

## Help us help you: co-developing guidelines to support GP/RG registrar wellbeing

Samia Toukhsati<sup>1,2,3</sup>, Simon Morgan<sup>1</sup>, Carla Taylor<sup>1,2</sup>

<sup>1</sup> GP Supervisors Australia

<sup>2</sup> Monash University

<sup>3</sup> Melbourne University

### Synopsis

There is broad consensus that GP/RG registrars require access to wellbeing support throughout their training, but less clarity regarding who is best positioned to provide this support and the scope and responsibilities associated with this role. In the absence of role clarity, there is a risk that registrars will be inadequately supported, which may impact the sustainability of the GP/RG workforce.

This workshop will present a summary of GPSA's recent survey data about wellbeing support experiences in GP/RG training from the perspective of providers and recipients of that support. Workshop facilitators will guide a discussion of the research findings to explore the extent to which the findings resonate with attendees, identifying areas of consensus, dissention, and nuance.

Workshop attendees will have an opportunity to shape future policy through the co-development of best practice wellbeing support guidelines that specify roles, scope, and responsibilities for those involved in GP/RG registrar training.

### Learning Objectives

- i. To understand wellbeing support from the perspective of providers and recipients involved in GP/RG training
- ii. To understand the roles, scope, and responsibilities as providers/recipients of wellbeing support in GP/RG training
- iii. To develop skills in navigating wellbeing support as providers/recipients of wellbeing support in GP/RG training
- iv. To apply best practice wellbeing support guidelines in GP/RG registrar training

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