

# QMWS NEWSLETTER

## President's Report Dr Lydia Pitcher



A big welcome to all new and familiar faces to our **fourth and final meeting for 2017!** It has been an exciting year for QMWS, and I would like to thank all the committee members for their dedication and hard work in ensuring the success of our meetings. With increasing use of electronic media to promote our activities and events, and in achieving another milestone with now more than 250 followers on our Facebook page, it is timely that our last meeting concerns

**"Social Media, the Good, the Bad and the Viral"**. Special guest speakers include Ms **Nadine McGrath from the Creative Content Co.**, a journalist and public relations officer, who has dealt with health related media issues for a variety of stake holders, as well as **Ms Annabel Heron, Risk Advisor from Avant**. We gratefully acknowledge the sponsorship of **ICON Cancer Care** for this event.

We invite you to join us again later this month at the **QMWS Christmas Party at Medley Bar and Restaurant, on Sunday evening, 26 November, 2017, from 5 to 8pm**, sponsored by **William Buck**. This lovely venue affords beautiful views of the Brisbane River and the Story Bridge, for a relaxing evening to celebrate the festive season. **Partners are welcome**, with along with the guest speakers, and sponsors who have supported our group throughout the year.

Our last meeting was fully subscribed, and so we plan to ensure a larger venue at the **United Services Club** for our future meetings. In September, we received a very thought provoking presentation from **Dr Wendy Burton**, Chair of the National Antenatal/ Postnatal Specific Interest Group, who presented the topic **"Birthing, Babies, Bathwater – a GP perspective from the front line of Maternity Services"**. This meeting was co-ordinated by **Dr Kathryn Mainstone** (see centre page for her summary of this evening). Members are encouraged to submit their concerns to the link provided. Our sincere thanks to **Avant Mutual Group** for sponsoring this event.

Our next meeting will include tables of eight from both **The Wesley Hospital** (organised by **Dr Liz Waldie**) and **St Andrews War Memorial Hospital** (co-ordinated by Ms Susan Walsh). We hope to secure a similar commitment from other Brisbane Hospitals, to broaden our group's representation and reach. To this end we are also liaising with the Medical Parenting Group and the North Queensland Medical Women's Society, as well as the AMAQ for collaboration in future. We have been very grateful for the student representation at our meetings, and on the committee, including **Kirsty Whitmore (Griffith University)**, and **Linnah Wang (University of Queensland and SWIM)**.

Many of our group attended the recent **AMAQ Women in Medicine Breakfast**, to hear several inspirational speakers describe their diverse pathways to and through their medical careers.

Committee members will soon meet for a **strategic planning meeting** to which all members are welcome, prior to the **Triennial AFMW Face-2-Face meeting** on November 11-12 in Sydney.

Our **Annual General Meeting** is scheduled for **Tuesday 7<sup>th</sup> February 2018**, and so please **renew your membership for 2018**, so you can **nominate and vote** for a role in our committee. We would like to continue the momentum of the last year into 2018 and look forward to taking a delegation from QMWS to the 100<sup>th</sup> anniversary of the Medical Women's International Association meeting in New York in 2019.

### QWMS Committee Members 2017

**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  
Dr Kathryn Mainstone (Sponsorship)  
Dr Kylie Beem (Events Coordinator)  
Dr Mellissa Naidoo (AFMW)  
Dr Antonia Laino (Newsletter)  
Dr Elizabeth Waldie

#### Student Committee Members:

Kirsty Whitmore (GUMS)  
Linnah Wang (SWIM)

Summer 2017 QMWS meeting is kindly sponsored by:



