

# Wellbeing Summit



**FOR YOU ♦  
FOR YOUR PATIENT**



# Welcome,

On behalf of General Surgeons Australia, welcome to the inaugural Wellbeing Summit: For You, For Your Patient, taking place on Saturday 31 August and Sunday 01 September at the W Hotel Brisbane.

The weekend program is aimed at doctors in training, and focuses on essential non-technical skills with a particular emphasis on **doctor burnout, leadership, resilience, and wellbeing**. We have a fantastic faculty on board including surgical trainees, senior fellows, examiners, and wellbeing experts in the field of medicine - all of which will bring their own unique experiences and tips for not only your wellbeing but that of your patients.

We have been overwhelmed by positive feedback from training boards, specialty societies, colleges and government across all areas of medicine and surgery; with many investigating their own version of the program and implementing into curricula. So we are proud to present this event as a first of its kind, which we hope will set the standard for non-technical skills, health advocacy, and wellbeing across many platforms.

Yours sincerely,

**THE ORGANISING  
COMMITTEE**

# Committee

DR TRAFFORD  
FEHLBERG FRACS  
SPECIALIST  
GENERAL SURGEON

DR REBECCA  
LENDZION FRACS  
GENERAL  
SURGICAL FELLOW

DR SUE  
VELOVSKI FRACS  
SPECIALIST  
GENERAL SURGEON

# Snapshot

## VENUE

### **STUDIO 4, LEVEL 3**

W Hotel Brisbane  
81 North Quay  
BRISBANE

## PROGRAM

SATURDAY 31 AUGUST

- 09:00-17:30

SUNDAY 01 SEPTEMBER

- 09:30-16:00

## SUMMIT DINNER

GRECA RESTAURANT

- Howard Smith Wharves

- From 19:30

# Dr Trafford Fehlborg



SPECIALIST GENERAL SURGEON | LISMORE BASE HOSPITAL NNSWHD, ST VINCENT'S PRIVATE LISMORE

Trafford Fehlborg is a General Surgeon working in the Northern Rivers of NSW. He has an interest in global and rural surgery, and surgical education. He graduated from the University of Newcastle in 2009 and obtained his FRACS in General Surgery in 2016 based at Prince of Wales Hospital, Sydney. During this time he was a Conjoint Associate Lecturer with the University of New South Wales and a member of the AMA NSW Doctors in Training Committee. He has received further training at University Hospital Geelong as an Upper GI Fellow.

Recently Trafford has spent a year in Timor-Leste working with the RACS Australia Timor-Leste Program of Assistance in Secondary Services (ATLASS II) Program. As part of his role with ATLASS II, Trafford worked as a general surgeon and was involved with postgraduate medical training through both the Family Medicine Program and the Post

# Dr Rebecca Lenzion



## GENERAL SURGICAL FELLOW, MACQUARIE UNIVERSITY

Following the completion of General Surgical Training in 2018, Rebecca Lenzion is currently employed at Macquarie Hospital as a General Surgical Fellow. During her training, she worked throughout Western Sydney. Wellness and wellbeing has always been an important part of her practice. She has completed her Masters of Surgery and is currently undertaking a Masters of Clinical Epidemiology at Sydney University. She is a current course CCrISP and ASSET instructor for the Royal Australasian College of Surgeons and active member of the Academic section of the American College of Surgeons.

Rebecca's current areas of research include Lynch Syndrome, ILCs in inflammatory bowel disease, intra-corporeal anastomosis in colorectal surgery, and Natural Orifice Surgery Extraction (NOSE).

Rebecca is a keen snow boarder, spending most Australian summers skiing in Japan. She also enjoys travelling, yoga, and strength and conditioning training.

# Dr Sue Velovski



## SPECIALIST GENERAL SURGEON | NORTHERN RIVERS NSW

Dr Sue Velovski is a Specialist General Surgeon working in the Northern Rivers of NSW, encompassing Lismore, Casino, Ballina and Byron Bay locale.

Whilst being a General Surgeon, her special interest areas include Surgical Oncology - particularly bowel, breast, melanoma, head and neck.

