

We welcome you to the QMWS Annual General Meeting!



Sallyanne Atkinson AO, Brisbane's first female Lord Mayor of Brisbane, and Brisbane artist Katy Edwards

## President's Report Dr Lydia Pitcher



We warmly welcome you to the **1<sup>st</sup> meeting of the Queensland Medical Women's Society for 2019.**

There is an exciting year ahead, as locally we celebrate the **90<sup>th</sup> Anniversary of QMWS**, along with the **Centennial of the Medical Women's International Association (MWIA)** in New York in July. Whilst there has been some controversy surrounding the removal of **Lady Cilento's** name from the Queensland Children's Hospital, her important role in **founding the QMWS in 1919**, and as our **first President** cannot be erased!

And so it is quite appropriate that we begin our year with the tradition of the **QMWS Presidential Address**. Our speakers **Dr Sarah Coll** (Orthopaedic Surgeon, from Far North Queensland) and **Dr Mellissa Naidoo** (Director of Medical Services, Greenslopes Hospital) are well placed to talk to our group about **Medical Women in Leadership**. We acknowledge the generous support of **Avant Mutual** for this meeting. Amongst their many leadership roles, both Sarah and Mellissa serve as Directors on the Board of the **AMAQ**, who remain very supportive of our group. AMAQ this year have offered 10% discounts for AMA membership for QMWS members, and the plan is to continue this arrangement into the future. We are sure you will be inspired by the Expert **Panel Discussion**, that includes leading medical women including **Dr Catherine Yelland** (past president RACP and QMWS amongst her many other roles), **Prof Kirsty Forrest** (Dean of Medicine, Bond University), and **Dr Jacinta Powell** (Executive Director, Logan Bayside Health Network).

At our **2nd dinner meeting in May**, the Queensland Chief Medical Officer, **Dr Jeannette Young** (see flyer, back page) will speak on the topic **"What does our future hold?"**. Thanks to **Dr Ira van der Steenstraten**, vice-President QMWS for arranging this.

**President's Report** continued on page 4.

### QMWS Committee Members 2018

**President:**

Dr Lydia Pitcher

**Vice President:**

Dr Ira van der Steenstraten

**Secretary:** Dr Nancy Huang

**Treasurer:** Dr Emily Shao

**General Committee Members:**

Dr Jacqueline Deen (Social Media, yAFMW)

Dr Kathryn Mainstone (Sponsorship)

Dr Jenna Rayner (Events Coordinator)

Dr Anita Sharma (AFMW)

Dr Antonia Laino (Newsletter)

Dr Elizabeth Waldie (Shadow AFMW)

Dr Marissa Daniels (General)

Dr Mellissa Naidoo (General)

**Far North Queensland:**

Dr Sarah Coll (QMWS AFMW Rep)

**Student Committee Members:**

Tess Hutchinson (GUMS)

Hannah Laycock (President SWIM UQ)

Naseera Naeem (Liaison Officer SWIM UQ)

# Events Calendar

Date	Event	Location
Thursday, February 21 <sup>st</sup> , 6:30 for 7pm start	<b>QMWS Annual General Meeting, United Services Club</b> Theme: <b>Presidential Address and Medical Women in Leadership</b>	<b>Brisbane</b>
March 9 <sup>th</sup> , 2019	International Women's Day	
March 11-22/ April 2019	CSW63 Commission on the Status of Women United Nations	New York, USA
March/ April 2019 Date/ Time TBA	Mindfulness Workshop with Dr Ira van der Steenstraten	Brisbane
April 30 <sup>th</sup> , 2019	NCWQ Annual Dinner, United Services Club Guest speaker: Brigadier Susan Coyle CSC DSM, Commander 6 <sup>th</sup> Brigade Australian Army	Brisbane
May 7 <sup>th</sup> , 2019 6:30 for 7pm start	<b>QMWS Dinner Meeting, United Services Club</b> Theme: <b>What Does Our Future Hold – Latest Insights From Queensland's Chief Medical Officer Dr Jeannette Young</b>	<b>Brisbane</b>
July 25-28, 2019	Medical Women's International Association (MWIA) Centennial Congress	New York, USA
Early August 2019 Date TBA	<b>QMWS Dinner Meeting, United Services Club</b> Theme: <b>Bush Doctors – Rural Medicine in Queensland</b>	<b>Brisbane</b>
August 24 <sup>th</sup> , 2019	Women & Medicine, Greenslopes Hospital	Brisbane
August 2019 Date/ Time TBA	<b>QMWS Medical History Event</b>	<b>Brisbane</b>
August 2019 Date TBA	<b>QMWS Far North Queensland Retreat</b>	<b>Location TBA</b>
October 10 <sup>th</sup> , 2019 9:45 for 10am	NCWQ Bursaries fundraising morning tea and fashion parade, Tattersall's Club "Acknowledging Queensland Medical Women" Ticket price \$48	Brisbane
October 17 <sup>th</sup> , 2019 Date/ Time TBA	Australian Medical Association Queensland (AMAQ) Women in Medicine Breakfast	Brisbane
November 2019 Date/ Time TBA	<b>QMWS Visioning Meeting</b>	<b>Brisbane</b>
November 2019 Date TBA	<b>QMWS Dinner Meeting, United Services Club</b>	<b>Brisbane</b>
November 2019 Date/ Time TBA	Australian Federation of Medical Women (AFMW) Face-2-Face Meeting	Location TBA
December 8 <sup>th</sup> , 2019 Date TBC	<b>QMWS Christmas Party</b>	<b>Brisbane</b>