## Events Calendar 2017

Date	Event	Location
Nov 2 <sup>nd</sup> 2017	<b>QMWS Dinner Meeting</b> Theme: Social Media in Medicine. The Good, the Bad, and the Viral Sponsored by Icon Cancer Care	Uniting Services Club, Brisbane
Nov 11-12 <sup>th</sup> 2017	<b>AFMW Face to Face Meeting, National Executive</b>	Sydney
Nov 21 <sup>st</sup>	<b>The Queensland Women's Historical Association (QWHA)</b> <b>"Nostalgia" display</b>	"Miegunyah" 35 Jordan Terrace Bowen Hills
Nov 21 <sup>st</sup> 2017	<b>AMAQ</b> Bancroft Oration, Dr Catherine Yelland	Victoria Park, Brisbane
Nov 26 <sup>th</sup> 2017	<b>QMWS Christmas Party</b>	Medley, Kangaroo Point, Brisbane
Feb 6 <sup>th</sup> 2018	<b>QMWS Annual General Meeting</b> Presidential Address: Back to Basics - "The Pillars of Women's Health" Sponsored by Sullivan Nicolaides Pathology	Uniting Services Club, Brisbane



### Meet the Executive

#### **Nancy Huang (Secretary)**

Hi! I'm Nancy, and I've been the QMWS secretary this year - the person behind the emails! I currently work as a senior house officer at the Royal Brisbane and Women's Hospital, but will spend more time focusing on my research and gaining more dermatology experience next year. Outside of work, I enjoy yoga and bushwalking, having recently travelled to the Daintree rainforest. I also have an unhealthy obsession with everything dog related, and really miss having a dog of my own!

### Event Report: Women In Rural Medicine Evening

#### **Dr Kathryn Mainstone**

I spent a most enjoyable evening with female UQ medical students involved in SWIM ( Supporting Women In Medicine ) and TROHPIQ ( Towards Rural Health Professionals in Outback Queensland ) at a casual evening function held at *Loft* in West End on Thursday 12<sup>th</sup> October . They invited four female doctors, one currently involved in fly in/fly out Women's Health Clinics, Professor Sarah Strasser , Head of the UQ Rural Clinical School, Dr Pat Stuart, who had been Medical Superintendent at Chinchilla Hospital for 15 years and me, who had spent a decade in rural practice, first as Medical Superintendent at Mt Morgan then in group private practice in Goondiwindi.

The students seemed interested to learn about our experiences, both medical and social. I was keen to tell them about the positive aspects of combining motherhood of young children with medical practice in a country town. It is so easy to find good childcare and a blessing to live in close proximity to the practice, hospital, school and venues for after-school classes. I would simply slip out between patients to drop a forgotten item to school or transport children to swimming or dance classes then quickly return to work. Everything was but a few streets away. The medicine was unpredictable and challenging at times and the sleep disruption often relentless, especially when on call every second night, but what I learnt most from in my time in the country was about families and how they function; looking after four generations in the one family is an educational gift without price.

I so enjoyed meeting all the students and left feeling that the future of Medicine was in very safe hands.

## Smartphones in healthcare – what you should know

By Alex Hutchens, Partner, McCullough Robertson



The benefits of transformative technologies for clinicians and the broader health care industry are well documented. Smartphones, for example, enable clinicians to photograph physical medical conditions in their daily practice and the increased prevalence of cloud technologies means patient information and records can be stored and shared easily, creating great opportunities for improved quality of care.

However, these exciting developments present legal implications for practitioners and providers particularly in relation to patient privacy, confidentiality and data security. While these risks apply across many services and sectors, the sensitive nature of information held in the health care industry invariably increases the impact and potential

consequences resulting from breaches in these areas.

What are the key risks that need to be considered?

**Patient privacy and confidentiality** – Clinical photographs taken with smartphones are subject to the same privacy protocols that apply to any medical record. Health practitioners who take and receive photos on personal devices should familiarise themselves with the Australian Privacy Principles (APPs) contained in the *Privacy Act 1988* (Cth). The Privacy Act recognises health information as “sensitive information”, which attracts a higher level of protection under the APPs. The APPs cover the collection, use, disclosure and protection of personal information.

