



Delegate Conference Report: Rachel Roth  
2018 APEX Delegate Conference

Dear Colleagues

I really enjoyed the delegates conference this year – even more than last time. Having fewer guest speakers was better than the larger number we had last time. The presentations were extremely relevant to all APEX members and gave a lot of important information for us to feed back to members, especially the material from Dr Philippa Gander. Fatigue, shift work and on-call unfortunately go hand in hand. Having the evidence in front of us again just reinforced to me how important it is to be mindful of what hours staff are working and to be an advocate for health and well-being for members.

I also found the presentation from Stella Ward interesting and exciting: we learned what is beginning to happen in Christchurch, and what might flow on to other DHBs. During the presentation from Deborah Powell (“Caring for Number 1”), it was upsetting to hear about such appalling behaviour and the devastating effect it can have. Very sobering.

The smaller sessions on delegates leading change were very helpful. Having the advocates give us a brief rundown on a range of topics was informative and gave us a chance to ask specific questions about issues we faced. More time for these sessions would have been helpful: 20 minutes for some was a bit short.

The conference is a great opportunity to talk with other delegates and compare notes on workplace problems. As a fairly new delegate, I learn so much from those more experienced members. There is a certain commonality with issues we face, so advice on what to do next is always welcome.

It is also good to hear from other APEX groups – again we face similar problems whether we are in the public or private system. Mixing us up into star-signs at the dinner was a great way to meet others and trade stories and information. Excellent, fun quiz (that didn’t go on too long) got our table getting quite competitive!

Thanks APEX. It was an excellent three days.

Rachel Roth