



DOCTORS' HEALTH in  
QUEENSLAND



EXHIBITOR CATALOGUE

# ART OF MEDICINE

Creative influences inspiring wellbeing for our health professionals

# WELCOME TO OUR ART OF MEDICINE EXHIBITION!

**This exhibition celebrates the art of medicine for our doctors and medical students in Queensland, showcasing creative influences inspiring wellbeing for our health professionals, recognising our humanity with the benefits of engagement and connection, and to create a community around influences of wellbeing beyond medicine.**

DHQ's aim is to support doctors and medical students in Queensland to achieve optimal health and wellbeing throughout their careers. Improving doctors' health has benefits for the doctors themselves, their families and loved ones, their patients, and the health care teams they work with.

We are thrilled by the response and breadth of work submitted by current, former and future doctors to be featured in this exhibition. We would like to thank all the artists for their enthusiastic support of this event. We also appreciate the generous support of the team at Woolloongabba Art Gallery. We look forward to hosting further exhibitions to champion those with passions beyond the profession, and to ensure that medical students and doctors are encouraged to find ways they can support their health and wellbeing.

We are very grateful to our generous sponsors for making this event possible:

Thank you for joining us in bringing current and future generations of the medical community together to celebrate their inspirations of wellbeing!

## The DHQ Team



# HELP IS ONLY A CALL AWAY

24/7 Confidential Support Line:

(07) 3833 4352 | [dhq.org.au](https://dhq.org.au)



**DHQ's aim is to support doctors and medical students in Queensland to achieve optimal health and wellbeing throughout their careers. Improving doctors' health has benefits for the doctors themselves, their families and loved ones, their patients, and the health care teams they work with. We understand the stressors of professional practice and the complexities of navigating training.**

## **Tell me about the support line**

The DHQ support line is free, confidential and available 24/7 to all QLD-based doctors, medical students, their families and colleagues. It's staffed by senior General Practitioners trained and experienced in supporting medical colleagues suffering from a wide range of health and stress-related problems. We can also help you to access appropriate additional services, when required. Please note, while we aim to return your call straight away, our on-call GPs may be seeing patients, which may in some cases result in a delay of a couple of hours before your call is returned.

## **What about emergencies?**

This is not an emergency service. Urgent crisis support is available at:

- ▶ Lifeline: 13 11 14
- ▶ Beyondblue: 1300 22 4636
- ▶ Suicide Call Back Service: 1300 659 467

## **I'm concerned about a colleague / family member who is a doctor / medical student. Can I call the support line?**

Yes. We welcome calls from concerned colleagues and family members of doctors and medical students.

## **I'm not based in Queensland. Who can I speak to?**

For doctors' health advisory services in other Australian States and Territories go to: [drs4drs.com.au/help](https://drs4drs.com.au/help)

## **I need a GP, counsellor or psychologist**

The DHQ Find a Health Professional Directory has general practitioners, counsellors, and psychologists with an interest in doctors' health: [dhq.org.au/directory](https://dhq.org.au/directory)  
Further recommendations can be provided by calling the support line or emailing [admin@dhq.org.au](mailto:admin@dhq.org.au)

## **What do people call about?**

A whole range of issues and circumstances. These can include, but are not limited to:

- ▶ Workplace and study stress
- ▶ Personal difficulties and mental health matters
- ▶ Bullying and harassment
- ▶ Help finding an appropriate GP, specialist or psychologist, psychiatrist or coach
- ▶ Debriefing following clinical incidents, medical errors and complaints
- ▶ Support when facing medico-legal or mandatory reporting concerns (alongside support from an MDO)

## **Is it confidential and what about mandatory reporting?**

Yes, all information is managed as strictly confidential. For more information go to: [dhq.org.au/about/confidentiality](https://dhq.org.au/about/confidentiality). Many people ring us when they are concerned about mandatory reporting and their access to health care. Seeking support needs to be your priority and we can assist you.

## **How can I learn more about doctors' health and wellbeing?**

Doctors' Health in Queensland can present on a range of doctors' health education topics and provide speakers for doctors' orientations, conferences and meetings at no cost. We hold regular Being a Doctor's Doctor discussions, education and wellbeing networking events. To be notified about our upcoming events, please sign up to our monthly e-news.

## **I'm interested in being involved in Doctors' Health in Queensland**

As a small not for profit, DHQ relies on the generous support of volunteers and friends to promote the health and wellbeing of Queensland's doctors and medical students. If you wish to be involved, please reach out for a chat to [admin@dhq.org.au](mailto:admin@dhq.org.au).



Queensland Doctors' Health Programme is the service arm of Doctors' Health in Queensland. QDHP is an independent service supported through funding from the Medical Board of Australia.

To keep up to date with doctors' health news and events sign up to our e-news here.



## Dr Ka Ki (Kitty) Chow

Kitty is a current psychiatric registrar based at PA Hospital. Having grown up in Hong Kong, and later on studied and lived in London, Rockhampton and Brisbane, she has witnessed how mental health and psychiatric illnesses remain a challenging topic across various cultures and societies, and strives to be an advocate of wellbeing for both patients and health professionals. In her spare time, she enjoys art and belly dancing.