**Data security** – Practitioners must take reasonable steps to protect personal information that has been collected from patients. This includes clinical photos which have been captured and stored on personal mobile devices. ‘Reasonable steps’ include active measures to safeguard information from loss, theft, cyber-attacks and data breaches including hacking. The circumstances will dictate what those ‘active measures’ should be but reasonable steps could include using encrypted photo apps such as WhatsApp Messenger and transferring images from personal devices to a secure IT system.

It is important to remember that patients’ personal information may only be collected and stored if it is reasonably necessary for the performance of the provider’s obligations. Additionally, this information must be removed or destroyed once it is no longer necessary.

The regulatory environment applying to the use of smartphone devices in a medical context is complex. Alex Hutchens advises clients in relation to IT, e-commerce, consumer protection and data protection law and welcomes any questions you may have in relation to these matters. Please contact Alex on **02 8241 5609** or **[ahutchens@mccullough.com.au](mailto:ahutchens@mccullough.com.au)**

*Our Newsletters are kindly sponsored by McCullough Robertson*

**Birthing, babies and bath water**  
**- a GP perspective from the frontline in maternity**

by Dr Kathryn Mainstone

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

For the third dinner meeting of the year, QMWS welcomed Dr Wendy Burton to speak about her experience of maternity care over a thirty-year medical career in Queensland and also about the current maternity services review process underway at Federal and State level. She speaks as the child of two rural GPs who provided care for the residents of Cooroy and district on the Sunshine Coast for decades, her father doing Caesarean sections while her mother gave the anaesthetics. She knows only too well the level of commitment and care required of doctors who provide a mantle of safety for the women of Queensland.

The decision to ask Dr Burton to speak arose because of concern in medical circles about the increasing erosion of medical input into the care of obstetric patients in the public sector. Some very experienced members have witnessed significant patient morbidity occurring because of what is clearly a desire to push the boundaries of what is normally defined as safe obstetric care, disregarding the protocols for active management of labour, seemingly to achieve vaginal delivery at all costs. Training O&G registrars have reported being prevented from entering the delivery suite rooms to check on patients. Medical students report being prevented from witnessing, let alone performing, deliveries at some hospitals. As Dr Burton said so aptly “Never base your life decisions on advice from people who don’t have to deal with the results.” It is doctors in the community – GPs, paediatricians and incontinence surgeons who are seeing the fallout from recent changes in how women are cared for. We see the suffering of those with 3<sup>rd</sup> degree tears because of a “hands off” approach to delivery - not those who decide to experiment with women’s care in this way. Doctors see the women, discharged at 6 hours post-partum with their first baby and no adequate follow-up in the community. We see their starving babies and demoralised mothers when breastfeeding fails because of inadequate instruction and supervision.

Dr Burton told us of the consultation groups formed to advise the new National Framework For Maternity Services; doctors were given only token representation. She made it clear that major change was on the way and that consultation groups were open to all. There is poor representation from any doctors, let alone all the specialties at the coalface of obstetric care over and above obstetricians– anaesthetics, paediatrics, psychiatry, general practice. If anyone is interested in participating in a consultation group they can use this address: [PSQIS\\_Maternity@health.qld.gov.au](mailto:PSQIS_Maternity@health.qld.gov.au)

A spirited discussion occurred afterwards, with an explanation given as to how difficult it is to talk publically about what is happening to public obstetric care because of the employment contracts which public doctors sign, preventing them from speaking openly to the press. There is a real concern that the medical workforce is being deskilled and that the public is simply not well informed when making choices about obstetric care. As doctors know only too well, there is really no such thing as a “low risk” obstetric patient – things can go terribly wrong in such a very short time, threatening the life of both mother and baby. We seem to have lost our intergenerational memory and have forgotten that it was the medical profession that brought safe obstetrics to the women of Queensland, not so many years ago. It was the Golden Casket which funded the building of the old Royal Women’s Hospital in 1938, allowing free, comprehensive obstetric care for all in Brisbane and the rest of the state if required.