# Meet the Expert Panel



## Dr Kirsty Forrest

MBChB, BSc Hons, FRCA, FAcadMed, MMed, FANZCA

Dean of Medicine  
Professor of Medical Education  
Faculty of Health Sciences and Medicine  
Bond University  
Australia

Kirsty moved to Bond university in August 2016 to be Deputy Dean of Medicine and was appointed Dean of Medicine in January 2018. Prior to this Kirsty was Director of Medical Education and Associate Dean, Learning and Teaching at Macquarie University. She works clinically as a consultant Anaesthetist at Gold Coast University Hospital.

Kirsty has been involved in medical educational research for 15 years. She is co-author and editor of a number of best-selling medical textbooks including 'Understanding Medical Education: evidence, Theory and Practice', 'Medical Education at a Glance' and 'Essential Simulation in Clinical Education'.



## Dr Jacinta Powell

Dr Jacinta Powell was appointed to the role of Executive Director, Logan Bayisde Health Network in August 2017 after acting in the position for a number of months. Prior to this was the Director of Medical Services for Logan and Beaudesert Hospitals, the Medical Director for the Metro North Mental Health Service and Clinical Director for The Prince Charles Hospital. Her previous experience includes Director, Inner North Brisbane Mental Health Service, Director of Herston Mental Health Services and founder of the Eating Disorders service at Royal Brisbane and Womens Hospital.

Dr Powell's qualifications include the Fellowship of the Royal Australian and New Zealand College of Psychiatrists (1994), a Masters of Health Administration from the University of NSW (2002) and a Fellowship of the Royal Australasian College of Medical Administrators (2011). Dr Powell has experience in working in state wide roles as the Principal Advisor in Psychiatry and Director of Mental Health for Queensland. She has been an active member of the Queensland Branch of the RANZCP for many years currently holding the position of Chair of the Queensland Branch Training Committee.

She is a surveyor with the Australian Council on Healthcare Standards and has a keen interest in health care systems, patient safety and consumer and carer engagement. Dr Powell maintains an active clinical practice working with adults with severe, chronic and complex mental illness including providing a consultation liaison psychiatry service to the renal dialysis unit.



## Dr Catherine Yelland

MBBS, FRACP

Dr Catherine Yelland is a geriatrician and general physician in full-time hospital practice at Redcliffe Hospital, just north of Brisbane. She graduated from the University of Queensland in 1981, and trained in general medicine and geriatric medicine at the Royal Brisbane and Women's Hospital and in Newcastle upon Tyne, and was awarded the Fellowship of the Royal Australasian College of Physicians in 1989.

She has worked at the major Brisbane hospitals as well as Redcliffe. She has served in various roles in the Australian and New Zealand Society for Geriatric Medicine, and was president from 2007 to 2009. She has also served on committees of the Royal Australasian College of Physicians and will be President from 2016 to 2018.

She is interested in clinical medicine, student and postgraduate teaching, and service development. She has three young adult children, two of whom are medical students. She has been a consistent reader of the Medical Journal of Australia since graduating as a doctor.