*Hope*  
Charcoal and pencil on canvas  
30cm (W) x 41cm (H)

### Why this is a passion for Kitty:

This piece of art was done during COVID. The lockdown was initially an extremely scary experience for me, particularly as an international student far away from my parents. I was living by myself in a tiny studio, where I can just about fit a yoga mat in the space between my bed and my desk, with the stove and bathroom 3 steps away. With everything that was happening, I felt very unsafe (at one point I was too scared to even leave my room to take the rubbish out!) and was also worried about my parents' wellbeing. My mental health definitely suffered at that point and it took me a while before I started feeling more 'normal' and better again. This art piece is a self-portrait of me looking up, from the dark into a ray of light, and serves to remind me that one should stay positive, and there is always hope. There is always light in the dark and I just need to look for it.

## Dr Bianca Dinu

My love for creative art began in high school and since then I have enjoyed experimenting with different mediums and styles. Initially I began with realism in oils, creating dark and moody depictions of animals in my body of work "Ode to Autumn", which won me an award to travel to MONA in Tasmania and have my art displayed in libraries in Brisbane. Later, I moved more to a brighter floral impressionist style in acrylics, dabbled in linoleum printing, etching, ink and wearable art, before finally moving into watercolour in recent years. In watercolour, I have enjoyed creating wedding stationery for myself and my closest friends, and this has been my favourite medium.

### Why this is a passion for Bianca:

I feel especially privileged to have had my work incorporated into my friends' weddings; through welcome signs, hand made invitations or even the dinner menu! To know that I have contributed by pouring love into this art for them, that not only they but their guests enjoy, gives me great satisfaction. It is a celebration of them and their love.



*Bianca and Thomas*  
Welcome Sign  
Watercolour  
A1



*Alexandra and Hamish*  
Welcome Sign  
Watercolour  
A1



*Natalie and Andres*  
Welcome Sign  
Watercolour  
A1



## Dr Boban Ramesan

Born in Kerala state, South India in 1977. After graduating in medicine completed post graduation in general practice in the UK. Moved to Australia in 2015. Interested in art from a young age and have done exhibitions of works in India and in cultural gatherings in Brisbane. Also keen in writing poetry and short stories. Artistic mediums include charcoal, pen, pastels, oil colours and have been avidly pursuing a broad range of artistic expressions through cartooning, portrait making, abstraction and surrealism. Influenced by French impressionists, baroque masters of renaissance and Bengal school of art.

### Why this is a passion for Boban:

I do not regard art as just another facet of my persona, but something which makes me what I am as an individual. It is my identity and indeed an inevitable part of my inner self. The fascinating artistry

of nature reflects in the creativity of the species called humankind and I believe art liberates the soul, grounding and bonding one with the uniqueness of the human condition and makes the world worth exploring, ultimately bringing fruition to earthly life. Art takes one to places he can only imagine to fly to, "a dream within a dream" to quote Edgar Allan Poe...

### Artwork descriptions:

**Bipolar:** The contrasting seasons within the affective disorder.

**Quiet contemplation:** In the mood to reflect on himself whilst in the park.

**The music of the soul:** The music flows from within dispelling the clouds of melancholia.



**Bipolar**  
Oil pastels on paper  
42cms x 29.7cms  
**FOR SALE**



**Quiet contemplation**  
Oil pastels on paper  
42cms x 29.7cms  
**FOR SALE**



**The music of the soul**  
Oil pastels on paper  
42cms x 29.7cms  
**FOR SALE**

## Dr Claire Blayney

Claire is a junior doctor working at the Royal Brisbane and Women's Hospital with a passion for both art and surgery. Growing up in rural NSW, she has always loved capturing natural light and organic shape. She has developed a uniquely expressive style that she describes as "robust impressionism", drawing inspiration from the cubism movement to the emotive brushstrokes of Francis Bacon. Her work captures simple moments of life in her 20's through a dynamic lens, as she explores the world with great curiosity and wonder.

She deeply values the connections she makes at work in the hospital with her patients and uses her art in a similar way to connect with others. Her art is about thinking, observing and appreciating imperfect beauty.

### Why this is a passion for Claire:

Wellbeing to me is about calm, clear and expressive thoughts. Art and creativity are the keys to my daily wellness. There is something uniquely exciting about portraying new experiences through abstracted colour and shape. I hope to bring this sense of wonder to the viewer by giving new beauty to the outside world. The themes of my work are centered on wellness: new experiences, home and family.

### Artwork descriptions:

**Just outside of Tokyo:** This piece captures the unique suburbs of Ota city in the Tokyo Metropolis moving quickly by from inside a bullet train.

**Grandma's Garden:** For my Grandma who is always brings me great joy as she chats about her flowers when we speak on the phone.

**Home:** Our simple home at the center of my childhood.



**Just outside of Tokyo**  
Acrylic on canvas  
18 x 24 in



**Home**  
Acrylic on canvas  
18 x 24 in



**Grandma's Garden**  
Acrylic on canvas  
18 x 24 in

## Dr David King

Academic GP, with multiple medical jobs and positions.

Keen participant in various Landcare groups.

### Why this is a passion for David:

I find pleasure in working with wood. Almost always it is with wood that I have harvested from trees or branches that I have cut down. Having to season the wood for years prior to working on it teaches a slow, long-term approach to crafting it into articles that fit the size and type of timber. I have a rough idea of the object that I want to make, but the shape and size emerges as I start working with the timber. This allows a considered creativity to the dimensions and proportion, and how much sapwood that I leave included in the final product.



*Serving spoon and scraper*  
Silky Oak  
3 × 250mm



*Large bowl*  
Camphor laurel  
450mm diam



*Cutting board*  
Camphor laurel  
400 × 250mm

## Dr E-Hong Seah

E-Hong is a University of Queensland graduate who is currently a PGY5 Basic Physician Trainee at Gold Coast Health. He has been making Linocuts for the last 15+ years as a hobby, initially starting off from woodcuts during his time in the Nanyang Academy of Fine Arts (Singapore).

