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QUEENSLAND

# JDC

JUNIOR DOCTOR CONFERENCE  
**TOWNSVILLE**

**Sat 3 – Sun 4 June 2023**

**#amajdc2023**

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# Kick start your medical career in Townsville, North Queensland

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Home to Townsville University Hospital, the major tertiary facility and largest teaching hospital for northern Australia, our clinicians have great opportunities for career advancement across a wide variety of specialties.

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- Ophthalmology
- Paediatric surgery
- Anaesthetics
- Neurosurgery
- Cardiothoracic
- Infectious diseases
- Sexual health.



Queensland  
Government



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City lifestyle without the commute? It's possible in Townsville. Providing a beautiful tropical lifestyle with a thriving entertainment, sports and education base, Townsville has it all.

and World Heritage listed national parks, Townsville is a modern metropolis that invites you to discover, appreciate and immerse yourself in everything the Northern Queensland region has to offer.

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## Contact us

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# ▶▶ PROGRAM

## DAY 1: Saturday 3 June

Full-day conference: various venues

8am – 9am	Registration and breakfast with trade exhibitors
9am – 11am	Morning session at James Cook University, buildings 45 and 46
9am – 9.10am	Welcome to Country
9.10am – 9.20am	Welcome to Townsville: <b>Tony Mooney</b> and <b>Dr Tim Leow</b> from Townsville Hospital and Health Service (THHS) – Platinum Sponsor
9.25am	<b>Keynote speaker: Dr Mikaela Seymour</b> – Public Health Registrar, 2018 AMA Doctor in Training of the Year, Forbes 30 Under 30 Asia, Australian Regional Immunisation Alliance PNG Technical Advisor
9.45am – 10.15am	<b>Speaker panel: Many pathways, many destinations: Where medicine can take you!</b> <ul style="list-style-type: none"><li>▶ <b>Dr Mikaela Seymour</b> – Public Health Registrar</li><li>▶ <b>Dr Chris Ball</b> – North Queensland Cowboys Medical Officer</li><li>▶ <b>Professor Robert Norton</b> – Clinical Microbiologist</li><li>▶ <b>Dr Maria Boulton</b> – AMA Queensland President</li></ul>
10.15am – 10.45am	<b>Breakout session 1: (choose from three topics)</b>
<b>SESSION TOPICS</b>	<b>Topic 1: Overtime, fatigue and pay – your rights at work and what to do about them: Updates on MOCA 6</b> <ul style="list-style-type: none"><li>▶ <b>Dr Hau Tan</b> – ASMOFQ</li></ul> <b>Topic 2: The privilege of living and working in Aboriginal and Torres Strait Islander communities</b> <ul style="list-style-type: none"><li>▶ <b>Professor Robert Norton</b></li></ul> <b>Topic 3: It's not you, it's your job: Deconstructing the resilience myth in medicine (panel)</b> <ul style="list-style-type: none"><li>▶ <b>Dr Rob Nayer</b> – Doctors' Health in Queensland Board</li><li>▶ <b>Dr Elise Witter</b> – AMA Queensland Chair of Committee of Doctors in Training (CDT)</li></ul>
10.45am – 11am	<b>Dr Maria Boulton</b> – AMA Queensland President
11am	Complimentary coach to ferry terminal
11.30am – 12pm	Complimentary ferry to Magnetic Island
12pm – 12.10pm	Walk from Nelly Bay Ferry Terminal to Peppers Blue on Blue
12.10pm – 1pm	Lunch with trade exhibitors
1pm – 1.05pm	<b>Speaker: Defence Force Recruitment</b> – Exhibitor and Saturday Social Sponsor

1.05pm – 2.30pm

**Afternoon sessions at Peppers Blue on Blue**

**Session 1: Corporate partner presentation and panel: Financial and legal advice to set you up for life**

- ▶ **Cutcher & Neale Accounting and Financial Services** and **Hillhouse**

**Session 2: Doctor's Mental Health and Wellbeing: It's okay to be human**

- ▶ **Dr Janet Bayley**

**Session 3: Overcoming adversity, advocacy and adventuring in medicine**

- ▶ **Dr Sarah Chalmers, Dr Nimisha Aithal** and **Dr Ekta Paw**

2.40pm – 3pm

**Afternoon tea with trade exhibitors**

3pm – 5pm

**Networking at Nelly Bay: Speed Dating the Specialties on the beach**

- ▶ **Psychiatry** – Dr Ciara Dyson
- ▶ **Rural generalism** – Dr Sarah Chalmers
- ▶ **Clinical microbiology** – Prof Robert Norton
- ▶ **General practice** – Dr Nick Yim
- ▶ **Paediatrics** – Dr Nimisha Aithal
- ▶ **Surgery** – Dr Ekta Paw and Dr James Carroll
- ▶ **Emergency** – Dr Rob Nayer
- ▶ **General medicine** – Dr Emma Sganzerla

