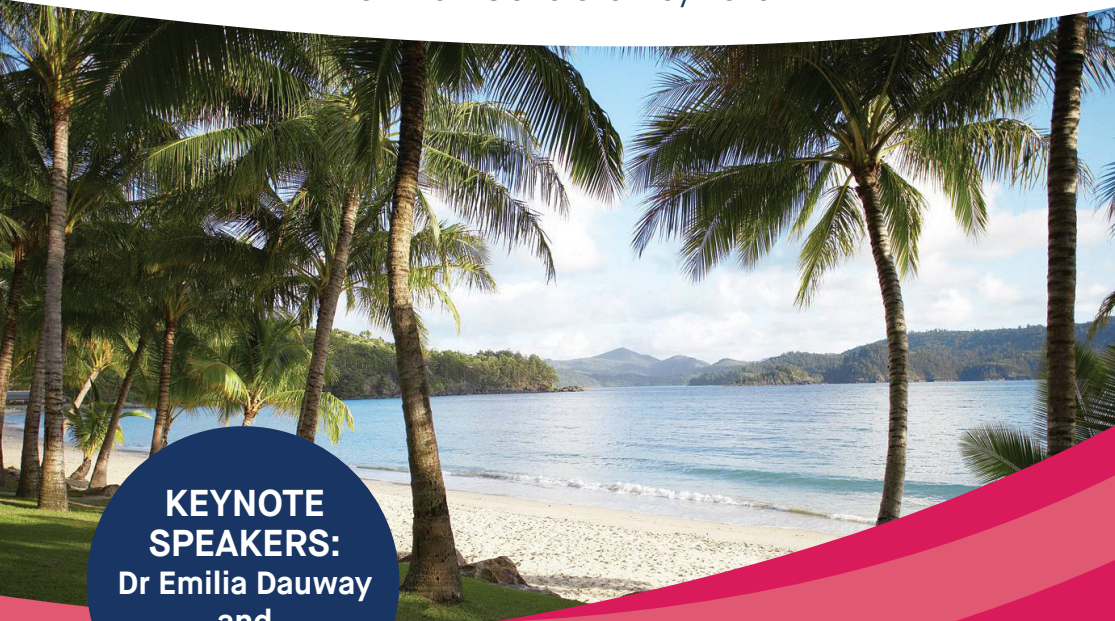




Caring for our number one patient. **You.**

Attend the Rural Medical Resilience Retreat and discover how occupational resilience can benefit a rural doctor.

Hamilton Island 3-5 May 2019



**KEYNOTE
SPEAKERS:**
Dr Emilia Dauway
and
Kate Hitzke

Registration brochure

Registration closes Friday 12 April 2019



Your wellbeing weekend

The welfare of Queensland's remote communities rests with rural doctors and their ability to provide continuity of care. It is an increasingly difficult role and burnout is commonplace. Estimates claim that one in three doctors are experiencing burnout at any time.

Burnout causes many problems. Medical errors become more frequent while patient satisfaction decreases. A doctor's job satisfaction plummets, which leads to absenteeism and doctors leaving the profession.

The Rural Medical Resilience Retreat is designed to build occupational resilience among rural doctors. The workshop is held over one weekend and introduces keynote speakers Dr Emilia Dauway, general practice and oncologic surgery specialist and Kate Hitzke, Director of Human Service Consultants.

Building Occupational Resilience in Australia's Rural Doctors

Hosted by Emerald Medical Group and Central Queensland Hospital and Health Service, the workshop is a continuation of work commenced in 2017 between the two organisation and the Central Queensland University. The program has used evidence based models to build workforce resilience and capacity, and as part of the workshop participants have the opportunity to become involved in a study.