He primarily focuses his artwork on wildlife, aiming to capture the nuanced features of the various fauna that pique his interest and highlight their individual uniqueness. He was also once berated in Kindergarten by his art teacher for colouring a house completely black, with the reasoning that it is night and that everyone has gone to bed.

His other artworks can be viewed on his Instagram page @Sialaheh.

### Why this is a passion for E-Hong:

Every artist has their medium. Mine's linocut printing! When you're lining your design on the linoleum block, you can't wait to start carving it out. When you're

carving it, you can't wait to print it; I truly find the process of creating linocuts exciting! There is also an element of allure in the simplicity of the sharp contrast between blacks and whites; every line, shape, and shadow in juxtapose.

I largely do portrait works of wildlife and I don't generally strive to have any profound meaning within my artwork; Their subjects are just as nature made them to be, with their natural details and colours brought into greater focus as I find them aesthetically appealing.

Being able to indulge in my art as a hobby is valuable to me as a Doctor; My art provides me respite from the unpredictable hustle and bustle of the job!

### Artwork descriptions:

**Bush Turkey:** I see your immaculate garden; would be a shame if someone dug it up.

**Viva La Crustacea:** I just like yabbies.



*Bush Turkey*  
Linocut print  
24 × 32cm  
**FOR SALE**



*Pacific Black Duck*  
Linocut print  
24 × 32cm  
**FOR SALE**



*Viva La Crustacea*  
Linocut print  
24 × 32cm  
**FOR SALE**



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## Dr Geoffrey Mitchell

Geoff Mitchell recently retired as a GP at Limestone Medical Centre Ipswich, and GP academic at the University of Queensland. He has had a lifelong interest in photography, but can only get the inspiration to take photos when away from the work. He has had the privilege of travelling extensively, so his photography has benefited from seeing many of the marvels of the world.

### Why this is a passion for Geoffrey:

Photography allows me to get lost in the beauty of the natural world, and to capture images of friends and family that reflect who they are and what they do. Going back over photos allows me to reflect on the truly blessed life I have been granted.



*Hide and seek!*  
Photographic print on canvas  
750 x 600 mm

### Artwork descriptions:

*Hide and seek!:* A portrait of my grandson who found a hollow tree in Girraween National Park, Queensland.

*Black headed weaver, Lake Bunyonyi, Uganda:* These male birds take great care building their nests. Prospective mates inspect them, and if they are not up to scratch they tear them down!



*Black headed weaver, Lake Bunyonyi, Uganda*  
Photographic print on canvas  
600 x 600mm  
**FOR SALE**



*Winter Sunset, Low Head, Tasmania*  
Photographic print on canvas  
750 x 600mm  
**FOR SALE**

## Dr Gertrude Behan

I am an Australian born daughter of a European migrant and a University of Queensland Medical Graduate.

I practiced medicine in the community in which I lived for over 30 years and been involved in the medical education of the next generation Doctors.

A medical interest of mine and one which I supervised was dermatoscopy and hence the presence of the dermatology loupe in this art work.

### Why this is a passion for Gertrude:

I find people unrelentingly interesting and their stories intriguing and inspiring.

Not only are the stories and backgrounds of our patients inspiring but also the stories and backgrounds of the next generation of Doctors.



*Who are we*  
Print on canvas  
20 cm x 12 cm

## Dr Hannah Bourke

Dr Hannah is a General Practitioner, Wife, Mother, Daughter and Friend. She has always allowed space for the right and left brain and knows the power of the mind wandering between the two. Her first exhibition as a teenager at school inspired her dream to one day enter the Archibald Prize.

### Why this is a passion for Hannah:

In early 2025 I was diagnosed with early breast cancer, having to slow down for treatment suddenly meant I was able to connect again with my right brain and allow creativity and nurturing wellness back into life. I picked up a paintbrush, pencil, embroidery needle, watercolours and my camera again. This has allowed my brain to meditate in a way that has felt too hard in the past. It has helped me heal and has occupied my mind throughout the treatment planning process and will keep me balanced through the year as I undergo prophylactic breast cancer treatment and healing.

### Artwork description:

*Healing Space:* A coastal vibe, with no plan in place. I let the paint brush and mentors guide me to the end product. Inspired by the ocean breeze and mindful space on the horizon.



*Healing Space*  
Acrylic on Canvas  
42cm x 52cm



## Dr Inez Bardell

I've always been interested in drawing nature but only started formal art classes in January 2019. Since then I've completed a Diploma in Botanical Illustration at the Royal Botanic Gardens Edinburgh with Distinction, undertaken classes with the Melbourne Botanic Gardens and I'm currently working towards an advanced certificate in botanical illustration with the Denver Botanic Gardens.

I'm a current member of the Australian Botanical Art Society.

### Why this is a passion for Inez:

This gives me a creative outlet that allows me to connect with nature in a way that makes the most of the hyperfocus and attention to detail that is part of my innate way of looking at the world as an autistic artist.

Both the creativity involved, the connection to nature, and the participation with a like-minded circle of artistic friends are all an essential "antidote" to the stresses of everyday life. The ability to build a life "outside of medicine" has also given me a new sense of identity and self-worth which will continue when I retire from practice.

### Artwork description:

**A mother's care:** An Eastern yellow robin nesting with a chick and a graphite nest with watercolour eggs. Inspired by an art retreat in northwest Tasmania.