5.30pm

**Complimentary ferry from Magnetic Island to Townsville Ferry Terminal**

6.10pm – 6.25pm

**Walk from ferry terminal to Buzuka Restaurant**

6.30pm – 8.30pm

**Social function: Buzuka**

This venue has a Studio 54 Disco theme! If you would like to get changed at the venue you can. Drink vouchers and Asian canapés provided thanks to our social function sponsor Defence Force Recruiting.



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## DAY 2: Sunday 4 June

Half-day workshop: 9am – 1pm at Townsville University Hospital, Robert Douglas Auditorium and training rooms

8am – 9am	Breakfast with trade exhibitors
9am – 11.10am	<b>Session 1, 2, 3:</b> Procedural skills interactive workshops by academic and clinical specialists (see areas below). Attendees will rotate through four stations, 40 minutes per station.
11.10am – 11.30am	Morning tea with trade exhibitors
11.30am – 12.10pm	<b>Session 4: Last station</b>
12.10pm – 12.30pm	<b>Closing keynote: Staying well in the medical game: Tips and tools</b> ▶ <b>Prof Sabe Sabesan</b>
12.30pm	<b>Conference overview and close</b> ▶ <b>Dr Elise Witter</b>
1pm	END

### Procedural skills workshop

#### Session organiser:

**Prof Sabe Sabesan** – Clinical Dean and Clinical Director, Queensland Health

#### Station 1: Complex cardiac cases

**A/Prof Raibhan Yadav** and **Dr Biggie Moloji** (cardiologists, expertise in providing services through networked systems).

Understanding complex presentations, cardiac investigations and management principles including rural and Indigenous aspects.

#### Station 2: Knees and hips

**A/Prof Kaushik Hazratwala** (orthopaedic surgeon, international leader and innovator in computer-assisted hip and knee replacement).

Outcome of knee and hip replacement, techniques and technology in contemporary practice, glimpse into future of digitally enabled ortho practice.

#### Station 3: Blood gas and junior doctors

**Dr David Mackintosh** (intensivist/respiratory physician, passion for serving vulnerable and rural and remote communities).

Principles of interpretation of blood gases, utility of blood gases in diagnosis and management.

#### Station 4: Ophthalmology's V.I.P

**Dr Marcel Niemandt**, Staff Specialist Ophthalmology will cover basic eye examination in an ED setting, Specific Vision, IOP and Pupil related abnormalities and approach to common ophthalmological emergencies.



# Why join AMA Queensland

Member exclusive benefits



## Networking

It's not just who you know, it's who others know. Networking is powerful.

1



## Visibility

Stand out in the crowd with the AMA Career Advice Hub. Let us help you create an application that will have you standing out from the crowd.

2



## Have a voice

Gain a say in what happens in hospitals through the AMA Queensland Committee of Doctors in Training advocacy efforts.

3



## Protection

Be protected and secure at work with the advice and support from our workplace relations advisors and complimentary union membership with ASMOFQ.

**asmofq**  
AUSTRALIAN SALARIED MEDICAL OFFICERS' FEDERATION QUEENSLAND, INDUSTRIAL ORGANISATION OF EMPLOYEES

4



## Learning

Get a competitive edge over non-members with exclusive training opportunities on a variety of hot topics.

5



## Discounts

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6

AMA Queensland membership is tax-deductible.

For more information or to join, please contact the Membership team on (07) 3872 2222 or email [membership@amaq.com.au](mailto:membership@amaq.com.au).

