

QMWS NEWSLETTER

President's Report Dr Lydia Pitcher



This month, the QMWS dinner meeting will feature award-winning author **Elsbeth Muir**, discussing her acclaimed novel "**Wasted**", a story of alcohol, grief, and a death in Brisbane. We are looking forward to the panel discussion afterwards, with expert input from **Hon Dr Anthony Lynham MP**, and **Dr Ben McDarmont** (Damascus Services), as well as **Dr Kathryn Mainstone**, who has so expertly co-ordinated this event.

Those of you who have heard Elspeth speak before have been moved by her brave, candid, erudite and thought-provoking reflection on the loss of her much-loved brother, Alexander just 2 weeks before his 21st birthday. Her in-depth analysis looks at the devastating impact of alcohol from many angles, a subject highly relevant to our medical practice, as well as in our personal and family lives, and in my opinion, compulsory reading for all senior students. We are again grateful to our long term sponsors Sullivan and Nicolaides Pathology and to Dr Lee Price, for updating us regarding testing for alcohol toxicity.

Thank-you to all those who have stepped up to join the **QMWS Committee** this year. A special welcome to our new medical student representatives, **Kirsty Whitmore** and **Linnah Wang**, **Dr Nancy Huang** as secretary, and **Dr Mellissa Naidoo** as AFMW representative. We look forward to securing representation from all the medical schools in Queensland, and establishing a **yQMWS** (y for young = under 40) group, along the lines of yMWIA that has been established (see AFMW news). Our congratulations to our new Events Coordinator, **Dr Kylie Beem**, who is unable to attend our dinner because she and her new husband are on their honeymoon!

You may have noticed a change to the format of our newsletter, thanks to **Dr Antonia Laino** our new editor, and the generous support of **McCullough Robertson Lawyers**, introduced to us by our longstanding QMWS member **Dr Mary-Rita See**. Please take time to read their helpful legal advice, that will be a regular feature in our newsletters, along with our new "**Meet the Committee**" segments, featuring Kirsty and our **new Treasurer, Dr Emily Shao** in this issue.

We hope you enjoyed our AGM dinner topic "**How to find present your best self**", summarised further on in this newsletter by **Dr Ira van der Steenstraten**, who secured the much-appreciated advice of **Ms Maree Clancy** and **Ms Helen Moroney**. We have had such positive feed-back from this presentation, that at the request of members, we have included further details in this issue. We are very keen to have your opinion and suggestions to help choose future speakers and events that are of the most interest, enjoyment or importance to the lives of our medical women. To this end, we have arranged a discussion about "**The Changing Face of Obstetrics in Queensland**", chaired by **Dr Wendy Burton**, for our Spring meeting on the **Tuesday, 5th of September, 2017**. We hope you will share the flyer for this event with your friends and colleagues, to help grow our member base.

Please also complete **your 3-in-1 Membership (QMWS, AFMW, MWIA) for 2017**, using the handy on-line registration and payment link, and "**like**" us on Facebook (maintained by **Dr Jacqueline Deen**), to receive updates of relevant events.

QMWS Committee Members 2016

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)
 Dr Marissa Daniels (General)
 Dr Kathryn Mainstone (Sponsorship)
 Dr Kylie Beem (Events Coordinator)
 Dr Mellissa Naidoo (AFMW)
 Dr Antonia Laino (Newsletter)
 Dr Otilie Tork (Shadow Events)
 Dr Elizabeth Waldie (Shadow AFMW)

Student Committee Members:

Kirsty Whitmore (GUMS)
 Linnah Wang (SWIM)

Events Calendar

Date	Event 2017	Location
May 4	QMWS Dinner Meeting <u>Theme:</u> About Wasted and our Young Women – An evening with Elspeth Muir	Brisbane, Aus
May 9	NCWQ Young Women's Forum, Brisbane Girls Grammar School <u>Topic:</u> Service is in our DNA: Leading Social Change	Brisbane, Aus
May 10-13	Northern European Regional Meeting <u>Theme:</u> 100 years of Medical Women: Past, Present and Future. In Celebration of 100th Anniversary of Medical Women's Federation	London, UK
May 13	Medical Women's International Association NETWORK Meeting	London, UK
July 1-2	Junior Doctor Conference, "Future Frontiers in Medicine" AMA Queensland, Hilton	Brisbane, Aus
Aug 25-27	Western Pacific Regional Conference of Medical Women's International Association	Hong Kong
Sept 5	QMWS Dinner Meeting, United Services Club <u>Theme:</u> The Changing Face of Obstetrics in Queensland Guest Speaker: Dr Wendy Burton and panel discussion	Brisbane, Aus
Sept 16 2-4pm	Afternoon Tea to Honour Dr Laurel MacIntosh OBE, United Services Club Quota International Inc.	Brisbane, Aus
Nov TBA	QMWS Dinner Meeting, United Services Club <u>Theme:</u> Social Media in Medicine – the good, the bad and the virulent	Brisbane, Aus
Dec TBA	QMWS Christmas Party, Medley Bar Kangaroo Point	Brisbane, Aus
2019	Medical Women's International Association Triennial Meeting	New York, USA

Meet the Committee

Kirsty Whitmore



Hi! My name is Kirsty and I am the Griffith yQMWS Representative. I started my medical career in a dual degree in paramedics and nursing, and while I loved the adventure of pre-hospital work, I gravitated towards the chaos and order that is intensive care nursing. Watching and learning from some incredible, inspiring clinicians encouraged me to pursue medicine, and I am now in my penultimate year of study. I am passionate about young women having the ability and courage to see themselves as leaders, and to recognise the influence they have on the world around them. I would love to see more students graduating with supportive professional networks to guide them through the transition from 'student' to 'doctor'.