**Banksia robur – a wonderland of colour:** The colour and form of leave, bark and flowers, from bud to mature seed cones, on an established Banksia robur. This work was inspired by observation of mature trees in the Australian National Botanic Garden in Canberra.



**A mother's care**  
Watercolour and graphite  
on Langton cold-pressed  
watercolour board  
35.5 × 25.4 cm  
**FOR SALE**



**Banksia robur – a wonderland  
of colour**  
Watercolour on Arches paper  
300gsm  
42 × 57.8 cm  
**FOR SALE**



**Pink paeonies**  
Watercolour on Arches paper  
300gsm  
25.3 × 21 cm  
**FOR SALE**

## Dr Ira van der Steenstraten

Dr Ira van der Steenstraten is a former psychiatrist, who now dedicates her work as a Professional Coach to supporting professionals in high-pressure environments. As the founder of Vitae Wellbeing & Leadership, she empowers doctors and leaders to navigate stress, prevent burnout, and foster professional & personal growth. With expertise in mental health, leadership, and self-compassion, her work bridges science and lived experience. Her passion for Kintsugi reflects her belief in the beauty of imperfection and the power of transformation. This submission is a tribute to the strength found in healing and the courage to embrace one's journey. Ira is the Vice-President of the DHQ management committee.

### Why this is a passion for Ira:

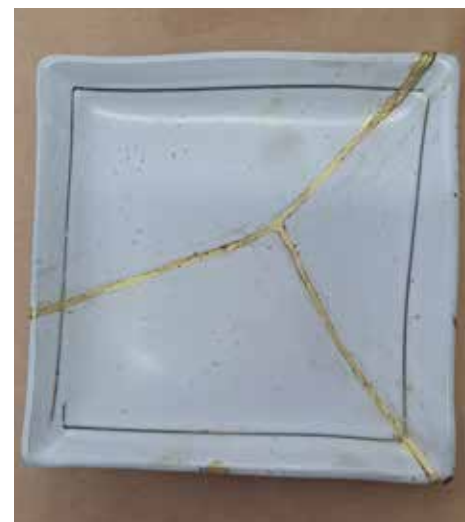
Kintsugi, the Japanese art of repairing broken pottery with gold, symbolises resilience. Rather than hiding cracks, it highlights them, turning damage into beauty. In this exhibition on doctors' health and wellbeing, this piece reflects that perfection doesn't exist and Post-Traumatic Growth, the strength found from adversity.

Doctors witness suffering daily, carrying the emotional weight of patients' pain and loss. This burden can lead to moral injury if unacknowledged. Like Kintsugi, healing requires recognising these cracks, integrating them, and emerging stronger. The golden seams remind us that wounds do not signify failure but transformation.

For me, Kintsugi represents self-compassion and the courage to embrace imperfection. As a wellbeing advocate, I see it as a visual reflection of my work—helping individuals rebuild, not by erasing struggles, but by turning them into strengths. This plate is more than art; it is a statement. A reminder that doctors, too, deserve space to heal and be whole, beautifully and imperfectly.

### Artwork description:

**The Art of Being – A tribute to self-acceptance and growth.:** Ceramic plate, broken and repaired using the traditional Japanese Kintsugi technique with gold lacquer.



**The Art of Being –  
A tribute to self-acceptance and growth.**  
Ceramic plate  
13.5 × 13.5 cm

Dr Jess Turner

Working as a RACGP trainee part time and running my own wedding cake business, painting gives me a therapeutic creative escape. I picked up a paintbrush 18 months ago to develop my painting skills for working on cakes – both for creating edible art on cakes and to offer watercolour sketches of the wedding cakes for my clients.

Since that first sketch 18 months ago, I have really developed a love for painting whenever I have a moment. Whilst I love painting in the peace and quiet when the kids are in bed, I also really love sharing my painting time with them as they create their own masterpieces (and inadvertently add splatter to my work).

I love painting flowers both from real life and photographs although have also found joy in creating some more fanciful paintings for my children's walls.

Why this is a passion for Jess:

The process of painting brings peace and relaxation, particularly as the outcome is unimportant – it is the process that I love. Painting allows me to focus on colour and form which we sometimes forget to see in the busyness of normal life.

Slowing down and focusing on the details is a form of meditation for me, whether it is done in front of a roaring fire in winter or outside surrounded by the nature which inspires me. Being a typical type-A perfectionist, painting has shown me the importance of not having to be good at something to enjoy it.

Artwork description:

Poppies: Watercolour study of poppies



Poppies  
Water Colour  
A2

Wesley Research Institute  
A/Prof Kulasinghe

Associate Professor Arutha Kulasinghe is the Founding Scientific Director of the Queensland Spatial Biology Centre (QSBC) located within the Wesley Research Institute. He also leads the Clinical-oMx Lab at the Frazer Institute, University of Queensland. A/Prof Kulasinghe has pioneered spatial transcriptomics, proteomics and interactomics in the Asia-Pacific region, contributing to world-first studies for lung cancer, head and neck cancer, and organ atlas studies in COVID-19. His research aims to understand the underlying pathobiology by using an integrative multi-omics approach. A/Prof Kulasinghe is supported by the MRFF, NHMRC, US DoD, Cancer Australia, Cure Cancer and numerous hospital and philanthropic organisations.

Why this is a passion for Arutha:

Using spatial biology at Wesley Research Institute, we map every cell in a cancer patients tumour and it's surrounding – giving us deep insights into the biology of every cancer cell and it's neighbours, providing new strategies that we can therapeutically target.

