainees are offered the opportunity to:

- Develop mature clinical presentation skills as team leader in the daily general medicine acute admissions morning handover, participation in the weekly registrar topic presentation roster and case presentations at the hospital's morbidity and mortality meetings.
- Lead initial review and management for the subspecialty consultation services provided at Shellharbour hospital.
- Manage satellite dialysis unit patients and develop an understanding of haemodialysis and the dialysis apparatus.
- Independently assess and manage subspecialty ambulatory care patients under the guidance of a consultant clinic supervisor.
- Provide daily medical leadership in managing patients with a variety of complex needs within the context of a well-structured MDT environment.
- Contribute to a variety of quality improvement initiatives and auditing projects. Recently, several registrar-led initiatives as part of Choosing Wisely have been instituted. Our clinical governance team encourage and are happy to support you in any projects you will like to undertake during your term.

Rotations for trainees include dedicated afterhours blocks and are valued for reducing long shift fatigue and facilitating study time.

***Dr Marille Umakanthan, Director of Physician Education Shellharbour Hospital***

## 2022 RMOA Update

**Congratulations to the 2022 RMOA Executive** - we are very pleased to announce your new RMOA Executive for 2022. The new committee will shadow the existing RMOA executive for the remainder of the 2021 clinical year in preparation for taking over in 2022. Your 2022 RMOA Executive are:-

Dr Matthew Bojanic – President  
Dr Blake Hickey – Vice President  
Dr Phillip Mullany – Treasurer  
Dr Kanika Nair – Secretary



### NSW JUNIOR MEDICAL OFFICER OF THE YEAR

**Congratulation to Dr Tamblyn Devoy** – awarded NSW Junior Medical Officer of the Year. The award is well deserved and recognises Tamblyn's dedication to his role as an RMO during very challenging times whilst also representing and supporting our junior doctors through his role as President of the Resident Medical Officer Association (RMOA) and Chair of the NSW Junior Medical Officer (JMO) Forum.

***Yvonne Becarevic, Manager Medical Education and Wellbeing***

## ISLHD endorses myBeepr for clinical collaboration

ISLHD has gone live with an exciting new technology initiative. myBeepr is a communication platform specifically designed for healthcare.

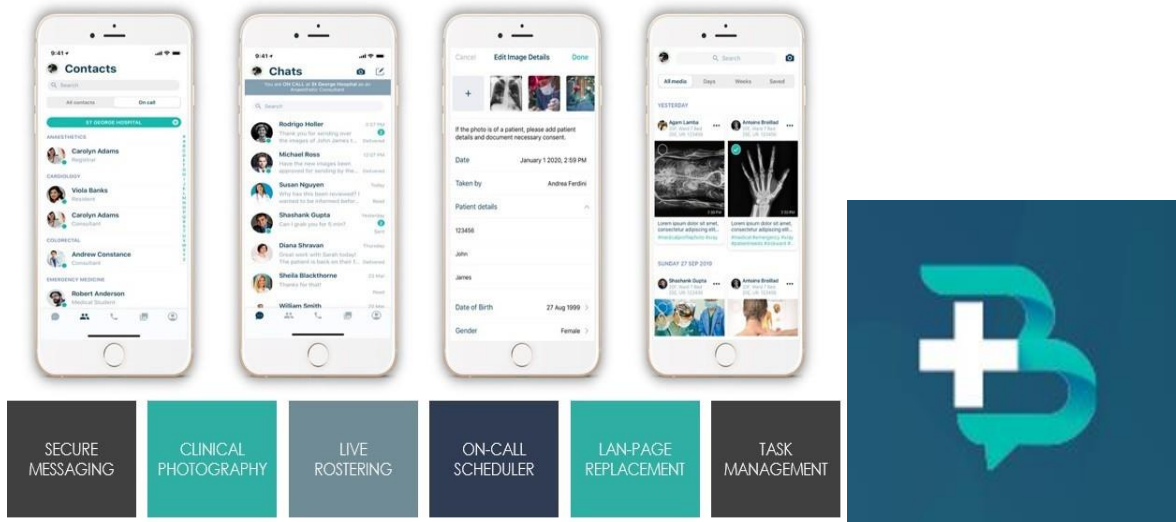
Available on iOS and Android, the app will allow staff to send each other secure messages, clinical photos and access other customised features, all whilst maintaining the privacy and security of patient health information.

### Why myBeepr?

Healthcare lags most industries in respect to communication technology and is still reliant on legacy systems such as desk phones, faxes and LAN-paging devices. Inefficient communication is a leading cause of productivity loss and adverse patient outcomes.

As we know, doctors use their personal smartphone devices to communicate at work, with the majority heavily reliant on WhatsApp. Whilst instant messaging platforms are useful for group collaboration, they are not appropriate for a healthcare workers' use and not security enough to transmit patient information.

As an alternative, ISLHD is implementing myBeepr, a new secure messaging application. The app will be made available to all doctors, nursing and allied health staff working at ISLHD. Non-secure instant messaging applications (eg WhatsApp) will be banned for the use of transmitting medical information between staff.



The myBeepr platform demonstrates numerous benefits to the hospital, namely:

- Compliance with Australian Privacy law guidelines
- Reducing medico-legal risk
- Improving productivity and patient care
- Reducing the burden on the switchboard

### JMO Quarters – Level 10 Wollongong Hospital

A number of improvements to the JMO Quarters on level 10 Wollongong Hospital have been planned for some months now. Unfortunately, due to COVID restrictions, contractors have been unable to access the facility to complete these. With the current easing of restrictions, we are hoping to be able to commence works shortly. Will keep you updated.

