

CV

Sarah Whereat 2021

Education

PhD Topic, University of Sydney, Completed 2017

Medical student perceptions of learning during the critical care program of Sydney Medical School: The deliberate attainment of basic airway management skills in a core rotation.

PhD (2017)

University of Sydney

Master of Education (Higher Education) (2009) University of Sydney

Graduate Diploma of Science (with Thesis) (2003)

University of New England

Graduate Diploma of Health Management (1996)

University of New England

Bachelor of Nursing (1993)

University of New England

Midwifery Certificate (1985)

Queen Victoria Hospital

Intensive Care Certificate (1982)

Royal Melbourne Hospital

Nursing Certificate (1979)

Cairns Base Hospital

Education Awards

National award 2016 OLT citation for outstanding contribution to student learning (Team award: Assoc. Professor E Hibbert, Professor Tim Lambert, Dr Sarah Whereat)

Sydney Medical Faculty Academic award, 2015 (Team award: Associate Professor E Hibbert, Professor Tim Lambert, Dr Sarah Whereat)

Publications, Abstracts and presentations

Orchid number <https://orcid.org/0000-0002-1933-5914>

Publications

- M Chew, I Ting, S Whereat, K Race, S Huang, J Bendall, W Hawthorne Levosimendan does not attenuate left and right ventricular dysfunction nor pulmonary hypertension in porcine endotoxaemia 2008 *Acta Anaesthesiologica Scandinavica* 53, 48-48
- Chew, MS, Hawthorne WJ, Bendall J, Whereat S, Huang S, Ting I, Simond D, McLean AS. No beneficial effects of levosimendan in acute porcine endotoxaemia. *Acta Anaesthesiol Scand* 2011
- Whereat SE, McLean AM. Survey of Current Status of Intensive Care teaching in Australia and New Zealand Medical Schools. *Critical Care Medicine*, 2012.
- Evaluation of a blended learning model in geriatric medicine: A successful learning experience for medical students Duque, G., Demontiero, O., Whereat, S., Leung, O, Webster, P., Sardinha, L., Boersma, D., Sharma, A., Gunawardene, P. 2013 *Australasian Journal on Ageing*
- S Whereat, A Mclean, L Cole, T Suharto, G Hendry, S Lane Deliberate practice model effectively directs student learning in the critical care rotation: The impact of assessment on medical student learning *MedEdPublish* 2020
- The Royal Prince Alfred Hospital Institute of Academic Surgery Skills Model : shifting paradigms in surgical education
Branimir Zogovic, Sarah Whereat, Kai Cheng, Jonathan Hong, David Storey 2021 *ANZ Journal of Surgery*, Vol 91. 6 <https://doi.org/10.1111/ans.16673>

Contributor/investigator in four different national and international clinical trials,

-Long-Term Survival and Dialysis Dependency Following Acute Kidney Injury in Intensive Care: Extended Follow-up of a Randomized Controlled Trial *PLoS Medicine* 2014 | journal-article DOI: [10.1371/journal.pmed.1001601](https://doi.org/10.1371/journal.pmed.1001601)

-Early Parenteral Nutrition in Critically Ill with Short-term Relative Contraindications to Early Enteral Nutrition: A Randomized Controlled Trial *JAMA* .2138-2130:(20)309;2013 .doi:10.1001/jama.2013.5124

-Intensive versus conventional glucose control in critically ill patients with traumatic brain injury: long-term follow-up of a subgroup of patients from the NICE-SUGAR study *Intensive Care Medicine* 2015 | journal-article DOI:

-Candida Colonization as a Risk Marker for Invasive Candidiasis in Mixed Medical-Surgical Intensive Care units: Development and Evaluation of a Simple, Standard Protocol, *Journal of Clinical Microbiology*, Volume 53, Issue 4, April 2015, Pages 1324-1330, DOI: <https://doi.org/10.1128/JCM.03239-14>