## President's Report, continued:

At our last dinner meeting, we were honoured to receive the invaluable insights of **former Lord Mayor, Sallyanne Atkinson AO**. Sallyanne's autobiography "**No Job for a Woman**" contains quite a few surprises, even for those who followed her career closely. It is a thoroughly engaging and entertaining book, and Sallyanne's journalistic flair is obvious. Thanks to **Katy Edwards, artist**, for her generosity in providing an original print for our raffle which raised around **\$500 for the Brain Institute**, and for providing a signed print as a memento for each QMWS attendee (see **Dr Emily Shao's detailed report below**).

There will be several opportunities to celebrate our 90 years as a Society, and welcome any additional suggestions in this regard. In partnership with NCWQ, we plan to establish at least one **\$1000 bursary for young Medical Women** within the **NCWQ Bursaries Programme**. The fund-raising event this year, "**Recognising Queensland Medical Women**", will be held at United Services Club in October (see Calendar overleaf) and we encourage as many as possible of our members to attend.

In March, **Ms Naseera Naeem** and I will be travelling to the **United Nations**, New York, with **Prof Deb Colville (AFMW President)** and **Prof Gabrielle Casper** to attend the **63<sup>rd</sup> Commission on the Status of Women (CSW63)**. Our delegation for the **MWIA Centennial meeting also in New York in July**, continues to expand, with at least 4 QMWS members receiving speaker roles, and at least 10 members travelling together to this significant occasion.

I am pleased that our **QMWS Committee** continues to expand and diversify, whilst retaining depth of experience. Positions for 2019 will be confirmed at our **Annual General Meeting**. We will welcome any new talent, and especially offers for shadowing roles with a view to taking on a formal Office Bearing position next year. We are encouraged by the increased **student participation**, and hope to consolidate this at the Christmas Party this year. Sincere thanks also to **Dr Marissa Daniels**, for revising our **QMWS Website**. You can now **renew your membership** and contact details electronically, as well as **register for future events**. In conjunction with our **QMWS Facebook page**, we are well positioned to co-ordinate the celebrations this year. So please spread the word to your friends and colleagues!



QMWS members Dr Anita Sharma, Dr Ira van der Steenstraten, Dr Jenna Rayner, Dr Lydia Pitcher, and Dr Mellissa Naidoo with Sallyanne Atkinson AO, at the November 2018 dinner meeting.

Our November 2018 meeting was the most well attended meeting of the year with 63 sign ups –this is to be expected of a speaker with such high calibre!

It was a delight for us to hear Sallyanne Atkinson speak about her role as Lord Mayor of Brisbane. For the Brisbane population to have elected a female Mayor in 1985, that is something telling of her competence and character, which was also evident at the meeting. Similar to our pioneering women in medicine who we celebrated last year, as well as QMWS members past and present, she took a job that no woman had done before, and excelled, paving the pathway for the new generation.

Sallyanne Atkinson is Chair of the Advisory Board of the Queensland Brain Institute at the University of Queensland. We held a raffle in her name where \$500 was raised and this has been donated to QBI. We thank Katy Edwards who was in attendance, and who brought her Expo 88 prints as a gift for our members and the large print that was the winning prize. The donation to QBI was fitting. Our much loved and respected committee member Dr Kathryn Mainstone had recently suffered a stroke, which is of course an area of research of QBI. Our thoughts remain with Dr Mainstone – we are so glad she is making a remarkable recovery!

Our November 2018 meeting was one of the most memorable to date, and is telling of the progress QMWS has made under the executive team who organised this event with the leadership of Dr Lydia Pitcher.

~Dr Emily Shao



Queensland Medical Women's Society Dinner Meeting, November 8th, 2018  
Photographs courtesy of Grace Kessels  
[www.gracekessels.com](http://www.gracekessels.com)

# QMWS mental health and wellbeing survey - First results

*Dr Ira van der Steenstraten, vice president QMWS*

Thank you to those that have replied to our Health and Wellbeing survey which has been sent out late last year. To this date we have 33 replies and we would like to share the first results.

Most respondents (76%) were interested in a 90 minutes Mindfulness workshop and a Saturday morning (48%) had a slighter preference over a Sunday morning (37%).

