

Media statement

28 June 2019

SCHHS doctor named AMA Doctor in Training of the Year.

Sunshine Coast Hospital and Health Service (SCHHS) obstetrics registrar, who developed her own training program for gynecological surgery after returning to work from maternity leave, has been named the Australian Medical Association (AMA) Doctor in Training of the Year for 2019.

Dr Rebecca Ryder, a senior registrar at Sunshine Coast University Hospital (SCUH), was presented with her award in late May by AMA President, Dr Tony Bartone, at the AMA National Conference in Brisbane.

“Dr Ryder has all the attributes of a great clinician and a great leader, with her commitment to learning, training, mentoring, and safe practice,” Dr Bartone said.

“Her colleagues, who nominated her for this award, describe her as a natural leader, as approachable, compassionate, sensible, and decisive.

“She has put her own experiences to practical use in training and teaching. When she returned to work in 2017 from maternity leave, she recognised that her prior gynecological surgical experience was limited and developed her own upskilling program.

“Her template is now used to teach laparoscopic surgical skills to other junior trainees.

“She is also passionate about the wellbeing of doctors in training and is currently completing a research project on trainee resilience,” Dr Bartone said.

The award recipient, Dr Ryder, said she was privileged to receive such a prestigious award and hopes that some of her experiences as a teacher, leader, mentor and student will serve as a reminder outside of the medical field as well.

Dr Ryder said: “During my role as the RANZCOG Queensland Trainee Representative I became very interested in the wellbeing of trainees. I came to realise that some junior doctors are really struggling, and we need to support them better.

“I feel this is relevant across many fields, not just medicine.

“It’s so easy and rewarding to be supportive of junior team members, yet somehow it is often forgotten in a busy environment,” she said.

“Simply asking how they are going and knowing a little bit about their lives outside work, so that you can check in on them, can make a big difference to how supported they feel.

“I have been very fortunate to have very supportive bosses and mentors during my training, particularly during my time with SCHHS. I’ve seen how much impact encouraging junior staff members to get involved can have.

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“Just asking a team member to participate, or nominating them for a committee for example, can have a positive impact on their confidence and get them actively involved.

“From a junior team members perspective, I have learnt the importance of being involved and being an active participant in my own training college and industry.

Dr Ryder said: “It is so important for all team members, no matter how junior, to take ownership of our health service (or their respective industry), our training colleges, our governing bodies and get involved. This may be at a local level in terms of workplace policy development, or on a larger scale by being involved in committees. Our junior doctors are the future of our country’s health system.”

MEDIA OPPORTUNITY

Dr Ryder is available for interviews/photos on request.

ENDS

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Dr Ryder with the Chair of the AMA Council of Doctors in Training, Dr Tessa Kennedy.

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