Sue has been fortunate enough to maintain skills in trauma - a great benefit to rural/regional region. She has been actively involved in surgical education both at the undergraduate and postgraduate level, and hopes that this continues throughout her career. In particular, Sue hopes to provide the same guidance to trainees that she received from her mentors and the FRACS training program.

Sue likes to keep fit and enjoys swimming, walking and running, enjoys time with her family and friends, and enjoys photography - especially travel and nature photography in her spare time.



# Mr Zephyr Bloch-Jorgensen



## CEO AND FOUNDER OF MAP BIOTECH - BETTER WELLBEING

Zephyr Bloch-Jorgensen is the CEO and Founder of MAP Wellbeing.

MAP is a health technology, life-science and information services company that provides web-based, scientifically-validated applications and systems that measure and improve individual and collective well-being in real time.

They work closely with their industry partner Neuroscience Research Australia (NeuRA) a world-leading institute affiliated with the University of New South Wales and Prince of Wales Hospital. He graduated with a Master of Laws from the University of Sydney and advised leaders of State Government. In the early 2000s he encapsulated many of his thoughts in a book entitled Map: Living a Centered Life which started an initiative to encourage people to think more deeply about their lives and the way they might improve them.

# Prof John Cartmill



## SPECIALIST GENERAL SURGEON | SYDNEY

Prof John Cartmill is an Associate Dean in the Faculty of Medicine and Health Sciences, Macquarie University, Sydney.

John trained in Sydney and the United States Midwest where, between fellowships in Minneapolis (laparoscopy) and the Cleveland Clinic (colorectal), he worked as an engineer with Johnson and Johnson. On his return to Australia, Nepean Hospital and the University of Sydney John cofounded the human factors training company ErroMed.

John joined Macquarie University when the opportunity to help design, build and recruit to a new School of Medicine proved too much of a temptation.

He is happy to share the phone number of his psychologist.

# Prof Michael Cox



## SPECIALIST GENERAL SURGEON | SYDNEY

Prof Michael Cox graduated from University of Melbourne in 1982. He trained at St. Vincent's Hospital, Melbourne obtaining FRACS in general surgery in 1990. He worked as a senior registrar in the Belfast City Hospital and Colchester General Hospital in Essex.

Whilst in Colchester he began training in laparoscopic surgery and ERCP. He returned to Australia in 1992 and was appointed Fellow in the HPB Unit at Flinders Medical Centre in Adelaide. In 1994, Michael was appointed Senior Lecturer and Staff Specialist at Nepean Hospital where he established the upper GI Surgical Unit with Prof Chris Martin. In 2008, he was appointed Professor of Surgery at Nepean Hospital.

Michael's clinical and research interests include: complicated biliary stone disease, emergency general surgery and quality and safety in surgical practice.

# Dr Jurstine Daruwalla



## GENERAL SURGERY SET5 TRAINEE | MELBOURNE

Dr Jurstine Daruwalla is SET5 General Surgical Trainee at Austin Health. She became interested in surgery whilst completing her PhD with the Hepatobiliary Unit at the Austin as part of a combined MBBS/PhD program. Following a two-month elective in the Trauma Unit at Chris Hani Baragwanath Hospital in Johannesburg, Jurstine completed her internship and residency at the Alfred Hospital and came back across to the Austin for SET training. During her training she took six months off which allowed her to do some volunteer work, undertake research, travel and overall re-group in preparation for the Fellowship Exam. She is now undertaking her final rotation in HPB at Launceston Hospital and generally enjoying life post exam!

Jurstine is passionate about global surgery and ultimately wants to join Médecins Sans Frontières as a Trauma Surgeon. She has dedicated each annual leave to surgical electives in India, South Africa and most recently in Labasa, Fiji. She has mentored Sudanese migrants in the past through AMES Australia and has been a University of Melbourne Mentor through the ACCESS and STEM Mentoring Programs since 2016. She is currently mentoring refugee doctor as part of the AMA Victoria Doctor in Training Mentoring Program and has recently been appointed with MDA as a member of their State Medical Advisory Committee. These activities outside of her surgical training have provided many rewarding opportunities and experiences, both professionally and personally.