Name: Kirsty

Role: yQMWS Griffith Representative

Skills: Terrible Cook. Exceptional Eater.

Favourite things: my seventeen year old dog (the ultimate study companion), reflective writing, and my ever-patient husband who makes sure we pay bills on time

Greatest Weakness: Inability to see mess (also greatest strength)

Best Moment of 2017: Being asked by a junior student to mentor her- we underestimate who looks up to us

Emily Shao



I am currently a resident at The Prince Charles Hospital. I graduated from the University of Queensland with a BSc/MBBS, and am from Sydney originally. I am interested in research, with publications in Emergency Medicine, Gynaecology, and Nephrology. I am currently working on a project at QIMR regarding Skin Tumours in Allograft Recipients, and an Emergency Medicine project regarding Acute Skin Condition Presentation at the Princess Alexandra Hospital. I am interested in global health and health systems, and have done medical electives in Hue Vietnam, Dili Timor Leste, Cologne Germany, and New Orleans USA.

Name: Emily Shao

Role: Treasurer

Skills: Discharge Summary Excellence.

Favourite things: eating out (and not cooking), rock climbing, an empty discharge summary pile, not looking stupid in front of my consultant

Greatest Weakness: Procrastination

Best Moment of 2017: Being told that I was an excellent resident by the director of heart failure, in spite of me thinking I was terrible

AFMW NEWS

We hope you have taken the opportunity to review the content of the AFMW and MWIA newsletters that have been circulated.

If you have not received these but would like a copy please let Dr Mellissa Naidoo, our new AFMW representative or Dr Nancy Huang our ever-efficient secretary know.

Issues of concern have included bullying and discrimination, adolescent issues, female genital mutilation, surrogacy and sexual harassment.

These newsletters also contain information about the opportunities for members of QMWS to become more involved in women's medical issues at a national and international level.

Young members (under the age of 40) can join the yMWIA by registering with the link on the MWIA website.

There are travel grants to attend MWIA meetings (partial funding for travel and registration) are available, to those who have been a full member of their MWW for at least 6 months. Dr Natalie Yap, and yMWIA member who attended the Commission on the Status of Women Congress in New York, from the VMWS is now undertaking an internship intern with the World Health Organisation.

Several AFMW members were able to attend the MWIA Triennial Meeting in Vienna in July last year, and their reports are available.

There will be a more local (Western Pacific) meeting in Hong Kong in August, and a World Health Assembly event in October in Manila this year (see the Calendar).

Sincerely,

Dr Lydia Pitcher

“Our mind shapes our body and our voice is the outcome” -
Maree Clancy

By Dr Ira van der Steenstraten

This year's AGM was on February 21 with two presentations on “Style and Substance, how to find and present your best self”. The evening was very well attended by over 50 individuals. Sadly, the committee had to part with some very valued members but we have also been enriched with a number of new, enthusiastic members.

Last year we had several very serious subjects for our dinner events and some members might have been concerned that this evening would be more about style than substance but the engaging presentations by Maree Clancy, voice consultant, and Helen Moroney, personal stylist, showed us this wasn't a superficial subject at all. It was all about gaining more control over the outcome of our triangle of Mindset, Body and Voice.

Maree started the evening with a thought provoking slide. From a young age, we are confronted by the fact that behaviour can be perceived very differently between boys and girls. For example, when speaking up, boys might be seen as being courageous and showing leadership whereas girls might be considered bossy and unpleasant.

Unfortunately, as professional women we might still feel our presentation is judged differently from that of our male colleagues. What can you do to overcome this? And how can you empower yourself to let your cognitions and mindset work *for* you and not *against* you?

Maree gave us more insight into how influencing your posture and voice can change the outcome of a conversation or presentation. Helen showed us how to do this in a colourful and lively manner with the very basics of how to choose and tweak your outfit while saving money and time. And very importantly, how this can help you to lift your inner self when you need it most as well.

Those of you that are familiar with my work to help (young) doctors gain more resilience, know that I feel very passionate about doctors finding their true self and potential. Becoming more aware of yourself and gaining more self-confidence and self-control means you can also have more control over your behaviour and influence how you are being perceived by others.

I would like to thank Maree and Helen for giving us tips about how this can be achieved, each from their own field of expertise.

We heard from a couple of members that were very disappointed about having missed these presentations and have included a short contribution from Maree and Helen in this newsletter.