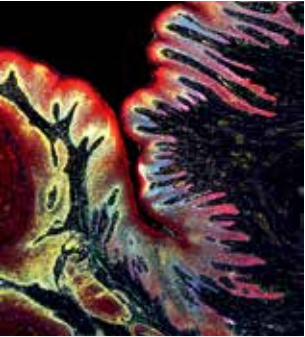
This is the next-generation imaging that we can use to mine every cancer patient's tumour to understand ways in which the cancer cells are hiding from the body's immune cells.

Artwork description:

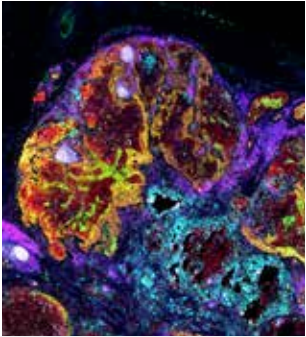
Battleground Beneath the Skin: This tissue is a skin cancer of the head and neck region. The skin cells are shown in bright red, with the tumour pockets in dull red surrounded by yellow. Immune cells are patrolling the tissue in green and magenta.

Breath of Shadows: Computer-generated image of lung cancer created from highly multiplexed tissue imaging. The airways and blood vessels are highlighted in white, tumour in yellow, immune cells in cyan, and airway epithelial cells in red. The dark 'shadow' hints that the core of the tumour is starting to die.

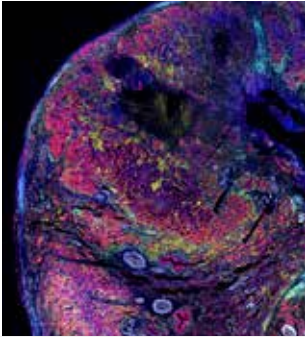
Beacons of Hope: Digital image of Head and Neck Cancer. The tumour is depicted in red, macrophages are in cyan, B cells are in white, T cells are in Magenta, and surrounding tissue is orange and green. These B cell hubs have been shown to play an important role in fighting cancer.



Battleground Beneath the Skin  
Canvas Print  
60 x 90 cm



Breath of Shadows  
Canvas Print  
60 x 90 cm



Beacons of Hope  
Canvas Print  
60 x 90 cm

## Dr Jo Rotherham

Jo is an Anaesthetist and Pain Medicine Specialist, currently working publicly at the Surgical Treatment And Rehabilitation Service (STARS) Hospital and the Princess Alexander Hospital in Brisbane and privately as an Anaesthetist at the Wesley Hospital.

Jo has had a varied career starting in the UK, through New Zealand to Australia working in general medicine, paediatrics, obstetrics, gynaecology, psychiatry and palliative care.

She has just written her first fictional novel. These are her first two attempts at oil painting.



*Phoenix*  
Oil on canvas  
20 × 26 cm



*Tom*  
Oil on canvas  
20 × 26 cm

### Why this is a passion for Jo:

I love the feeling of complete immersion that comes when I am painting or writing. The art of looking and truly seeing people is important to me, in both my work and my art.

These two paintings are of my children and I was pleased that in the process, I was able to convey their very different personalities. I enjoy telling stories.

### Artwork description:

**Do No Harm:** This is a fast-paced medical thriller with a twist in the tale. It explores the often harsh and unforgiving culture of medical training, the stark choices that confront young and inexperienced doctors and the challenge of maintaining a moral and emotional compass as they navigate these realities.

Socially, the backdrop for the story is set in the late 1980s Newcastle-Upon-Tyne in the aftermath of the Thatcher government's battle with the unions and closure of the mines. It was a time of high unemployment, high crime and quiet desperation in the region.

The story is told through the eyes of a young junior doctor called Michael, his colleague and love-interest Helen, the senior doctor in charge and several patients in their care. Michael is forced to confront difficult decisions about who he is and wants to be as he develops his clinical skills but in the process, finds himself being groomed by a local crime family.

Feeling unappreciated by the NHS and people within it, Michael is easily seduced by the glamorous face of organised crime. But the strings attached to this life slowly tighten until he finds himself pressurised into making clinical decisions which challenge his sense of self and threaten to bind him more firmly to the service of a local crime family's aging but powerful patriarch.

Michael is also struggling to conquer a secret that has dictated much of his life thus far and threatens to be his downfall ultimately.



## Dr Joanne Frost

I am an Obstetrics and Gynaecology trainee. During my training, I was hiking the Himalayas at high altitude. I experienced acute left arm paralysis. My now diagnosed chronic neurological illness involves fluctuating weakness and neuromuscular fatigue. This has not dampened my enthusiasm, but it has made my chosen path difficult. Despite time consuming medical therapies, I completed a variety of courses before commencing my PhD.

People living with disability provide a unique perspective on healthcare. Diversity and inclusion are important components of medicine and society. Unfortunately, this is not often reflected in our medical professionals. My experiences provide a valuable contribution to our medical and research community. My disability is my advantage. My personal experience has developed my interest in the broad impacts resulting from illness or injury. Acute and chronic disability are often-overlooked consideration in healthcare.

My research develops our understanding of severe maternal morbidity, aiming to improve maternal outcomes. My goal is to become a leading clinical academic in women's health. Specifically, developing safer systems of maternity care, with a focus on morbidity, disability, and resultant chronic illness. I am now finishing my PhD and working clinically part time.

