



WHAT YOU NEED TO KNOW

# YOUR AMA (NSW) MEMBERSHIP



# What you need to know



If you have any questions with regards to the information contained in this document or related to your AMA (NSW) Membership, please contact our Workplace Relations team on 9439 8822 or via [DIT@amansw.com.au](mailto:DIT@amansw.com.au)



## Congratulations on your great decision to join the AMA!

You might have met some of our staff members during clinical school visits or heard us speak during O Week but do you really know about all the services AMA can provide to you as part of your membership?

## Who is the AMA?

We are your professional association. We represent you on issues at both the State and Federal level – lobbying to improve working conditions for doctors-in-training, as well as fighting for health system improvements. While we work for the collective benefit of medical professionals, we also provide individual support to help you with a huge range of workplace issues, career support, events, resources and membership benefits.

## What has AMA achieved for DITs in the last 6-12 months?

During COVID-19, we lobbied the State Government and provided assistance to DIT members on a range of issues, including the following:

- Training and examinations
- PPE use and supply
- Rostering
- Rotation freezes
- Access to COVID-19 leave
- DIT well-being
- Border closures and interstate travel of DITs and their families

Prior to the pandemic, AMA (NSW) has been steadily achieving change from the annual Hospital Health Check Survey, the results of which have convinced NSW Health to:

- Limit rostered shifts to a maximum 14 hours
- Provide minimum 10-hour breaks between rostered shifts
- Review rosters, unsafe working hours and barriers to claiming overtime
- Work harder to eliminate discrimination in recruitment
- Review parental leave policies

The HHC has also resulted in more of your work not requiring prior approval to be paid.

## What is the AMA currently working on for DITs and hope to achieve in the next 6-12 months?

The COVID response and the subsequent impact on doctors-in-training continues to be a major focus.

In addition, we continue to lobby NSW Health on the wage freeze issue and are working to improve education entitlements for NSW doctors-in-training.

The fourth annual Hospital Health Check survey has provided a platform from which will shape policy recommendations in 2020/2021.

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## How can I get involved with the AMA?

The AMA have numerous committees comprised of members just like you. If you are interested in joining a committee at the AMA, a great place to start would be the Doctors in Training Committee.

## Can you tell me some more about the Doctors in Training Committee? What is its purpose?

The Doctors in Training Committee (DITC) represents and advocates for the interests of all doctors in training (DiTs) in NSW. The DITC meet once a month to discuss issues affecting DiTs from internship to fellowship.

The DITC are currently meeting via Zoom which is great if you're working strange hours or are working in a rural location. Plus, meeting on-line provides the added bonus of not having to race to St Leonards and trying to find parking! When all things COVID-19 settle down we hope to return to hosting dinners prior to the meeting.

## When should I contact the AMA?

The AMA is here to support you through every stage of your career.

The focus of our Workplace Relations Team is on proactive support, to help you anticipate challenges and resolve problems before they escalate into disputes, to protect your rights, and further your professional interests. Our experienced advisors can provide comprehensive industrial support and assist you with workplace matters to guide you through tricky situations.

Overall, we aim to reduce your workplace stressors and free you up to focus on your work and your career.

## What types of matters does the Workplace Relations Team assist with?

Our friendly Workplace Relations Advisors can provide advice and assistance on topics such as:

- terms and conditions of employment
- rates of pay
- underpayment of overtime
- safe hours and rostering
- performance management meetings
- unfair dismissal
- bullying and harassment matters
- training disputes
- workplace investigations
- advice concerning registration requirements
- medico-legal advice

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## Is there a cost associated with utilising this service?

No, this is all complimentary as part of your membership.

## What other services can you provide to me as a doctor in training?

AMA Careers Service is a vital service for doctors in training.

We can review your CV and work with you to ensure it promotes you as a competent health professional and secures interviews. We can run group or individual sessions on interview preparation to help you best convey your strengths and personality even in panel situations.

## Is there an additional cost involved in having a one on one session to review my CV or prepare for interviews?

No. Our Careers Service is complimentary as part of your membership.

## Does the AMA come out to do hospital visits?

Absolutely! Look out for us at your hospital. At the moment there are restrictions as to when and where we can go but we love to connect with as many doctors in training as we can. We are currently running webinar sessions in a variety of hospitals around NSW.

We are always happy to come out and present at your hospital. We are also in contact with Resident Medical Officers' Associations and are happy to provide education sessions to these groups.

## Does the AMA use social media?

Yes. You can follow us on Facebook, Instagram and Twitter.



## What commercial benefits does my AMA membership provide?

AMA NSW has partnered with a range of providers to offer members a variety of commercial benefits. Some that may be of interest to you are:

- Free Journey Insurance with Chubb Accident Journey Insurance
- Corporate deals and competitive savings on new car purchases
- Complimentary initial consultations on financial planning and insurance from Specialist Wealth Group
- Tax & accounting advice from Cutcher & Neale
- Discounts on books with Booktopia

# What you need to know

- Special savings on selected R.M. Williams Boots,
- Reduced rates with Hertz
- Membership discount when you join Accor Plus Program

You can find a more comprehensive list of benefits and more information [here](#).

## Should I recommend AMA membership to my colleagues?

Yes. If you are a current member of AMA (NSW), you will receive a Visa gift card for each new member you refer to join. You can find more information on that promotion [here](#).



## MORE INFORMATION

How do I get in touch with someone at the AMA?

Give us a call during business hours on  
02 9439 8822 or contact us anytime via email  
[workplace@amansw.com.au](mailto:workplace@amansw.com.au)



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This information is for general guidance only and should not be used as a substitute for obtaining specific assistance or advice.



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