Almost seventy percent of the respondents would like to have a Wellness day or weekend for QMWS members with presentations on health and wellbeing topics. Topics they were mostly interested in include:

- Self care (how to advocate for it, manage self, work life balance, stress/burnout management, mindfulness and how to incorporate it in everyday life/work),
- Personal health (access health care appropriately, how to manage being a doctor-patient and being a doctors' doctor),
- Support (strategies and sources),
- Communication (managing others, conflict resolution, speaking up, culture in workplace),
- Nutrition/diets (and how to incorporate it in everyday life/work),
- Exercise (yoga/pilates and how to incorporate in everyday life).

We are very fortunate with the expertise within our group and we have several members that would like to speak about their area of expertise. Would those that have shown an interest in presenting but haven't provided their email address please contact me at [vicepresident.qmws@gmail.com](mailto:vicepresident.qmws@gmail.com) ?

The importance of open and safe group discussions of topics such as own mental health issues and struggles with aim to support all members was mentioned. That would be areas that we are all experts in.

In response to this survey we will be organising a Mindfulness workshop in March/ April 2019. We will send out a survey to determine the best date and time. We hope to maybe even organise a Wellness day/weekend, retreat style around September 2019 for which we would like to join forces with our Far North Queensland colleagues in the Cairns region. Watch this space for more information.

In the meantime, it's not too late to have your say and quickly do our 2 minutes survey by visiting <https://www.surveymonkey.com/r/92J6759> or scan



Thank you. Please don't hesitate to contact me regarding this topic at [vicepresident.qmws@gmail.com](mailto:vicepresident.qmws@gmail.com)

## STOP PRESS! UPDATE ON THE MWIA CENTENNIAL COLLAGE INITIATIVE !!!

QMWS members Dr Mary Rita See and Dr Lydia Pitcher are consulting with our guest speaker from last year, Leann Wilson from the Healing Foundation, to select a fabric square for Australia's submission to the MWIA Centennial Collage. This will be taken in person to the Congress in July 2019.

The specifications requested are that the fabric should 12 inches (32.5cm) square, and the motif should be indigenous, and unique to the country.

If you would like to be included in the process please contact us, or alternatively, email your ideas to the Secretary QMWS [secretary.qmws@gmail.com](mailto:secretary.qmws@gmail.com).

The MWIA specifications and examples (eg the submissions of New Zealand, and India – and their explanations) can be found on the MWIA website. [https://mwia.net/centennial\\_articles/](https://mwia.net/centennial_articles/)

# QUEENSLAND MEDICAL WOMEN'S SOCIETY

## Membership 2019

### ABOUT US

The QMWS is the peak representative body for women in medicine with goals to further the professional development of medical women through promoting education, research and professional opportunities. Furthermore, the QMWS promotes health and welfare of all Australians, particularly women and children. Part of your membership fee goes towards the Australian Federation of Medical Women (AFMW). To find out more about QMWS please visit us on our Facebook page:

<https://www.facebook.com/qmws1929>

Also visit the AFMW website:

<http://afmw.org.au>

### HOW TO JOIN

Go to AFMW website Queensland page at <https://qld.home.afmw.org.au> and click on “membership” tab



QMWS

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## Attend the Centennial Congress of the MWIA in New York City with QMWS!

Members of QMWS have already signed up to attend the Centennial Congress of the Medical Women's International Association (MWIA) in New York City, July 25-28, 2019.



This Centennial Congress will provide an unprecedented opportunity for networking among medical women from all over the world.

For further details, see the Medical Women's International Association website.

QMWS  
Queensland Medical Women's Society

QUEENSLAND MEDICAL WOMEN'S SOCIETY  
PRESENTS

# 'WHAT DOES OUR FUTURE HOLD?'

LATEST INSIGHTS FROM QUEENSLAND'S  
CHIEF HEALTH OFFICER



DR JEANNETTE  
YOUNG



**TUESDAY MAY 7 2019**

UNITED SERVICES CLUB, 183 WICKHAM TCE, SPRING HILL

*Free parking at rear via upper Edward St between Wickham and  
Astor Tce*

RSVP Thursday 2nd May 2019 to [secretary.qmws@gmail.com](mailto:secretary.qmws@gmail.com)

\$40 Members | \$20 Students | \$60 Non-members

<https://qld.home.afmw.org.au/>



@qmws1929