### Why this is a passion for Joanne:

Wellbeing has been an integral part of my recovery, through illness and the stressors of the journey. Art is part of my mindfulness program, helping me maintain my physical and mental health.

The Phoenix is the perfect symbol of my pathway in medicine and in life. This work is a piece I have created for my mentor and friend. Who has shown me the potential of embracing my disability. Helping me find my advocacy voice and work to make an impact.

As a phoenix must first burn to emerge and rise from its' ashes. The strongest souls, and greatest characters, are seared by suffering. To emerge from the darkness of shattered dreams. Reborn with the wisdom and strength to shine their light bright. To help, to inspire, and to encourage others to be transformed by their own darkness.



*The Phoenix*  
Watercolour  
Approx 435 × 560mm framed

## Dr Kalpana Singh

Having been a failure in art during my school time, I copied 4-5 oil paintings as a medical student in 1975, without much guidance. I picked up my brushes after 45 years and painted for 5 years before stopping again to concentrate on some other issues which needed my attention more.

It's a pleasure to present my work for the first time in Dr's Art exhibition. I dedicate my work to Dr Barbara Cheshire in Townsville who taught me the principles of art and emphasised the importance of originality in art work.

### Why this is a passion for Kalpana:

Connecting with nature and appreciating it through tourism is my idea of relaxation. I love the colours of nature. The play of light and shadows fascinate me. I try to relive the experience in my photos and art work.

My work here shows some landscapes in Armenia, Azerbaijan, Croatia, Georgia and Italy. These are original, done on Canvas, in acrylic.

### Artwork description:

**Autumn:** This is my first trial of acrylic used as watercolours on Canvas. This landscape depicts the serenity of Lake Parz in Armenia in November.

**Plitvice Lakes:** Set in Plitvice Lakes National Park In Croatia in September.

**Alaverdi Monastery, Georgia:** Shows the amazing Apricot plantation in front of 6th century orthodox Alaverdi Monastery, Kakheti region, in East Georgia in the backdrop of the Caucasus mountains.



*Plitvice Lakes*  
Acrylic on Canvas  
76 × 50 cm



*Autumn*  
Acrylic on Canvas  
60 × 45 cm



*Alaverdi Monastery, Georgia*  
Acrylic on Canvas  
60 × 45 cm  
**FOR SALE**

Dr Kasundri Kulasinghe

Kasundri is currently an intern working at Redcliffe Hospital. Painting and drawing are longstanding hobbies for her. Her favourite mediums are charcoal, watercolour, acrylic and gouache; and favourite subject matter is anatomy, mirrors, portraits, flowers and animals.



Romeo  
Pencil, watercolour and gouache  
210mm x 300mm

Why this is a passion for Kasundri:

Making art is very calming and meditative, and has been especially helpful as a PGY1. This year has been a lot of time dedicated to working and learning, and finding time in between for painting has been therapeutic.



Juliet  
Pencil, watercolour and gouache  
210mm x 300mm

Dr Cornelius "Kees" Nydam

Bundaberg based poet, songwriter, and visual artist, Kees, has honed his skills over the past six decades. "I grew up in New Guinea where all the kids had guitars. We'd sit around in a circle, creating rhythms and sing made-up songs," Kees recalls. "Stories and music have long been core to my creativity. My song writing usually begins with poetry. I dearly wanted to be a creative, but when I won a Commonwealth University Scholarship, my father insisted I get a 'real job'. However, art remained his seditious pleasure".

Ever covertly grandiose, the universe spoke to Kees in 2016, when Leonard Cohen, one of his idols, died. The subliminal message was clear: "Cohen has left a void and you must fill it".

Since then, Kees has self-published Poems and Other Fairy Tales 1968 – 2020. A memoir of sorts, the self-published collection of prose and illustrations spans from his early schooling days until 2020. Music comparisons are easy to attach to Kees's poetry. There are poems that emulate protest punk songs, while others are reminiscent of Leonard Cohen's noir-tinged humour. It is no coincidence then, to find many of Kees's poems have been re-birthed as songs. Kees and his musical colleague Jay have recorded over 50 demo songs.

Why this is a passion for Cornelius:

My wellbeing remains intact so long as I assassinate my inner critic daily.

Modern neuroscience views reflective consciousness as a human only adaptation. The early reptilian part of our brain is often forgotten. Yet by volume of neural linkages, the reptilian brain exceeds the "human" brain 9 to 1. It remains an active emotional warning system that fuels our inner critic.

ASSASSIN

I'm an assassin  
every day I kill  
a saboteur  
who dwells  
inside my head  
it's my inner critic  
if you will

I'm skilled  
an old hand  
I get the job done  
yet he's  
always back  
the very next day  
giving me an earful

Like  
the liver  
of Prometheus  
the saboteur  
resurrects  
like Jesus  
God I'm cross

Taunting me  
with questions like  
did you think  
you'd make it through  
without some painful  
scratch on you  
I'm the boss

Brisbane March 2025

The voice says  
don't imagine  
you'll ever be  
the last man standing  
I've got dirt on you  
there'll be no  
soft landing

How 'bout you  
have you ever  
been at war  
inside your head  
a battle tale  
on the inside  
no-one else has read

Once  
I nearly  
lost it all  
I was then  
delirious  
way too deep in  
too sullen to win

I'm an assassin  
every day I kill  
a saboteur  
who dwells  
inside my head  
my inner critic  
if you will

Assassin  
Poetry



## Dr Lisa Chapman

Dr Lisa Chapman graduated from The University of Queensland in 1997 and for the last 18 years has been working as a travel medicine practitioner in Brisbane. She is a self-educated pastel artist and has been a member of the Pastel Society of Australia since 2023. Inspired by the natural world, her artwork often reflects aspects of our interaction with nature.



