

# Doctors' Health in Queensland

Recently in these COVID-19 times, many of us have been reflecting on how best to support and enhance doctors' health and wellbeing. Pursuing wellness has involved considering the many dimensions of wellness. While these may be categorised in many different ways, it is reasonable to consider physical, mental, social, spiritual, workplace, medicolegal and financial as key dimensions. Others may add or replace some of these with other dimensions such as environmental or emotional. The fundamental issue is that there are *multiple* dimensions. We need to foster our self-reflective skills to effectively address each of these dimensions.

While doctors' health and wellness may be a novel concept to some, for over thirty years, the Doctors' Health Advisory Service (Queensland) (DHAS(Q)) has been championing these

issues and supporting colleagues when they most need it. Currently, DHAS(Q) is led by Dr Anne Ulcoq as President, supported by an active management committee, with doctors from a variety of specialties and stages of training together with other professionals who care, providing their expertise and insights.

In 2016, DHAS(Q) established its service arm, Queensland Doctors' Health Programme (QDHP). QDHP has been receiving a small amount of funding from the Medical Board of Australia. The funding is received at arm's length via AMA to ensure its independence. The QDHP Board, chaired by Dr Ross Phillipson, has a diverse skill mix including medicolegal, accounting, business and HR skills complementing the medical expertise.

This year, DHAS(Q) has announced it will be trading with a new name – **Doctors' Health in Queensland (DHQ)** – Leading doctors' health and wellbeing in Queensland. With its new branding, it is hoped that it will be easier for doctors and medical students to find help when they need it.



DR MARGARET  
KAY  
Doctors' Health in  
Queensland



We are establishing a new 'find a health professional' portal to help doctors and medical students find a GP or psychologist to support help seeking and enable health care access. Visit us at: [www.dhq.org.au](http://www.dhq.org.au)

Confidential, free, independent colleague to colleague support is available for doctors and medical students in distress 24 hours a day on **(07) 3833 4352**. Our phone number has always remained the same since our service began. DHQ is very grateful for its band of experienced general practitioners who regularly volunteer their time to take the calls from their colleagues. Our bespoke service is run for doctors, by doctors. If you are interested in providing this support, then feel free to contact us: [admin@dhq.org.au](mailto:admin@dhq.org.au) We also have a number of resources available to help promote our service. We encourage everyone to ensure that their colleagues and medical students know about DHQ. We also provide doctors' health education, including workshops, across the breadth of this field, including being a doctor caring for doctors.



Queensland Doctors' Health Programme is the service arm of Doctors' Health in Queensland. QDHP is an independent service supported through funding from the Medical Board of Australia.