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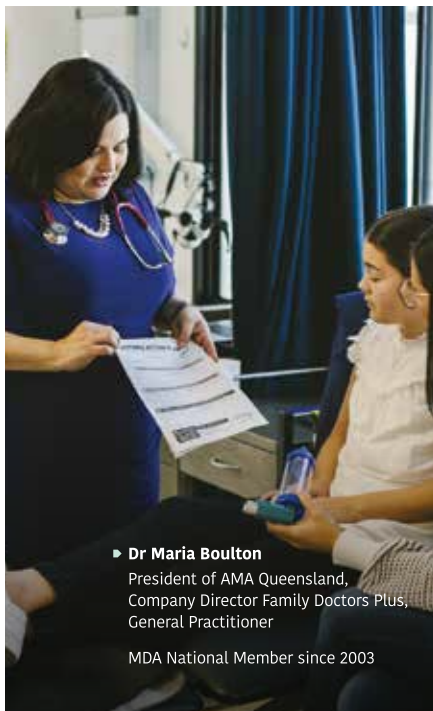


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Our legal expertise extends from corporate to private advisory, including corporate and commercial law, employment and industrial relations, intellectual property and technology, litigation and dispute resolution and property and projects.

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► **Dr Maria Boulton**  
President of AMA Queensland,  
Company Director Family Doctors Plus,  
General Practitioner

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- All of the above**

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We are a not-for-profit membership organisation that exists to improve the working lives of our members – salaried medical officers.

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**Is your service accessible? Disability access is more than a ramp!**  
*Disability services across the health sector must improve\**

### Access for All: Disability awareness for mainstream health providers

- Free, interactive, online training course.
- Seeks to raise awareness of the barriers people with disability experience when accessing mainstream health care.
- Provides strategies to improve health service delivery to increase accessibility for people with disability.
- Assists health providers understand legislative obligations for providing equitable, inclusive care for people with disability.
- Continuing Professional Development points are available for most health professions.
- Assists in meeting Accreditation requirements for health-related standards.



Find the online training at:  
<https://accessforall-checkup.talentlms.com>

\*(Report 10 – Royal Commission into Violence, Abuse, Neglect and Exploitation of people with disability)

Scan the QR code to access  
the online training.



# ▶ BIOGRAPHIES



**Dr Nimisha Aithal**  
**Townsville University Hospital**

Dr Nimisha (Nim) Aithal completed medical school in Townsville at JCU in 2018 and graduated as Dux of her year. She has worked at Townsville Hospital and a number of hospitals in the south-east corner, including QCH. Nim started paediatrics training in her SHO year, is now a paediatrics registrar and is still on the journey to find what she wants to do “when she grows up”. Nim has additional interests in medical education, is a lecturer at Griffith Medical School and associate lecturer at The University of Queensland, and produces and hosts a medical education podcast (Spoonful of Medicine) to help medical students and clinicians better their paediatric knowledge. Outside of medicine, Nim loves anything performance having been involved in local theatre companies and in an SBS mini-series. She enjoys choreographing and performing dances for local events and was a lead choreographer in an AFI award -winning short film.



**Dr Chris Ball**

Dr Chris Ball is a Townsville local. He was born in the Townsville General about 50 metres from the clinic. He graduated from James Cook University in 2005 and started work as a doctor in 2006. He achieved his masters degree in Sports Medicine in 2009 and his fellowship with the Royal Australian College of General Practitioners in 2011. He is the medical officer for all North Queensland Cowboys squads including NYC, NRL and development players. He has worked extensively with elite teams in the NRL, AFL, WNBL, NBL and with elite boxers, rowers, mixed martial artists and track and field athletes.



**Dr Janet Bayley**  
**Townsville Mental Health Service Group, Townsville Hospital and Health Service and Trinity Clinic Cairns**

Dr Janet Bayley is a consultant psychiatrist who divides her time between private practice at Trinity Clinic Cairns, which she established 2014, and a public role at the Alec Illin Secure Mental Health Unit in Townsville. She was born and raised in Townsville before completing her MBBS at The University of Queensland. She was a junior doctor at the Princess Alexandra Hospital in Brisbane where she undertook most of her psychiatry training. Since completing her FRANZCP in 1998 Dr Bayley has spent the last 25 years living and working in Far North and North Queensland. She was Clinical Director of the Cairns and Hinterland Mental Health and ATOD Service from 2003-2014, as well as working as a consultation liaison psychiatrist with an interest in perinatal psychiatry at the Cairns Hospital from 1998 – 2020. Dr Bayley has served on many RANZCP training committees, statewide Queensland Mental Health service committees and groups, and was inaugural Chair of the Cairns Hospital Clinical Council.