*Yvonne Becarevic, Manager Medical Education and Wellbeing*

## JMO Wellbeing and Support Services

### JMO Wellbeing Week – August 2021

JMO Wellbeing week program was held from 2-6 August (subsequently extended to 13 August). Thank you to all our presenters, for delivering valuable and informative sessions for our JMOs.

- Dr Matthew Macfarlane
- Dr Bishan Rajapakse
- Dr David Alcorn
- Anne Poulton and Padmini Pai

I would also like to acknowledge and thank all of the ISLHD DPETs for their ongoing support to our junior doctors and for providing lunch and coffee for our JMOs during the wellbeing week.

### R U Ok Day Activities - 9 September 2021

The **RU OK** mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life. The best way to check on someone is to ask them and follow the R U Ok method outlined below.

The **RU OK?** method:



**1. Ask**



**2. Listen**



**3. Encourage  
action**



**4. Check in**

R U Ok Day was 9 September 2021. The RMOA very generously provided care packages for our JMOs in each ward and team across our seven hospitals.



Dr Preethy Raman, Director Prevocational Education and Training at Wollongong Hospital the inaugural “Pandemic Interhospital Trivia Olympics”. This was held virtually via Kahoot and was very well attended with over 100 JMOs and from 20 hospitals across NSW participating. Thank you to those JMOs from ISLHD who joined in.

Thank you to MIGA for provided free coffee across some of our sites.

*Thank you to all Yvonne Becarevic*

<b>Medical Workforce Unit Cost Centre 175291</b> Locked Mail Bag 8808 SOUTH COAST MAIL CENTRE NSW 2521 Level 4, Lawson House, Darling Street, Wollongong JMO Fax (printer): 4253 4816		
<b>Justine Harris</b>	4253 <b>4860</b> 0436 863 734	<b>District Director Medical Workforce, JMO Complaints Manager</b>
Teresa Sargent	4253 <b>4658</b>	EA to Director/BPT & IMN Workforce Support
Olivia Sargent	4253 <b>4773</b>	Medical Workforce Assistant
Leah Carafa	4253 <b>4773</b>	Medical Workforce Assistant
<b>JMO Services</b> <a href="mailto:JSLHD-JMOunit@health.nsw.gov.au">JSLHD-JMOunit@health.nsw.gov.au</a>		
<b>Jennifer Williams</b>	<b>4253 4659</b>	<b>Junior Medical Workforce Manager (Tues, Wed &amp; Fri)</b>
Shalom De Vera	4253 <b>4747</b>	Deputy Junior Medical Workforce Manager (Interns and Residents)
Hannah Richards	4253 <b>4663</b>	Workforce Support Officer (Anaesthetics, ED, Nuclear Medicine, Palliative Care, Rehab, Radiology)
Hayley Townsend	4253 <b>4310</b>	Workforce Support Officer (Cancer Care, O&G, Paediatrics, Resident Recruitment)
Natalia Cesare	4253 <b>4657</b>	Workforce Support Officer (ICU, Medicine ATs, Surgery)
Debbie Stevenson	4253 <b>4738</b>	A/JMO Payroll Manager
Marianna Herceg	4253 <b>4596</b>	Payroll Support Officer
<b>Offsite Workforce Support Officers</b>		
Margaret Gasseling	4423 <b>9761</b>	Workforce Support Officer – SDMH (Mon - Wed)
Deborah Lorkin	4423 <b>9761</b>	Workforce Support Officer – SDMH (Thurs & Fri)
Brooke Cesare	4295 <b>2896</b>	JMO Coordinator - SHH
<b>Medical Education, Wellbeing and Locums</b>		
<b>Yvonne Becarevic</b>	<b>4253 4758</b>	<b>Manager Medical Education, Wellbeing &amp; Locums</b>
Carol Rogers	4253 <b>4669</b>	Workforce Support Officer – Locums (Non-specialist)
Paris Byron	4253 <b>4845</b>	Locums and Wellbeing Administrative Assistant
Michelle Birkin	4253 <b>4632</b>	WBA Program Officer / IMG Coordinator
Shaynee Yarworth	4253 <b>4883</b>	Medical Educational Support Officer - Physician Education and Training (BPT)
Deborah Lorkin	4253 <b>4862</b>	Medical Educational Support Officer - Hospital Non-specialist Programme Mon-Wed)
Mari Pinilla	4253 <b>4815</b>	Medical Educational Support Officer - Prevocational Education and Training
<b>Medical Education Directors</b>		
Dr Anna Di Marco	4253 <b>4831</b>	Director Hospital Skills Programme (Mon – Tues)
Dr Elizabeth Clingan	4253 <b>4742</b>	Network Director of Physician Training (IMN)
Dr Jonathon Hill	4253 <b>4880</b>	Director of Physician Education (DPE TWH)
Dr Abhay Venkat	4253 <b>4596</b>	Director of Physician Education (DPE TWH)
Dr Marille Umakanthan	4295 2500	Director Physician Education – Shellharbour Hospital (DPE SHH)
<b>Directors of Prevocational Education and Training (DPETs)</b>		
Dr Preethy Raman	4253 <b>4810</b>	DPET Wollongong Hospital
Dr James Rowe	4296 6666	DPET Shellharbour Hospital
Dr Adrian Taylor	4423 9345	DPET Shoalhaven & Milton Hospitals
Dr Clair Langford	4253 2886	DPET Bulli Hospital
Dr Benjamin Thomas	4223 8000	DPET Port Kembla and Coledale Hospitals