# Assoc Prof Hamish Ewing



## SPECIALIST GENERAL SURGEON | MELBOURNE

Assoc Prof Hamish Ewing is a General Surgeon who studied at University of Melbourne and then Royal Melbourne Hospital. Having obtained FRACS in 1980 he set off for two years surgical experience working in the United Kingdom. Since returning to Melbourne, he has been variously involved with surgical education within The University of Melbourne, ending-up as the inaugural Associate Professor of Surgery at The Northern Hospital, Epping and also first Director of Education (Clinical Dean) at the Northern Clinical School, retiring from these positions and clinical medicine, in 2016.

Within the College of Surgeons, he was previously a member of the Basic Surgical Training Committee, being Chair of the OSCE sub-committee for some years and now on the Teaching Faculty of the TIPS course. In 2002, he first visited Dili, East Timor, as a relieving General Surgeon. This challenging and rewarding experience led to annual return trips to East Timor for ten years and subsequently Chairmanship of Pacific Islands Project Monitoring Committee and a regular attendee of PISA Meetings.

Hamish is currently a member of the RACS Global Health Scholarship Committee with oversight of the Rowan Nicks Scholarship Programme. Outreach medical development has become a very important component in the life of a Melbourne trained General Surgeon who still enjoys trying to play Touch rugby with ageing uni mates and their offspring.

# Ms Marie-Clare Elder



## SENIOR SOLICITOR – CLAIMS & LEGAL SERVICES, MIGA

Ms Marie-Clare Elder is a legal practitioner who has specialised in health, medical negligence and personal injury litigation in Australia and the United Kingdom for the last 15 years. A former clinical nurse specialist in intensive care, she also brings to the role a wealth of healthcare knowledge and first-hand healthcare experience.

In the United Kingdom, Marie-Clare acted as General Counsel for a large NHS Trust where she frequently represented the Trust at inquests and Court of Protection hearings. She worked closely with the risk department and assisted with serious incident investigations and sat on the Trust's Ethics Committee.

In her role at MIGA, Marie-Clare heads up MIGA's Legal Department in Sydney and is responsible for the provision of general legal advice and the management of litigated claims, coronial inquests, disciplinary and employment matters. Marie-Clare and her team support, guide and work with our clients to assist them through what is commonly unfamiliar legal territory and at times emotionally difficult and trying circumstances.

In 2018 Marie-Clare lectured at the University of Oxford and was appointed to the Board of The Banksia Project, a charity facilitating early intervention for the prevention of mental illness.

# Dr John Graham



## SPECIALIST VASCULAR SURGEON | LISMORE

Dr John Graham graduated in Medicine from Sydney University and trained in Surgery at the Royal North Shore Hospital Sydney. After several years working in the United Kingdom, he returned to Sydney as a Vascular and Transplant Surgeon at RNSH. During his time in Sydney he became involved in trauma management and was a member of the team responsible for implementing the Advanced Trauma Life Support Course in Australia, in which he was a course director and instructor for 30 years.

In 1992 John moved to Lismore to develop a Vascular Surgical practice on the North Coast of NSW where he worked until retiring in 2014. During that time he served as Rural Representative then Councillor on the RACS Council and has been involved in voluntary work in several countries in the South Pacific. He continues in a teaching capacity in Vanuatu.

In recent years John has developed an interest in trying to understand the brain and human behaviour principally as it relates to the surgeon and issues of teamwork and bullying. He has spoken at several meetings on the topic.

His time is now taken up with developing biological farming in his orchard on the North Coast and travelling.

# Dr Xavier Harvey



## GENERAL SURGERY SET5 TRAINEE | MELBOURNE

Dr Xavier Harvey is a SET 5 General Surgical Trainee with a special interest in finishing surgical training. Xavier spent some years in the wilderness between finishing an MBBS at The University of Western Australia in 2008 and commencing general surgical training at The Austin Training Hub in 2016. Following internship at Royal Darwin Hospital, he completed a BA (Philosophy) and a Diploma of Languages (Spanish) at universities in Chile. He then returned to clinical work in the Hunter Region including a PGY3 critical care year before more study with a Gorgas Diploma in Clinical Tropical Medicine in Lima, Peru, and a Masters of Surgery at The University of Sydney with a dissertation on the evaluation of quality indicators for the Australian Trauma Registry. It was time to get on with surgical training.