Workshop agenda

Friday 3rd May

- Transfer and check-in
- Buggy rally exploration of Hamilton Island to explore the islands' shops, restaurants, pools and general areas
- Barefoot and Bubbles: Catseye beach dinner, welcome reception and BBQ Buffet

Saturday 4th May

- Yoga activity with Dr Emilia Dauway: Reef View Lawns
- Full Buffet Breakfast
- 08:00 Explore Charter – On the Edge Whitehaven Charter (five hours including lunch)
- 13:30 to 17:30 Workshops Yacht Club Private Dining Room and Yacht Club Library
- Conference Dinner: Mariners Seafood Restaurant

Sunday 5th May

- Yoga activity with Dr Emilia Dauway: Reef View Lawns
- Full Buffet Breakfast
- 08:00 to 12:00 Workshops Yacht Club Private Dining Room and Yacht Club Library
- Working Lunch
- Close



Activities

To complement the academic content of the weekend, there are over 65 different activities available on and around Hamilton Island – there's something to appeal all ages and interests.

Choose from a range of activities, including beach sports, kid's activities, group fitness classes, evening entertainment and more!



Keynote speakers

Dr Emilia Dauway

MD, FACS, FRACS

Hillcrest - Rockhampton Private Hospital
Breast Surgery



Dr. Emilia Dauway is the former Chief of Breast Surgery and the director of the Breast Cancer Program at Baylor, Scott and White Healthcare in Texas, USA. She is an American trained surgeon who has taken the opportunity to practice general and oncologic surgery in Australia. As a member of the Breast Surgeons of Australia New Zealand and the American Society of Breast Surgeons, she is an expert in the treatment of breast disease, with special interests in breast cancer tumor biology and oncoplastic surgery. Dr. Dauway was the co-inventor of the radioactive seed breast procedure which localizes non-palpable breast lesions. This method was patented in the United States by the University of South Florida in 2000. She has interests in the development of novel surgical techniques and has written scientific articles on breast cancer.

Dr. Dauway is a graduate of Johns Hopkins University (1987) and the University of Illinois, College of Medicine (1992). After completing her internship and residency in general surgery at the Ochsner Clinic (1997), she completed a fellowship in surgical oncology at Moffitt Cancer Institute at the University of South Florida (1999) including specialised training in breast surgery.

She gained recognition as a Fellow of the Society of Surgical Oncology in 2000, a Fellow of the American College of Surgeons in 2002 and Fellow of the Royal Australasian College of Surgeons in 2016.

She is interested in tumor biology differences across cultures and ethnic groups, as well as, the impact of cancer treatments on quality of life. This interest has sparked a passion for teaching and volunteering her surgical skills. She has worked with medical missions internationally in Peru, Nicaragua, El Salvador, Haiti and Cameroon, Africa.

During her 20 years of surgical practice, one of the most important lessons she has learned is that no matter how much knowledge and experience one has, it is important to continue learning and being innovative. Dr. Dauway has continued her education with additional training with Dr. Gail Lebovic, pioneer of oncoplastic surgery in the United States and is mentored by Dr. Cicero Urban, oncoplastic surgeon in Curitiba, Brazil. She believes it is a responsibility to remain current and to offer her patients modern best practices. She considers it a privilege to have the opportunity to care for others, especially oncology patients.

Kate Hitzke

Director

Human Service Consultants



Kate Hitzke has 25 years of consulting experience in a wide range of organisational contexts which include global corporations, Australian companies, federal, state and local government, community groups and not for profit organisations. Kate has successfully worked in rural and remote areas, regional and state capital cities.