Abstracts

- 'Can silicon and 3d printed models replace learning of surgical skills ' AMEE 2021
- 'Medical student perceptions of learning during the critical care program of Sydney Medical School: The deliberate attainment of basic airway management skills in a core rotation.' **Poster: July 2018 ANZAPHE.**
- Shires, L and Harrison, C and Gan, S and Spooner, A and Whereat, S and Heal, C, What should a final year OSCE mark sheet look like?, **ANZAHPE 2018**

- 'The deliberate attainment of basic airway management skills via simulation and clinical exposure, demonstrates the value of focussed observation for medical students' **August 2018 AMEE**
- *Resident as Student Teachers (RAST): The evolution of a sustainable bi-directional near-peer learning program*. 7th international Clinical Skills conference, Prato, May 2017
- 'PhD study' results: 6th Clinical skills Conference in May 2015, Italy
- Nepean Residents-As-Teachers (RAST) program: Our experience in training, Junior Medical Officers as Medical Educators, Tze Ling Loh, Sarah Whereat, Bernard Champion – Sydney Medical School Nepean **ANZMET 2014**
- 'Educational theories of learning related to the clinical practise context'. 5th International Clinical Skills Conference, Prato May 2013
- 'Novice airway management, utilizing a blended learning approach (a work in progress) examining the transfer of skills into clinical setting'. 5th International Clinical Skills Conference, Prato May 2013
- Development of a Model of Clinical Skill Acquisition and Promotion of Consistent Skill Retention', 3rd International Clinical Skills Conference, Prato (Italy), 2007

Articles in process

- **Building teaching capacity: blueprint for a resident-student near-peer learning program;** Sarah Whereat^{1,2}, Emily Jane Hibbert^{3,4}, Stuart Lane^{3,5}, Bernard Champion⁶ under-revision is being revised for resubmission to Medical Educator
- "Moodling Clinical Skills: Filling the void in surgical training created by COVID 19"
Sarah Whereat, David Storey, Kerin Fielding, Nipu Jayatilleke Lucy Hanlon, Jonathan Hong

Grant applications

2017

- *EQ clinic - Communication skills and cultural awareness teaching using teleconferencing*, Lim R, Calvo R, Burgess A, Dunn S, Lane A, Glozier N, Liu C, Rothnie I, Whereat S, Boyle F, DVC Education/Large Educational Innovation Grant

Presentations:

2021

- April 2021: **RaST program 'Adult Learning'**
- 'Teaching on the run' program delivery (Online and Face to Face)
- 'Preceptorship, an Introduction for RPA orientation program for New graduate nurses '
- Online teaching Teaching Nurses Medical English for Hoc Mai

2020

- Teaching on the run program delivery
- Clinical teaching Program, facilitator , Central Clinical school , Sydney Medical School
- RaST program 'Adult Learning'
- Online teaching Teaching Nurses medical English for Hoc Mai

Pakistan visit- Part of pilot program: Introducing new methods of teaching to Nurse Academics

- 'Clinical teaching' 2 hr seminar
- 'Simulation development' 2 hour seminar

2019

- RAST presentation March 2019 'Adult Learning' invited to repeat even though no longer working at Clinical school
- Clinical supervision workshop for Hoc Mai
- Facilitator simulation workshops July 2019 CEWD
- Hoc Mai visit to Hanoi September Teaching Nurses medical English (1 week)

2018

- Presented Poster: July 2018 ANZAPHE. 'Medical student perceptions of learning during the critical care program of Sydney Medical School: The deliberate attainment of basic airway management skills in a core rotation.'

- Presented short presentation: August 2018 AMEE. 'The deliberate attainment of basic airway management skills via simulation and clinical exposure, demonstrates the value of focussed observation for medical students'
- Co-presented at Inter-Professional Learning Forum July 2018, Faculty of Medicine and Health, 'A large scale mass trauma simulation demonstrates effective opportunity for Inter professional learning'
- Presented, Overview of PhD to Institute of Academic Medicine at RPA
- Panel representation, 'Simulation' for RPA reunion week
- RAST presentation March 2018 'Adult Learning'