We are judged as to who we are before we even speak, why?

Why isn't our mind, heart, soul and life experience a better predictor of who we are than how we look?

In this fast-paced world of instant gratification, first impressions take 2 seconds, we used to have 30!, it hardly seems fair.

Living in Sydney in the early 90's, I first 'had my colours and body shape done' as I saw an article and was intrigued as to why people made such superficial assessments of who we are, I was after the science.

The very next time I presented in my correct colours and the change in the way I was acknowledged, treated and respected was life altering! I was the same person doing the same job, but was being taken more seriously, listened to and invited to attend at board level think tanks that led to rapid promotion.

It made such a profound impact on me that I professionally trained in the field and moved to Las Vegas to establish my business. I've worked around the world for politicians, journalists, career professionals and ordinary people wanting to be noticed for who they really are.

It is incredibly rewarding to enable people to regain or find their confidence and potential as they find their individual and unique style in personally presenting to the world each day, no matter the occasion.

Please visit my website helenmoroneystylist.com.au or simply call me on 0414 636 006.

Cindy Lee, Studio 4 Photography:

This past year Studio 4 Photography have been providing event coverage of the QMWS events and have also kindly gifted each member the opportunity for a professional airbrush makeup as well as \$150 credit to spend at their studio in Cleveland to help you update your professional profile.

The Studio 4 Photography team have worked extensively with small to medium businesses over the last 11 years to deliver compelling commercial photography and videography. Their photographers are accredited professionals who meet the stringent accreditation standards of the Australian Institute of Accredited Photographers (AIPP).

WHY UPDATE YOUR PROFESSIONAL HEADSHOT?

These days, LinkedIn, Medical Journals, Staff Profiles etc... have taken on such an important role in promoting your professional abilities, that an impact-making headshot is more important than ever.

By using a great headshot, your professionalism and personality will shine through. It will open doors to new opportunities, new connections and the chance to reconnect with old acquaintances. When you update your profile on social media just see how many reactions you receive and how confident you will feel.

Please call Studio 4 Photography on 38215171 to arrange a session for you.



Please accept this GIFT from

QMWS
Queensland Medical Women's Society

for a YOUR Visual Business Portrait Session with

STUDIO 4 PHOTOGRAPHY

Including planning session, styling and a business portrait session with AIPP Accredited Photographer

Including \$150 credit

to put towards image purchase

To book in please call Studio 4 Photography on
ph: 38215171

Shop 8 Ground Floor Raby Bay Harbour Complex
152 to 166 Shore St West Cleveland 4160



Not to be used with any other offer



Assessing capacity in patients – what you should know

by Frances Fredriksen, Senior Associate, McCullough Robertson

Known as the 'silver tsunami', the proportion of Australians aged over 65 is set to increase dramatically from 14% to 24% by 2056.¹ As the population ages and people live longer the medical fraternity is bracing itself for a number of challenges including a growing prevalence in cognitive decline and legal capacity among patients.

This article explores the flow on effect for medical professionals in the context of assessing patient capacity to make a will.

Whether an individual is deemed to have legal capacity depends on the scenario (for example capacity to marry is different to capacity to contract) and the State (laws relating to capacity are not uniform in Australia).

However, the accepted position is that an individual is deemed to have capacity to make a will if they:

- understand the nature and effect of a will;
- can identify their assets;
- can identify the people who would ordinarily expect to benefit; and
- do not suffer any insane delusion in relation to those people.²

As a medical professional, your role is to provide evidence.

As a medical professional, you shouldn't feel pressured to provide a conclusive statement as to whether your patient has capacity to make a will. This is not your role. Your role is to provide evidence which may ultimately inform the Court in making a conclusive determination.

For example, a suitable response for a medical professional might:

- include a summary of your qualifications;
- state the duration and nature of the patient's treatment;
- identify any conditions or medication that may impair the patient's cognitive function;
- state the severity of any impairment to cognitive function (perhaps with reference to the score achieved on a recently performed MMSE); and
- state whether, in your view, the patient has sufficient cognitive function to be able to understand the nature and effect of a will.

It may then be left to the Court to draw conclusions from the evidence provided.

McCullough Robertson are recognised leaders in succession and elder law and can help you better understand your obligations in relation to assessing the decision-making capacity of patients. Please contact Frances Fredriksen on 07 3233 8572 or ffredriksen@mccullough.com.au

Events: February Meeting



QMWS AGM- Photographs courtesy of Cindy Lee, Studio 4 Photography. See our Facebook page for more photos: www.facebook.com/qmws1929

Save the date



The Changing Face of Obstetrics in Queensland

TUESDAY
SEPTEMBER 5TH
6:30 FOR 7 PM START

UNITED SERVICES CLUB
183 WICKHAM TERRACE,
SPRING HILL

Guest Speaker: Dr Wendy Burton
Chair, National Antenatal/Postnatal Specific Interest Group, RACGP
Chair, Mater Mothers Alignment Program
Maternity Lead, Brisbane South Perinatal Health Network
GP, Mother, Wife, Sister