**Dr Maria Boulton**  
**AMA Queensland President**

Dr Maria Boulton is an industry leader, GP specialist, business owner, media commentator and public speaker. With two decades' experience in private practice and hospitals in Brisbane and regional Queensland, she drives state and national medical policy as President of AMA Queensland. Dr Boulton's experiences growing up in El Salvador underpin her reputation as a compassionate advocate for doctors and patients. Immigrating to Australia in 1990, Dr Boulton completed her medical degree at The University of Queensland in 2002. She is a Fellow of the Royal Australian College of General Practitioners and a graduate and member of Australian Institute of Company Directors.



**Nicole Brown**  
**Cutcher & Neale**

Nicole is passionate about working with clients to assist in wealth creation and wealth accumulation strategies. Nicole takes the time to understand their goals and motivations to provide them with tailored advice. Working closely with clients to better understand their needs, she draws on years of experience to help clients achieve their goals. Nicole joined the firm in 2004 and is a Partner of our firm. Nicole advises both small to medium enterprises as well as specialising in advice for Medical Professionals. Nicole focuses on a holistic approach, which allows her to manage compliance needs for clients as well as personal risk, wealth management, superannuation and finance needs.



**Dr James Carroll**  
**Townsville University Hospital**

Dr James Carroll is a general surgeon, trained in Queensland, FRACS in 2021. He completed a trauma fellowship year at the Royal Melbourne Hospital in 2022. Dr Carroll works in Townsville doing acute care surgery. He teaches EMST and has an interest in trauma care. Dr Carroll is a Captain in the Australian Army Reserves. He's currently completing a Masters of Public Health.



**Dr Sarah Chalmers**  
**Joyce Palmer Health Service**

Dr Sarah Chalmers is the immediate past president of the Australian College of Rural and Remote Medicine and has worked across East Arnhem Land and North Queensland for the last 20 years. She has worked in private general practice, hospitals and remote Aboriginal communities and homelands in the Northern Territory and now works as a rural generalist and medical superintendent at Joyce Palmer Health Service on Palm Island. Sarah is also Senior Lecturer in Rural Medicine and Academic Coordinator for the final year of the medical program at James Cook University. She has long been interested in medical education, previously a senior lecturer with Flinders University for the NT medical program and has been a supervisor to GP and RG registrars as well as medical students and junior doctors for many years. Her clinical interests include remote practice, Aboriginal and Torres Strait Islander health and occupational medicine.



**Dr Ciara Dyson**

Dr Ciara Dyson completed her medical degree in Graduate Entry Medicine in Ireland. She holds a BA Hons in English and Creative Writing as her primary degree. She moved to Townsville in 2019 and joined the psychiatry training program in 2021. Her special interests include child and adolescent psychiatry and psychotherapy. She is works at Townsville Mental Health Service Group as a stage 2 registrar, Consultation and Liaison Psychiatry, Registrar Representative Chair.



**Robert Lamb**  
**Hillhouse Legal Partners**

Robert Lamb commenced at Hillhouse Legal Partners in 2000 and became a partner in 2006. He is currently the practice lead in our Litigation, Employment & Industrial Relations and Wills, Estates & Trusts areas. Having appeared and litigated cases in state and federal civil courts and tribunals in Queensland, Robert has excellent knowledge of the procedural rules of Queensland's courts. Robert prides himself on striving to meet the unique and changing needs of clients in corporate and personal legal matters by providing customised legal advice, strategy and cost-effective solutions. Having joined the legal sector in 2000 after a career as a registered nurse, Robert has a strong ability to empathise with clients and work with them to understand and anticipate what legal help they need. With his vast knowledge and breadth of experience across diverse practice areas, Robert is a sought-after speaker at industry events. He is regularly called upon to provide commentary on new laws and legislation and novel issues across print and radio.



### **Dr Tim Leow**

Dr Tim Leow is a psychiatry registrar with the Townsville Mental Health Service Group, and an advanced trainee in the dual certificate programs of child and adolescent psychiatry and addiction psychiatry. Dr Leow completed his medical training across regional and metro Western Sydney, moved to Townsville, worked on Palm Island, and recently completed a stint with Perth Children's Hospital. Having previously served as chair of the psychiatry registrar group in Townsville, Dr Leow is now serving as a roster representative. His interests include improving health care in North Queensland, psychiatry research, mental health advocacy, medical leadership, and mentoring. Outside of work he enjoys travelling and time with family.