These issues are complex but optimal care of women and children underpins the overall health of any society. Decisions surrounding how this is provided ought to be made by those with the best qualifications to do so and using the best available evidence to support those decisions. How can excluding medical practitioners from this discussion and actively from involvement in routine obstetric care possibly lead to good outcomes?



The Queensland Maternal and Perinatal Quality Council is the Queensland Government statutory body with powers to collect and publish data in this field. A number of medical women are members of the council. They are very interested to receive reports not only concerning mortality but of maternal and perinatal morbidity. They can be contacted at [QMPQC@health.qld.gov.au](mailto:QMPQC@health.qld.gov.au)





## Supporting Women in Medicine End of Year Report

Linnah Wang

The past month has been a bit of a whirlwind for SWIM! In a last blaze of glory before the new year, our outgoing 2017 executive team put on five fabulous events attended by nearly 200 students and clinicians. SWIM was delighted to collaborate with members of the QMWS for both our Professional Development Workshops and our Women in Rural Medicine night.

The Professional Development Workshop series is a new initiative for students in final years before heading into the workforce. We held 2 well attended workshops with the themes around Resilience and Conflict Resolution. We were very grateful to have **Dr Ira van der Steenstraten, Vice President of QMWS**, lead us through mindfulness training and how to prepare for a healthy career. The two-hour session helped us identify our strengths and weaknesses and developed our self-reliance for difficult situations. Given the challenges and stress inherent in intern years and beyond, this invaluable session was greatly appreciated by all who attended.



The Women in Rural Medicine night was held at Loft West End in collaboration with UQ's rural health group. This was the fourth and last entry in our "Women in ..." series for 2018. With this series we hoped to shine a light on the unique and varied experiences of female medical professionals in a relaxed and less formal setting. Special thanks to our guest clinicians **Dr Kathryn Mainstone**, Prof Sarah Strasser, Dr Pat Stewart, Dr Summer Williams, and Dr Simone Peacock who generously shared their incredible experiences with our members.

SWIM (Supporting Women in Medicine) is a medical student organisation based at the University of Queensland. We hold many events throughout the year including academic and professional workshops, clinician networking evenings, and charity fundraising events. If you are interested in getting involved or would like to know more about our organisation, please email us at [swim.uq@gmail.com](mailto:swim.uq@gmail.com). More information can also be found at [swimuq.org.au](http://swimuq.org.au) or our facebook page, [fb.com/uqswim](https://www.facebook.com/uqswim).

### **Event Report: Dr Laurel MacIntosh OBE - 60 Years with Quota Inc. Celebration,**

16 September 2017 USC

Dr Lydia Pitcher

In September, QMWS was well represented at the special celebration for **Dr Laurel MacIntosh's 60 years with Quota Inc.** This was a very joyful and moving occasion, highlighting the remarkable contributions she made to a wide variety of other organisations, whilst maintaining a busy career in her chosen medical niche of **paediatric ophthalmic surgery**. Many thanks to Quota Inc. for including QMWS in this celebration, and to those who attended to show their appreciation for Dr MacIntosh's work.





## ***Membership 2018***

### **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***

***Fill out our application:***

**<http://tiny.cc/qmws>**

***Don't miss out on our events for 2018!***

## SAVE THE DATE!

QMWS invites you to attend their annual Christmas Party

Sunday 26 November 2017

5 to 8pm

Medley Café and Restaurant, Kangaroo Point

Drinks and canapés provided

Partners welcome!

RSVP by 24 November 2017

to [secretary.qmws@gmail.com](mailto:secretary.qmws@gmail.com)

\$20 Members | \$40 Partners



QMWS invites you to their AGM 2018

## *“The Pillars of Women's Health”*

by Dr Lydia Pitcher



***Featuring Sullivan Nicolaides Pathology  
Cervical Cancer Screening Program: what's new***

Tuesday 6 February 2018

6:30pm for 7pm start

United Services Club, 183 Wickham Terrace, Spring Hill

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

### RSVP

Thursday 1 February 2018 to [secretary.qmws@gmail.com](mailto:secretary.qmws@gmail.com)

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