This year, Xavier took advantage of the recent push to offer flexible training and because of this, actually quite enjoyed the lead-up to the Fellowship Exam. He is currently riding a pushbike through the Pyrenees and plans to use his ongoing flexible training arrangement partly to assist The Wilderness Society with conserving Victoria's native forests and partly to get on with unfinished projects around the house.



# Dr Julie Howle



## SPECIALIST GENERAL SURGEON | SYDNEY

Dr Julie Howle is a surgical oncologist based at Westmead Hospital, Sydney. After spending her childhood in country NSW, she studied medicine at the University of Sydney, and completed her training in General Surgery in NSW. She then undertook two years of post-Fellowship training in surgical oncology at Westmead and Prince of Wales Hospitals. She enjoys the combining the challenges of clinical work with some research and in 2010 completed a Masters in Surgery (University of Sydney), and her research interests focus primarily on melanoma and Merkel cell carcinoma. Her clinical interests include the management of melanoma, Merkel cell carcinoma and other non-melanoma skin cancers, soft tissue sarcoma, thyroid and parathyroid disease. Julie is a past chair of the NSW Training Committee for General Surgery and member of the Board in General Surgery, and is currently a member of the CHASM committee.

Julie has always tried to maintain interests that are unrelated to her work. At university, she took up rowing for which she was awarded a University Blue. Since university, she has competed in many running events including marathons, and 10 years ago was lured into the world of triathlon. Her athletic pursuits have taken her all over the world and she has competed in iconic events such as the Boston marathon and the Hawaiian Ironman. In 2016, she was the World Champion in Long Distance Triathlon in her age group. She also enjoys trekking, travelling and spending time with friends and family.

# Mr Anthony Lock



DSM, SQUADRON LEADER RAAF Res | DIRECTOR OF HUMAN PERFORMANCE (HUMAN FACTORS) - ROYAL PERTH BENTLEY GROUP

With over 6000 flying hours on various high-performance aircraft, Anthony has extensive experience within the aviation industry. During his military flying career, Anthony developed an expertise for working within high-stress – safety critical environments, whether during combat flying operations in Iraq and Afghanistan, humanitarian/peacekeeping missions throughout Asia or during instructional and training sorties in Australia. During this time Anthony saw immense value in Crew Resource Management (CRM) and became a facilitator for fellow pilots and air crew members. On leaving the RAAF, he flew for a well-known Australian airline and again facilitated CRM, or as it is known today – Non-Technical Skills, to fellow flight, cabin crew and other team members responsible for the safe and efficient operations within the airline.

Anthony gave up an airline career to work full time at the Royal Perth Bentley Group as the Director of Human Performance (Human Factors) and leads the Team Development and 'NEXUS' Human Factors Education Programs. These initiatives work to improve teamwork, leadership and ultimately patient safety while equipping healthcare workers with specialised training in communication, situational awareness, threat and error management and decision-making.

# Mr Philip Truskett



## SPECIALIST GENERAL SURGEON | SYDNEY

Phil Truskett is a General Surgeon with an interest in Upper GI and HPB Surgery at the Prince of Wales Hospital, Sydney, where he is a senior staff specialist.

He has taken an active role in both the Royal Australasian College of Surgeons and General Surgeons Australia. He is a past President of General Surgeons Australia. As a College councillor he has served on many College committees. He was the Chair of the Board of Surgical Education and Training and then served as Censor in Chief. He is a past President of the Royal Australasian College of Surgeons. He is the current Chair of the Council of Presidents of Medical Colleges (CPMC).

His major interest is in the provision of Emergency Surgery to our community in our current challenging environment. As a result, he has been involved in the design and assessment of models of care to provide consultant-led timely care. These models of care are now being adopted in Australia and New Zealand. He is a strong advocate for sustainable surgical service and professionalism. "The provision of patient-centred care in a safe, clinical environment is the benchmark by which we are all judged as professionals and how we should judge one another. It is education in the non-technical skills of surgery which will strengthen our place in the community." This education is a current focus.