Previous presentations

- Round table presentation: *Resident as Student Teachers (RAST): The evolution of a sustainable bi-directional near-peer learning program*. 7th international Clinical Skills conference, Prato, May 2017
- Stage 1 Orientation 2017-19 Introduction to Pt-Dr Theme
- Stage 2 Orientation 2017, Changes to Pt-Dr Theme-Clinical exercises and SHAPE
- PhD presentation at SMS Show case: 'The deliberate assessment at the beginning of the Critical Care block enhanced medical student learning of basic airway skills.' 2016 PhD presentation at SMS Show case
- Nepean clinical school research day: Medical student perception of their learning during the critical care program of Sydney Medical School, Nepean, 2016
- Results 'PhD study': 6th Clinical skills Conference in May 2015, Italy
- Clinical supervision for Medical clinicians for Hoc Mai foundation 2015, 2016, 2017, 2018, 2019
- Effective Clinical Supervision 2014, 2015 10 day sessions co-presenter
- Clinical Supervision Master class 2014 series- Managing clinical supervision through groups, Sydney, 2 Morning sessions
- 5th International Clinical Skills Conference, Prato May 2013
 - Session 1- A discussion of Educational theories of learning related to the clinical practise context.
 - Session 2- Novice airway management, utilizing a blended learning approach (a work in progress) examining the transfer of skills into clinical setting.
- Facilitator for the NHET-Sim program-Rockhampton and Bundaberg, UWS, Concord Medical School and Uni Newcastle, Townsville, 2013-14 2 days for each 2017 Location, The San Hospital half day.
- Undergraduate medical education in critical care- Journal club ICU 2013
- Simulation –Journal club 2012
- Medical student education. Institute teaching and learning, University of Sydney 2012
- RAST (Residents as Student Tutors) Metacognition and patients as partners, 2011-2018
- PHD progress 2011
- Proposal for integration of ICM e-learning 2011
- "A Survey on the teaching commitments in the medical school by intensivists" Nepean Hospital, 2008, 2010
- Research Methodologies, University of Sydney, Nepean Hospital, 2008.
- Issues arising from the "Iodine deficiency in Intensive care" study, where too from here? 2008
- 'Research in ICU', Research Group, Nepean Hospital, 2007.
- 'Update on NICE Study', Nepean Hospital, 2007.
- 'Changes for Students', Western Clinical School retreat, 2006.
- 'Nice study', Neuro and Trauma Course, Westmead Hospital, 2006.
- 'Development of a Model of Clinical Skill Acquisition and Promotion of Consistent Skill Retention', 3rd International Clinical Skills Conference, Prato (Italy), 2007.

Career Experience

Key Achievements

1. Development of Online Fundamentals of Surgery Course (2020 Ongoing)

- Collaboration with key surgeons to ensure during Covid-19 that those in postgraduate medical degree have a resource to develop skills in preparation for application to SET program.
- Current numbers enrolled, 397 PGY 1,2, and SRMO's across NSW

2. Effective collaboration with academics: demonstrated by the receipt of these two awards, that recognise the programs' effectiveness at both medical faculty and national level.

- National award 2016 OLT citation for outstanding contribution to student learning (Team award: Assoc Professor E Hibbert, Professor Tim Lambert, Sarah Whereat)
- Sydney Medical Faculty Academic award, 2015 (Team award: Associate Professor E Hibbert, Professor Tim Lambert, Sarah Whereat)

The ongoing collaboration on this major teaching project (Endocrine SCORPIO) spans multiple years. Two aspects this project involved extensive personal contribution. The provision of Clinical supervision workshops for HETI (utilizing prior nursing management experience and educational skills, conducted in addition to paid employment) to provide a source of ongoing funding for the program. The ongoing administration of the program was conducted within current role, with the provision of this education in addition to required curriculum components.

3. Extensive knowledge of student learning and the medical curriculum:

- a. Educational PhD, along with associated conference and published papers demonstrate an understanding of student learning and their needs and provides an ability to support students and academics in this area.
- b. Research background provides knowledge to assist both Academics and Students both Postgraduate and Undergraduate in the process of research, ethics and general requirements for the MD program.
- c. Ongoing experience in management of Pt-Dr theme faculty wide demonstrates a very broad understanding of the whole medical program.