Human Service Consultants work in the business sector includes:

- Hamersley Iron Tom Price, Dampier, Paraburdoo; Robe River Iron Ore, Pannawonica; Woodside Petroleum Dampier/Karratha; Sons of Gwalia, Greenbushes; BHP Mt Newman; Kalgoorlie Consolidated Gold; RGC Mineral Sands, Eneabba; WMC Nifty Copper; Gunpowder Copper, Mt Isa.
- Mercy Community Services Perth; PEP Employment Services Perth; Micah Projects Brisbane; HART 4000 Brisbane
- AXA Victoria; Cannon and Peterson Qld
- Royal life saving, Qld and National Executives
- Catholic Education Brisbane, Toowoomba, Cairns
- Super Retail Group, Qld, Independent Practitioner Network IT Services, QLD
- Royal Australian College of GP's Perth, Brisbane

Kate designs and facilitates development programs which enable individuals and teams to see where they are, plan where they want to go and become skillful at getting there. Consultancy interventions include leadership and team development, executive and leadership coaching, strategic planning, organisational restructure support and cultural assessment.

Client groups have come from many content areas and range through supervisory, management and senior executive and CEO levels.

Human behaviour is acknowledged as one of the most difficult arenas in which to create change so planned interventions often range from 6 months to 3 years based on the process required, span of work, complexity of work group, history and desired outcomes.

As well as many years of experience, Kate has a long academic history with degrees in counselling, and physiotherapy, and a master's degree in leadership. She is currently in the final 6 months of a second post graduate program in neuroleadership. Kate regularly updates her skills through research, study, conference participation, other non academic learning and regular professional conversations with peers.



**WORKSHOP
FEE including
accommodation
\$1,900* (GST
inclusive)**

Hamilton Island

The Rural Medical Resilience Retreat will be held in the heart of the Great Barrier Reef and Whitsunday Islands at idyllic Hamilton Island. Amid meetings and presentations, you can be inspired by the beautiful, tropical setting.

Accommodation is in the spacious and modern Reef View Hotel with your choice of single, double or twin share with most rooms boasting incredible sea views. Hamilton Island has over 65 different activities available on and around the island which ensures there's something to appeal to everyone. There's also a host of special dinners and themed events for groups, along with the choice of island restaurants to suit all tastes.

Workshop Fee

The workshop fee including accommodation is \$1,900* (GST Inclusive). Family and partners are welcome and there is a reduced rate.

Accommodation has been negotiated at the Reef View Hotel and is inclusive in the registration fee. Accommodation includes ferry transfers from Airlie Beach and portage and complimentary use of non-motorised watercraft including catamarans, paddle skis, windsurfers and snorkelling equipment. There is complimentary use of the gym, tennis court hire and Wi-Fi.

Family and partners are welcome but please note that places are limited.

*Alcohol is not included in the workshop fee.



Registration Form – Sign-up today

Please complete the form and return to:
Central Highlands Healthcare
PO Box 1844, Emerald Queensland 4720

**Registration
Closes
Friday
12 April
2019**

Attendee Details

Title	Given name	Family name	
Preferred name on badge			
Organisation/Company		Position	
Address			
Suburb		State	Postcode
Phone		Mobile	
Email (<i>correspondence will be sent to this email address</i>)			
Special requirements (<i>e.g. dietary requirements, mobility issues, special needs</i>)			
Please tick which apply: I will be bringing <input type="radio"/> Guests <input type="radio"/> Family <input type="radio"/> Partner <input type="radio"/> Other			
If yes, please list number of adults and number of children (excluding yourself).			

Accommodation requirements

Do you require accommodation? <input type="radio"/> Yes <input type="radio"/> No
Please state the number of rooms required: <input type="text"/> Double <input type="text"/> Single <input type="text"/> Twin Share

Payment details

Credit Card Payments <input type="radio"/> MasterCard <input type="radio"/> Visa
Card number <input type="text"/> Expiry date <input type="text"/> / <input type="text"/>
CCV Number (3 digit number that appears on back of card) <input type="text"/>
Cardholder's name as it appears on the card <input type="text"/>
Signature <input type="text"/>

Direct Deposit

If paying via Direct Deposit please use your first initial and surname as reference.

Central Highlands Health Care
Bank: NAB
BSB: 084-646
ACC: 737012233

The Rural Medical Resilience Retreat is jointly hosted by Emerald Medical Group and Central Queensland Hospital and Health Service.