*Breathe*  
Pastel  
48 × 60 cm



*Wanderlust*  
Pastel  
42 × 50 cm

### Why this is a passion for Lisa:

When at my easel, surrounded by natural light and colour, everything else fades away and even time itself ceases to exist. Subject matter is derived not only from fondly remembered distant travel destinations, but also from the local surroundings, including our garden and home. Embracing introspection and an affinity for nature, each artwork created portrays botanical elements and intends to encourage curiosity and an emotional connection. For me, painting opens a doorway, allowing reminiscence, appreciation and wonder to flow in, and my hope is that this quiet joy may be shared with others.



*Upon Reflection*  
Pastel  
60 × 48 cm

## Dr Louise "Betty" Burns

How do you know you're meant to be a doctor? Do everything BUT doctoring.

Betty walked away from Medicine after graduation and this (terrifying) liberation saw her set out to embrace every opportunity that presented itself.

For over a decade, Betty volunteered with St John Ambulance and the State Emergency Service, where she undertook study to become a professional drone pilot with the latter.

Betty has pulled pints in England, tapped veins as a vampire, dabbled in research, wandered the world, cleaned Dash-8s and has even been in prison (with a daily get-out-of-jail-free card and salary). Betty has an eclectic skillset not unlike that of a Swiss army knife – tools useful in all manner of scenarios but there's also that little toothpick you'll probably never use.

Betty blew out her HECS debt with a spree of non-committal degree jumping. However, after a thorough sampling from life's buffet, Betty knew with absolute conviction where she belonged.

Now back with a stethoscope in hand, Betty lives every day with intention and the belief that no experience is ever wasted. There are lessons to be learned in the most unlikely of places, if you're bold enough to go there.

### Why this is a passion for Louise:

**SIMUL FORTES – Together Strong.** Wellbeing is having that hand to hold. It is to have that connection and support to face life – to help shoulder the burden in times of hardship and to share the light in times of prosperity. Nature's library is written in the ages of the trees. Each ring symbolic of struggle and despair, survival and triumph. Each knot is a scar deviating from the grain, present to perplex and challenge the whittler. To have humility and respect for the life of the medium, is to create art.

**DOCTOR IMPOSTER** (written by F R Aude) As doctors we are charged with the responsibility to help people – to be that pillar and unwavering support for those who are often enduring the worst moments of their lives. We stand tall and confident for them but deep down, it feels as though we've stumbled into the lead role mid-way through the act, completely frozen in fear that we don't know the script. But we do know the script. We've always known it. This book is a public proclamation of vulnerability intended on providing comfort to us in those private moments of uncertainty and doubt. It is a reminder of who we are and what we are capable of.

*Simul Fortes – Together strong*  
Hand wood carving and pyrography  
Approximately 30cm long, 5cm diameter  
on a stump 15cm diameter

*Doctor Imposter* (written by F R Aude)  
Book – Novel, fiction  
A5 book  
**FOR SALE**





## Dr Megan Partoredjo (Dr Megan Evans)

I am a doctor and a mixed media artist, living and working in Brisbane. I have had a lifelong love of creating things with my hands - painting, weaving, knitting, drawing, sewing and sculpting. Using objects I have gathered from nature, recycled materials, vintage finds, ink, thread and paint, I love the challenge of bringing simple, honest elements together to create something lasting and beautiful. Each piece begins with a moment of inspiration, usually from nature- it may be a perfectly symmetrical seed pod, the texture or colour of a leaf, or elegantly entwined branches that first inspires the journey to incorporate this idea. The end result appears as though it is nature's version of what I had originally imagined: the materials leading the way and taking me with them.

Find me @mysanctuary\_

### Why this is a passion for Megan:

Having worked as a Medical practitioner for over 30 years, my art practice has always been essential to my sense of wellbeing. Working as a doctor is a privilege, and I am grateful for its many rewards. However the demands of the profession involves making sacrifices - mostly of time, but also emotional energy and freedom of expression. My art is a balance to that - an escape, a place of sanctuary, healing, processing and enrichment.

In contrast to the hectic pace of medical practice, I like to produce pieces that project quietness and serenity. Or are playful and provocative. Pieces that take me somewhere to dream, to imagine, to explore, and to enjoy. I feel very grateful to have this outlet to sustain me in my medical career.

### Artwork description:

*Rapture:* The flowing forms of the wrapping leaves create shapes, caverns, mysteries and energy. Complex but simple. Detailed but minimalist. A dance of freedom and possibilities.

*Forest Kite:* This work was inspired by the sculptural forms of the fallen leaves of the Dracaena Draca tree. I wanted to showcase the rugged, gnarly asymmetry of these leaves, within the calmness of a circular form. The twining together of the leaves with simple jute webbing creates a colour contrast to the earthy tones, and echoes the intricate weaving together of a nest. The suspended seed pods from the poinciana tree move gently with the breeze, providing a sense of lightness and movement for this dreamy Forest Kite.

*Windflower:* Walking past the Yucca trees near my carpark at work, I couldn't take my eyes off the array of patterns and colours of the leaves as they would lose their green, curl up and droop on the stem. Eventually they fall to the ground. My car boot gradually filled as I collected these individual sculptures. Now they have joined together again and found their second life in the "Windflower".