Medical Education Unit: Achievements while seconded

Demonstration of strategic leadership skills

- a) Developed recommendations for medical faculty: Reviewed surgical experience in the first two years across faculty, developed recommendations, these recommendations now adopted faculty wide to ensure consistency of student experience.
- b) Policy development and implementation process: Identified, highlighted and initiated a review of the policy and then implemented systems to update Peer teaching policy at SMS education. The outdated policy included potential safety issues for students and insurance implications for university if unchanged.

Other skills

- Demonstrated ability to perform across roles, with multiple perspectives including the clinical school, students and key stakeholders all whilst applying an educational knowledge and perspective. Individual performance portfolio continued to be rated outstanding
- Demonstrated effective collaboration with the many stakeholders involved in the broader faculty with the introduction of the clinical exercises and their transfer to an online platform.
- Represented medical faculty at ACCLAIM national meeting (National collaboration for medical OSCE delivery).

Extensive knowledge of the Medical Curriculum and associated research

- Completion of Educational Medical PhD: demonstrating a deep understanding of students, their learning and the required environment and conditions for this learning.
- Extensive knowledge of student assessments (medicine): Long term knowledge of clinical assessments, the requirements and application to the clinical setting. Actual experience and knowledge to run the variety of Student assessments. Represents the medical faculty at national meetings.
- Improved student learning assessments tools: By strengthening the clinical exercise assessment, reintroducing the SHAPE assessment and applied an educational overview to Pt-Dr handbooks. Feedback from both students and block chairs and academics indicate improved educational outcomes for student and improved academics satisfaction with tools.
- Experience in research: As research nurse in Intensive Care Medicine Nepean, involved in several national and international studies. Completed a science degree with a research component and most recently conducted research for PhD.

Current Employment: Education Support Officer, Sydney South West, Surgical Skills Network based at CEWD Sydney Local Health District, commenced July 2019.

This is a new role, the purpose to work with the network directors and senior surgeons to ensure the delivery of high quality education and training initiatives to trainees of the Sydney South West Surgical Skills Network. The Sydney South West (SSW) Surgical Skills network is one of six training networks in NSW. A surgical network is a collection of hospitals including principle referral hospital(s), major metropolitan hospital(s) and major non-metropolitan/rural district hospital(s) designed to provide Junior Medical Officers wishing to apply to SET with a diverse range of surgical, critical care and emergency medicine experiences. The hospitals included within the SSW Surgical Skills network are: Royal Prince Alfred, Alice Springs, Liverpool, Campbelltown, Concord, Fairfield and The Children's Hospital Westmead.

Key activities of role

Education focused

- Development of an online resource 'Fundamentals of Surgery'
- Developing Timetables for regular sessions and Boot Camp (while ensuring Covid restrictions)

Teaching focused

- Teaching on the Run and clinical teaching program facilitation

Research focused

- Connecting SRMO's to relevant clinical researchers
- Development of surgical teaching research opportunities
- Involvement in research both for SRMO and Nursing related to surgical education

Support

- SRMOs throughout the year and referral as needed
- On committees Doctors in Training and Surgical culture

Previous Employment

Manager Teaching and Curriculum Support at Central Clinical school,
Fixed term contract, June 18- April 19

- Represented Central Clinical school at Executive meetings, Operational meetings, Student support meetings, 2020 Curriculum Review Meetings
- Meet with Head of School regarding educational issues.
- Liaise with all levels of faculty both academic and professional

Secondment to Medical Education Unit, Faculty of Medicine, continued within role

Medical Education Unit role: From March 2016, 1 day a week ongoing

Broad Role is to review of Curriculum, Patient Doctor theme, Stage 1 and 2.

I manage the Handbooks for each block in stage 1 and 2 liaising with the Block Chairs.

Current projects are updating the formative assessments clinical exercises and ensuring consistency of program across the clinical schools.

I represent the Pt-Dr Themes for the Block Curriculum meetings for Stage One and Two.

Was involved in strategic planning application and Introduction of EQ clinic, designed to aid medical student learning of communication skills.

