

# Equality and Self-Care in the Healthcare Sector



Reading time:  
Jayson Nagpiing

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Dr Nikki Stamp is a cardiothoracic surgeon and passionate advocate for women in healthcare but also for the importance of self care and work life balance, issues relevant to all health practitioners. In this important webinar session Nikki will canvass some of the confronting issues for women in healthcare and what we can all do to improve.

Professionalism is so important – for you, your colleague and for your patients. Sadly, in healthcare, we don't always see it and we don't always take care of ourselves. In both cases, we are often well behind the standards of other professions. This webinar will help you maintain professional conduct and work life balance, and enable you to provide the best care to your patients.

## Learning outcomes

- Discuss why professionalism with colleagues and patients and self care is important in healthcare
- Review work life balance and professional conduct
- Learn to apply appropriate professionalism into your practice

## Presenter

Dr Nikki Stamp FRACS, Consultant Cardiothoracic Surgeon, Adjunct Senior Lecturer – Curtin University

PhD Candidate – Curtin University

Dr Stamp is a strong advocate for the importance of self care and work life balance as well as for women achieving in domains traditionally dominated by men. As one of a few female cardiothoracic surgeons in Australia, Dr Stamp has some unique experiences, lessons and messages for all members.

[Watch the webinar](#)

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