



**SO YOU WANT
TO BE A...**

O&G SPECIALIST

What do you love most about your job?

I enjoy not knowing what my day is going to involve every day. Being a doctor has its moments, however, there is nothing like a busy birthing suite to get the heart rate rising and delivering a healthy baby to an anxious family is the most gratifying thing I think you can do. The job as a training O&G Registrar is tough and requires the utmost efficiency, and at times compassion. It's awesome having a team that supports me so well, and as you grow to be more experienced, having a good team to debrief with helps keep me in the game.

Remembering back to your first few weeks working in the hospital, what was it like?

I remember being scared about the simplest tasks, and it took me a long time to slowly get more confident in the decisions I was making. Conversely, I remember being supported by my registrars and consultants and of course the rest of the team – nursing staff, allied health, and administrators. My memory from my first few weeks as a doctor has been mostly erased due to the late nights and absolute exhaustion. My initial expectation of myself was to make sure I knew everything. The learning curve out of all of that actually enabled me to see that nobody in the hospital expected you to know everything, and in fact, they expect you to reach out and make it known that you don't know everything so they can support you to care for our patients.

Why did you pick the specialty you did & what's it like being part of a training program?

I chose to pursue a career in O&G as it's definitely not a hands-off career. I am driven to do a practical job and one that produces some adrenaline at times. I think O&G offers flexibility in areas of specialisation and also it contains very interesting medicine. Better yet, most of our patients get fixed! We have (overall) a demographic of patients that are young and healthy and providing them with an intervention that works is so rewarding. O&G has a strong focus for equity and a College that supports this, so it's a win win for me.

Any other helpful information or insights?

STONZ aligns with my career pathway and promotes a pragmatic and productive approach to becoming a good doctor. STONZ, in my opinion, is the union that balances career progression and lifestyle in a way that I am comfortable with, and I am confident that STONZ will continue to advocate for training RMOs.

Jordan Tewhaiti-Smith

O&G Trainee, completed July 2023