He is a proud patron of the Australian Indigenous Doctors Association and a committed advocate for equity of access for indigenous Australians to medical schools and specialty training.





# Program

SATURDAY 31 AUGUST  
09:00-13:45

## SESSION ONE: THE FINELY TUNED SURGEON

09:00	Welcome	Phil Truskett
09:10	Introduction	Organising Committee
09:20	Introduction to Wellbeing: The New Frontier	Zephyr Bloch-Jorgensen
09:45	Human factors: Connecting healthcare and aviation	Anthony Lock
10:30	Managing errors	Anthony Lock

11:10-11:30 MORNING TEA

## SESSION TWO: BURNOUT

11:30	My experience with burnout	Michael Cox
	BURNOUT FORUM:	Michael Cox
	- Identifying burnout	Anthony Lock
12:00	- Exhaustion	Trafford Fehlberg
	- Where to go for help	Marie-Clare Elder
	- Personal experiences	Zephyr Bloch-Jorgensen

13:00-13:45 LUNCH

# Program

SATURDAY 31 AUGUST  
13:45-17:30

## SESSION THREE: RESILIENCE

13:45	The surgeon mindset	John Graham
14:15	The balancing act: Clinical demands versus life	Wanda Stelmach
14:45	The road to surgeon: Managing personal circumstance during training	Katherine Goodall
15:10	Taking a break: Flexible training; interruption to training	Sarah Forsyth Xavier Harvey
15:40	Work-life balance: My Hawaiian Iron Man experience	Julie Howle

16:10 - 16:30 *AFTERNOON TEA*

## SESSION FOUR: HAPPINESS, WELLBEING, AND DEEP PERFORMANCE

16:30	Happiness, wellbeing and deep performance: - MAP Program: Wellbeing perspective - MAP Program: Peer-reviewed findings - Discussion: Broader understanding of wellbeing	Zephyr Bloch- Jorgensen
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17:30 PROGRAM CLOSE

19:30 - *LATE - SUMMIT FACULTY AND PARTICIPANT DINNER*

# Program

SUNDAY 01 SEPTEMBER  
09:30-14:15

## SESSION ONE: THE FELLOWSHIP EXAM

09:30	PANEL DISCUSSION: PREPARING FOR THE FELLOWSHIP EXAM - <i>Mentally</i> - <i>Physically</i> - <i>Nutritionally</i>	Jurstine Daruwalla Sarah Forsyth Xavier Harvey Rebecca Lenzion
10:15	The Fellowship Exam: When it doesn't go to plan	Hamish Ewing Trafford Fehlberg Phil Truskett
10:45	Where to after the exam? Pass/fail... back to work Tuesday	Trafford Fehlberg

11:15 - 11:30 MORNING TEA

## SESSION TWO: COMMUNICATION AND THE WORKPLACE

11:30	Communication skills: Differences between male and female doctors	Marie-Clare Elder
12:15	Critical importance of team work and effective communication	John Cartmill
12:45	Effectively managing conflict	John Cartmill
13:15	Hospital workplace and culture	NSW Health

13:45 - 14:15 LUNCH



# Program

SUNDAY 01 SEPTEMBER  
14:15 - 16:00

## SESSION THREE: LEADERSHIP

14:15	Leadership and culture	Philip Truskett
14:45	HYPOTHETICAL SCENARIO - <i>Rotation from hell</i>	Dr Sue Velovski Faculty
15:15	FORUM: These are the things I did and lessons learnt to get where I am today	Faculty
15:45	Conclusion	Organising Committee
16:00	PROGRAM CLOSE	

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# Summit Dinner



SATURDAY 31 AUGUST, FROM 19:30

GRECA RESTAURANT  
Howard Smith Wharf  
3/5 Boundary Street  
BRISBANE

## INCLUSIONS

Three course shared menu and beverages

*\*Please note limited tickets will be available onsite.*

# Thank You!

THANK YOU TO THE FOLLOWING FOR SUPPORTING  
THE INAUGURAL GSA WELLBEING SUMMIT - THEIR  
COMMITMENT TO THE OVERALL WELLBEING OF DOCTORS  
IN TRAINING IS COMMENDABLE.



250-290 SPRING STREET

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