

The good, the bad and the ugly – stress and the GP registrar

Doctors report experiencing workplace distress double the national average across all fields of work. The prevalence of Registrars in distress is therefore likely even higher. Their inexperience, their expectations along with a raft of other stressors on entering general practice mean that as a supervisor you will have likely had to guide a registrar through stress and provide them with a set of skills they will use for the rest of their careers.

Being able to identify and support your registrar to implement self-care strategies that address stress and fatigue is not only necessary, but ultimately rewarding. This webinar will provide you with an understanding of the different strategies you can employ as a supervisor with your registrar to weather a career in general practice safely and sustainably.

Target Audience

This engaging Webinar is suitable for Supervisors at any stage of their career.

Learning Objectives

- Identify the stressed registrar
- Have an understanding of stress management tools and techniques
- Identify and implement self-care strategies for your registrar

Webinar Details

Date Tuesday 3 October 2017

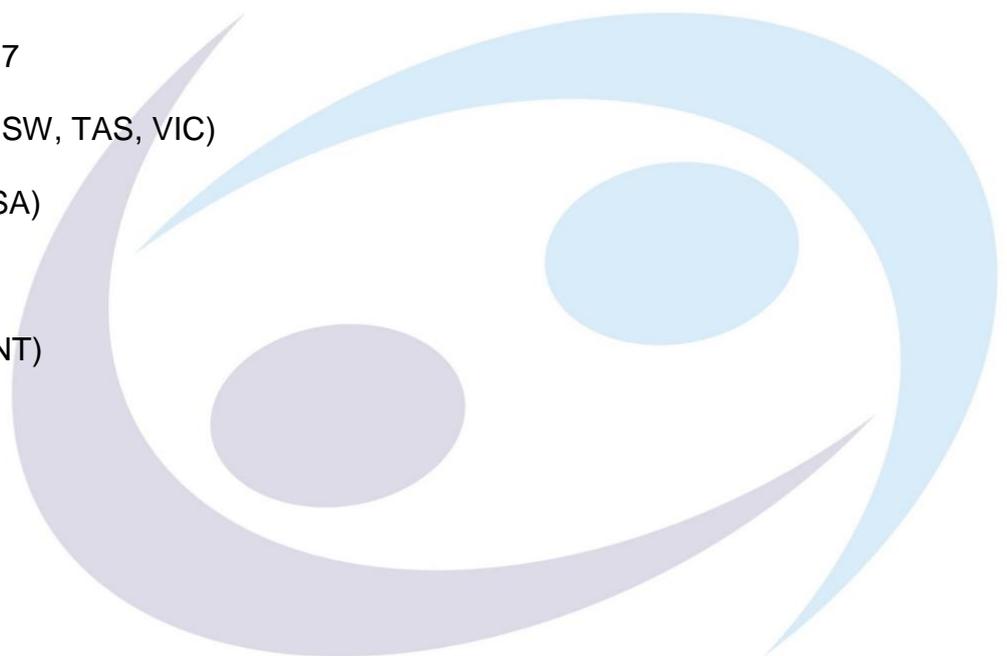
Time 8 – 9pm AEDT (ACT, NSW, TAS, VIC)

7.30 – 8.30pm ACDT (SA)

7 – 8PM AEST (QLD)

6.30 – 7.30PM ACST (NT)

5 – 6pm AWST (WA)



Dr Caroline Johnson MBBS FRACGP Grad Cert University Teaching PhD



Caroline lives in Melbourne and has been a GP since the early 1990s. She works in practice two days per week and enjoys seeing patients with all types of problems, but has a special interest in mental health issues.

On her other work days she is a Senior Lecturer at the University of Melbourne and a Medical Educator at Eastern Victoria General Practice Training (EVGPT). In both these roles, she is happiest teaching mental health skills to the doctors of the future. She also dabbles in mental health research, having completed her PhD on the monitoring of people experiencing depression in the general practice setting.

Caroline is actively involved in mental health advocacy work through the Royal Australian College of General Practitioners including as RACGP representative on the Mental Health Professionals Association and a Board Member of Mental Health Australia.

In between full-time work she loves spending time with her family, gardening, reading, cooking, watching movies and would love to travel more when time permits.

Dr Johnson is appearing as part of the GPSA webinar series due to the support of EVGPT.