*Forest Kite*  
Preserved Dracaena leaves, Poinciana seed pods,  
jute webbing.  
1.3 x .65 x .2 m



*Windflower*  
Preserved Yucca tree leaves, natural raffia,  
recycled aluminium tape  
1m diameter  
**FOR SALE**



*Rapture*  
Preserved bromeliad leaves, silk thread,  
wood stain. Metal stand.  
.65 x .65 x .65 m  
**FOR SALE**

## Queensland Medical Jazz (Director: Sarah Gaukroger)

QMJ is a jazz group founded by medical students at The University of Queensland in 2012, bringing together students and professionals across all healthcare disciplines over a love of music! We have small and big band ensembles playing classic Coltrane to current Coldplay and everything in-between. QMJ perform at a number of social events throughout the year with all proceeds going to The Ashintosh Foundation. The Ashintosh Foundation is the charitable arm of the UQ Medical Society, providing health promotion to the wider community.



Poster – photographer Dr Prabasha Thilakaratne.

### Why this is a passion for Queensland Medical Jazz :

As many medics can attest to, playing music is a fantastic escape from the everyday stresses of a life in healthcare. QMJ provides an opportunity for healthcare students and professionals to find a sense of community in their shared love of music. Many of our members have not played in an ensemble setting since their high school days, so QMJ is the reigniting of an old passion! We find that there is something special that happens when you come together to play a piece of music, sharing our passion for music with others through performance. It is also a great way to fundraise for an important charity whilst honing a skill!



## Dr Sara Lucas

Sara is a musician, artist, mother, wife. She is also a paediatrician, director of clinical training, paediatric training network director.

### Why this is a passion for Sara:

The Fruit Bowl – a light and happy piece. Fresh fruit is so important, having ready access in a bowl that is both beautiful and also functional is great.

The dog bowl. A bowl that is fit for purpose for a large dog, but also aesthetically pleasing, this brings joy.



*The Fruit Bowl*  
Clay  
35 x 20 cm



*The Dog Bowl*  
Clay  
35 x 20 cm



## Dr Shyalle Kahawita

Dr Shyalle Kahawita is an eye surgeon and mixed media artist based in Brisbane, Australia. She primarily works in watercolour, embracing the medium as a form of stress relief and creative expression.

### Why this is a passion for Shyalle:

This rubber ducky has a prominent place in my bathroom—and whenever I see him, I smile. At first glance, the piece invites laughter with its playful subject,

but beneath the surface lies a deeper intention: to evoke lightness in the viewer and to soften the weight of the everyday through humour and nostalgia. The duck's bright expression and cartoon-like presence recall childhood moments of simplicity and freedom. This work gently reminds us of the wellness found in levity—in colour, in silliness, and in unapologetic self-expression. "I'm a Quack!" is an invitation to embrace joy in the smallest of forms.

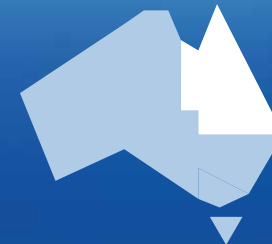


*I'm a Quack!*  
Gouache on Watercolour Paper  
20 × 20 cm

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# RACGP



## Dr Vicky Satchwell

I am a practising doctor working in Brisbane. I graduated from QCA with a Bachelor of Fine Arts last year. I work in drawing, textiles, painting and stop motion video. The textiles are all repurposed. I also use found photography and scientific archival images and I think all of these used things bring a story to the work that springboard more ideas.

I like making portraits made of objects to do with that person. These carry a narrative too. Drawing has an immediacy and energy that I can't capture in paint. I am inspired by the pastel drawings and dark tales of Paula Rego. Another influence is photographer Martin Parr – it is about noticing the funny details around you.



*Madonna and Child*  
Oil paint  
50 x 40 cm  
**FOR SALE**



*Daddy's Little Princess*  
Repurposed clothes, belts, shoes  
.5 x .5 x .5 m  
**FOR SALE**

### Why this is a passion for Vicky:

I don't know if making things inspires wellbeing. It just feels necessary. (I was going to say vital, but that seems overwrought). The psychoanalyst and painter, Ehrenzweig, described three phases of creating -anxiety, manic- oceanic, and depressive. The oceanic element – of losing yourself, being immersed in it the endless possibility- are sandwiched by stress and disappointment. That sounds about right.

Over time the two different ways of thinking (art and medical) have started to come together. I can critique medicine through my work and have also use medical images and texts in my artwork. That integration makes a more rounded person, I think. And different ways of thinking help you understand people better.

### Artwork description:

*Madonna and Child:* I think this will be familiar to a lot of mothers.

*Daddy's Little Princess:* The messaging on girls' clothes is a worry isn't it?

*Summer Solitude/ Thresholds to adult living:* Found unfinished Semco embroidery kit, with time and motion study of a woman with lights on her wrists being recorded making a pie in the kitchen. She is being inefficient. The Semco kit images were chosen by the (male) managers and depict fictional pastoral homesteads for the women to embroider and put on their walls. Both images portray the way society thinks women should be spending their time. I like to imagine the woman that didn't finish this ran off to do something more exciting.



*Summer Solitude/  
Thresholds to adult living*  
Canvas, embroidery thread, wool  
48 x 48 cm  
**FOR SALE**



For all purchasing enquiries, contact Woolloongabba Art Gallery  
613 Stanley St, Woolloongabba Qld 4102  
+61 7 3891 5551 | [email@wag.com.au](mailto:email@wag.com.au)