Liaised, with Pharmacy faculty to develop an online education and clinical supervision module for JMO's and Pharmacy Interns.

I chaired the Procedural skills working Party for the medical faculty

I was participant in the work toward Ophthalmology learning transitioning to stage 2 from stage 3,

Acting EO Nepean Clinical School: From February 2016 (in addition to normal workload).

The role required provision of high level strategic and operational support to the Associate Dean/Head of clinical school on the general management and delivery of Core research, academic and educational services to achieve the clinical schools mission and objectives.

Represent Nepean Clinical School at Executive meetings, Operational meetings, meet with Head of school regarding educational issues.

Previous substantive role, position now redundant: Stage Two, Print Coordinator and Clinical Skills Educator; Sydney University, Medical program; Commenced 24/1/2005, part-time, Full time from March 2009 till April 2018.

- The role involved presenting education on a variety of clinical skills to the medical students in all years, and co-coordinating the tutorials and special event days, for year two medical students and Stage three programs both in Prenatal and Women's rotation and the Print program. This includes specialised teaching sessions for stage two students such as practical endocrine teaching (for which we won our national teaching citation)
- Coordination of Curriculum requirements for Stage Two Medical students. Involves extensive liaison across the local area health Medical staff and University Medical employees to facilitate Tutorials and special events.
- Managed delivery of teaching and professional education program for JMOS's at Nepean Hospital.
- Co-facilitator at Major Trauma Simulation for last 5 years (150) participants Medical and Nursing students.
- Co-facilitator in Nepean Hospital Anaesthetic Department simulations for last 4 years run monthly
- Member of Evaluation, Procedural skills, and Stage committee Medical faculty.
- Member of Student Outcome committee for current renewal of MD program
- Member of the Clinical Immersion working party
- Chair of Clinical Skills Educators Working Party reviewing content of each skill taught to medical students.

Previous committees

- Representative Educator of the Feasibility Study: Health Care Simulated Skills training Steering Group, for the Department of NSW 2006 producing Back ground and Options Paper and Study Report.
- Involved in the working parties for Procedural Skills, Personal Professional Development, Critical Care and the Surgery Block for the University of Sydney's Graduate Medical Program, as part of the Curriculum Review at the University of Sydney in 2007.
- Co-authored 'Critical Care and Surgical Block Objectives', for the Critical Care and Surgery Block working party.

Other activities

- Lecturer and examiner (2008 -2017) for the Extended Care Paramedics program
- Interviewer for future medical students (2005 and ongoing till now) and
- OSCE examiner for medical students (Procedural skills 2007-2013, Communication skills 16-18 on behalf of the Pam Maclean Centre).
- Assisted with the inter-professional 'Teaching in the Clinical Environment' online post-graduate program (2015-6).
- Co-presenter for HETI Clinical supervision workshops (10 days)
- Panel presenter for HETI 'Clinical supervision for large groups'
- Simulation facilitator for NHET-Sim for several years till Federal funding ceased, presented other sessions since last at the SAN.

Registered Nurse and Research Officer - Intensive Care Unit, Nepean Hospital.

- Part-time Commenced 09/02/05, to August 2011, then part time clinical role ICU till Jan 2016, now work casually across Nepean Hospital on a regular basis, mainly in Post Natal ward.

Research studies involved in as Research Coordinator:

- NICE (Normoglycaemia in Intensive Care Evaluation) primary responsibility

- CAPTIVATE (Efficacy of Tifacogen administration in subjects with severe Community Acquired Pneumonia)
- LICI (Levosimendan in the Critically Ill patient, with unstable haemodynamics)
- VALID (Venticute in severe acute lung failure)
- RENAL
- Early Parental Nutrition
- PROTECT
- AROUSE
- Candida

Previous Positions include senior nursing administration, teaching and clinical roles.