### **Dean Menzies Cutcher & Neale**

Dean Menzies is Cutcher & Neale's Finance Manager, specialising in providing finance solutions for our clients, including home loans, investment loans, refinance, commercial loans and specialised lending for certain professions. Dean's background in financial services includes around 12 years in private banking in Sydney and Newcastle which involved managing the lending and wealth requirements of high-net-worth individuals and families. Dean's experience enables Cutcher & Neale Finance to establish an independent, dedicated and specialist approach to our clients' ongoing finance requirements.



### **Tony Mooney**

Tony Mooney chairs the Townsville Hospital and Health Board and has held this position since 2016 and is a member of several of its committees.

He was the chair of the Queensland Government's Resources Community Infrastructure Fund Advisory Committee until 2022 and holds director positions at Tropical Australian Academic Health Centre, Townsville Hospital Foundation, North Queensland Bulk Ports and NQ Spark. Previously, Tony was a councillor and deputy mayor of the Townsville City Council and was elected mayor in 1989. He held the position of Mayor of Townsville until 2008. In 2008, Tony was made a Fellow of the Australian Institute of Company Directors. In 2011, Tony was appointed a member of the Order of Australia (AM) for services to local government and the community. He is a life member of Townsville Enterprise.



### **Dr Rob Nayer Ipswich Hospital**

Dr Robert Nayer is an emergency medicine registrar working in South East Queensland. He has a particular interest in the assessment and management of patients presenting to emergency departments with mental health concerns and enjoys presenting teaching sessions on risk assessment and management of psychiatric emergencies. Over the last few years he has been extensively involved with the AMA Queensland Committee of Doctors in Training and is the immediate past chair. He continues to be a strong advocate for junior doctors and the systemic changes needed to improve doctor wellbeing throughout Queensland. Prior to completing his MBBS at UQ in 2016, Rob completed degrees in Commerce, Health Science, and a graduate certificate in executive leadership.



### **A/Prof Robert Norton Townsville University Hospital**

Associate Professor Robert Norton is a clinical microbiologist and Director of Microbiology and Pathology at Townsville University Hospital, as well as associate professor (adjunct) at School of Biomedical Sciences, The University of Queensland. He has worked in this region since 1995. After graduating in Medicine in 1980, A/Prof Norton worked primarily in clinical positions until 1991. This included working in remote Aboriginal communities in the Northern Territory, where he gained an interest in infectious diseases that are prevalent in these communities. He was awarded the Fellowship of the Royal Australasian College of Pathologists in 1994 and completed a Doctorate in Medicine from the University of Adelaide in 1998 on rheumatic fever.



**Dr Ekta Paw**  
**Queensland Health**

Dr Ekta Paw is a current trainee in Oral and Maxillofacial Surgery. Ekta has previously been involved with advocacy in AMA Queensland, AMA Federal and AMA(SA). This year she hopes to continue advocating for doctors in training in her position as Ordinary Member on AMA Federal Council while supporting more grassroots initiatives in the doctor in training space in her role as Deputy Chair of AMA Queensland's Committee of Doctors in Training (CDT). Ekta hopes to support CDT in policy development, climate and healthcare initiatives and promoting doctor in training wellbeing.



**Prof Sabe Sabesan**  
**Townsville Hospital and Health Services**

Professor Sabesan is a senior medical oncologist at the Townsville Cancer Centre, Townsville University Hospital, and the Clinical Director of the Australian Teletrial Program, Office of Precision Medicine and Research, Queensland Health. He has designed, implemented and evaluated various teleoncology models for consultations, chemotherapy administration, training and clinical trial across the state and Australia. His program was rated 'high' for impact, engagement and path to engagement by the Australian Research Council in 2019. Currently he is the president-elect of the Clinical Oncology Society of Australia. Leveraging this role, he plans to advocate for creating equitable health systems in Australia and healthier workplace culture as the foundation for workforce wellbeing.



**Dr Mikaela Seymour**  
**Townsville Tropical Public Health Unit, Queensland Health**

Dr Mikaela Seymour is an AFPHM trainee working in Townsville, with a passion for global health, health equity and the Pacific region. She was the Aerial Health Patrol outreach doctor where she lived in remote villages of Western Province, providing primary care, public health, and communicable disease control. During COVID-19 she was the primary physician responsible for the rollout of vaccines in this region, despite the absence of roads or electrification, and achieved the second-highest vaccine rate in the country (behind only the capital district). In 2022 she was seconded to the PNG Institute of Medical Research and the Eastern Highlands Public Health Unit under the Australian Regional Immunisation Alliance DFAT program. For her work in promoting health equity in the immediate region, she was awarded the Junior Doctor of the Year in 2018, Queensland Young Achiever in Health Care in 2022, and Forbes 30 under 30 Asia for community impact. She continues to advocate for equitable access to basic services to the remote majority in the Indo-Pacific region.



**Dr Emma Sganzerla**

Dr Emma Sganzerla is a final-year Geriatric Medicine and General Medicine Advanced Trainee, working at the Townsville University Hospital. Dr Sganzerla graduated from James Cook University in 2013, before completing basic physician training and commencing advanced physician training in Townsville. After a two-year stint at The Prince Charles Hospital in Brisbane, she is now back working at the Townsville University Hospital, where she hopes to remain when she obtains her fellowship. Dr Sganzerla has two young children and a very understanding non-medical husband.



**Dr Hau Tan**  
**President, ASMOFQ (The Doctors' Union)**

Dr Hau Tan is President of ASMOFQ (The Doctors' Union) and has been on the ASMOFQ State Management Committee since 2014. Hau has represented and fought for junior and senior doctors in MOCA 4, 5 and 6 negotiations, as well as in the Queensland Industrial Relations Commission. He works as an anaesthetist, mainly at the Royal Brisbane and Women's Hospital (for over 20 years) as well as a number of private hospitals. Hau is passionate about protecting and advancing the workplace rights and industrial interests of doctors across Queensland, as well as advocating for high quality patient services.





### **Dr Elise Witter**

#### **Chair, Committee of Doctors in Training, AMA Queensland**

Dr Elise Witter has worked and studied in a variety of regional, rural and remote settings, including with the Royal Flying Doctors' Service in Lockhart River. Currently working in mental health at Cairns Hospital, she has a passion for Aboriginal and Torres Strait Islander health, promoting doctor-in-training wellbeing and ensuring equity in educational and vocational opportunities for the rural and remote medical workforce. She has an extensive background in advocacy, which she hopes to harness to improve the experience of doctors training in rural and remote Australia.



### **Dr Nick Yim**

#### **Vice President, AMA Queensland**

Dr Nick Yim is a general practitioner and practice owner in Hervey Bay. He became a Fellow of the Royal Australian College of General Practitioners in 2017, after achieving his MBBS from Griffith University in 2011. Dr Yim has been a member of AMA Queensland Council since 2016 and the AMA Queensland Board since 2020. He plays an active role in medical education for The University of Queensland Rural Clinical School and GP registrars. He is also President of the Fraser Coast Local Medical Association.



# TOWNSVILLE

## NORTH QUEENSLAND

Townsville  
North Queensland  
population

**237,452**

ABS (2021) Census All persons QuickStats

Median  
house price

**\$373,738**

CoreLogic (2023). Regional Market Update.

Over  
300  
days  
of  
sunshine  
annually.



Over the next 30 years, North Queensland will need a significant increase in its Labour Force requiring an additional **102,201 persons by 2050** above status quo projections to support the future \$65B project pipeline.

By 2050 the proportion of healthcare workers will increase from 16% to 21% of the workforce.



The industry with **strongest employment growth by 2049-50** will be:

**Health Care and Social Assistance +44,360 FTEs**

### LARGEST PROJECTED OCCUPATION GROWTH FOR NORTH QUEENSLAND

	2020	2030	2040	2050	Total increase
Health Professionals	6,758	10,419	15,369	22,705	15,947



**NORTHERN QUEENSLAND  
REGIONAL TRAINING  
HUBS**

# Connecting you with opportunities in northern Queensland



The Northern Queensland Regional Training Hubs (NQRTH) connects medical students, interns and junior doctors with opportunities and resources to create a supportive and clear path to specialist training in our regions.

Discover why northern Queensland could be the perfect place to begin or advance your medical career. Learn more about the hospitals, health services and research facilities, the incentives and supports available, and get a snapshot of the lifestyle you can enjoy in each of our regions.

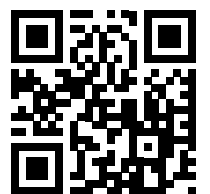


**REGISTER FOR OUR WEBINAR**

**Tuesday 13 June | 6pm AEST**

## **Breaking down the barriers to research**

Join NQRTH for this live webinar to hear from clinicians undertaking research and gain insights from a panel of experts.



**REGISTER TODAY**

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