Conferences and further education

Note Ongoing Annual CPD requirements for Nursing and Midwifery completed as required

- 2021 Foundations of Research Supervision, Uni. of Sydney
Facilitation streams yellow and Blue, HETI
- 2020 'Teaching on the run' facilitation course
- 2019
- Coaching
 - Difficult conversations
 - Mental Health First aid
 - Teaching on the Run
- 2018
- AMEE plus presentation
 - ANZAPHE plus presentation
 - Clinical Supervision workshop delivered Hoc Mai
 - Facilitator for Central Clinical school JMO teaching program
- 2017
- Clinical supervision workshops
 - 7th international Clinical Skills Conference, presented
 - PhD completed
 - Taught Medical English in Vietnam for Hoc Mai foundation
- 2016
- PhD write up
 - Taught Medical English in Vietnam for Hoc Mai foundation
- 2015
- PhD
 - 6th international Clinical skills conference attended and presented
 - TBL workshop Central Clinical school 2 days
 - Recertified ALS
- 2014
- PhD
 - Delivered get ready program at Nepean
- 2013
- PhD
 - 5th International Clinical skills conference attended and presented
 - Get ready program HWA 1 day
 - Introduction to Sim Man 2 days
 - Introduction to Sim Mom 1 day
 - Introduction ALS Man
 - Critical Care on the Coast 2 day program
- 2012
- PhD
 - Aussett Simulation training- 2 days
- 2011
- PhD
 - Research Coordinators Day.
 - Clinical Trials Group, ANZIC's Noosa meeting
 - Medical education toward 2030, day meeting
 - Integrated e-Learning (Semester program for staff at Uni of Sydney)
 - E-learning show case -Medical faculty.
- 2010:
- Clinical Reasoning – Nursing school Institute of Technology Sydney

- Simulated Learning Environment Workshop
- Strategic Planning in Sydney Medical School

2009:

- Final meeting NICE and RENAL Study
- Final Unit Masters of Education

2008:-

- Completing Masters of Education: Units being
 - Designing a Research Proposal,
 - Professional Portfolio
 - Learning, Knowing and Thinking
- Clinical trials group meeting, researchers and main meeting, Noosa in March,
- Sydney in October
- Nepean Clinical School Retreat.
- Iodine Conference, at the Science Centre, Canberra.
- Dangerous Goods Safety Certificate.
- ANZIC's Conference in Sydney during October and November.

2007:

- Graduate Certificate in Educational Studies (Higher Education), Sydney University.
- Nepean Clinical School Retreat.
- Health Education Conference, University of Sydney Health Faculty, Terrigal.
- 'Teaching Learning and Assessing Clinical Skills: Does One Size Fit All?' Second International Clinical Skills Conference, Prato, Italy.

2006:

- RENAL start up meeting, Sydney.
- Nepean Clinical School Retreat.
- ICE conference, Melbourne.
- Advanced Life Support Instructors Course.
- Research Coordinators Day.
- Clinical Trials Group, ANZIC's meeting.

2005:

- Health Education Conference, for Sydney University Health Faculty, Terrigal.
- CAPTIVATE Meeting, Hayman Island.
- Western Clinical School Retreat.
- Orientation Nepean Hospital.
- Orientation Sydney University.
- Interview training, Sydney University Medical Faculty.

2004:-

- Inaugural World Congress, Abdominal Compartment Syndrome.
- The Inaugural Centaur Nursing Research Symposium.
- The 11th Combined Critical Care Conference.
- Re-certified ALS.
- The Inaugural Critical Care Basic Science Symposium.
- ICE Conference, 6-7 May.
- ICU Research Coordinators Interest Group, Training and Information Exchange Day.

Conference Organisation/ Committee for:

- Palliative Care in the Intensive Care, 2003.
- Long Stay Patients in the Intensive Care, 2003.
- Combined Critical Care Conference, Queensland, 2004.

Community Activity:

Blue Mountains Cancer Help, Committee Member: 2005-2010.
 Rotary member, since 2005,
 District Chair National Youth Science Forum 2012-2016,
 Paul Harris Fellow
 President of Penrith Valley Rotary club, 2016-17

Referees- (Note these academics have supplied references for me in the last 24 months)

Professor Inam Haq
 Dr Sharon Herkes
 AP Stuart Lane
 AP Emily Hibbert
 AP Roger Garsia
 AP David Storey
 AP Jonathon Hong