



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: 131 114
- ☐ Beyondblue: 1300 224 636
- ☐ 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?**

DRS4DRS is the national service and are here to support doctors and medical students to care for themselves, their colleagues and their patients.

Call 1300 374 377 for assistance.



**DOCTORS' HEALTH** in  
QUEENSLAND

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.



### **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](http://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](http://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).

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



## Dr Adelene Hilbig

Adelene is an emergency Medicine Trainee with an interest in complex humanitarian emergencies and the interface between international law and healthcare.

### Why this is a passion for Adelene:

I intermittently work in complex humanitarian settings / emergencies. At times, these roles have been extremely busy, often with significant movement restrictions. Drawing, usually of buildings from the context in which I'm working, has helped create space to reflect, and process elements of the professional experiences associated with healthcare delivery in resource limited and conflict zones.



***Kailahun***  
4B pencil on paper  
19cm x 16cm (unframed)



***Mocha***  
4B pencil on paper  
19cm x 15cm (unframed)

## Dr Beixi Xu

Born in China and raised in Singapore, with a background in Traditional Chinese Medicine. Now a PGY6 working in psychiatry as a registrar.

### Why this is a passion for Beixi:

The creation of something beautiful renews.

### Artwork descriptions:

**Carpenter Bee:** A classic insect portrait.

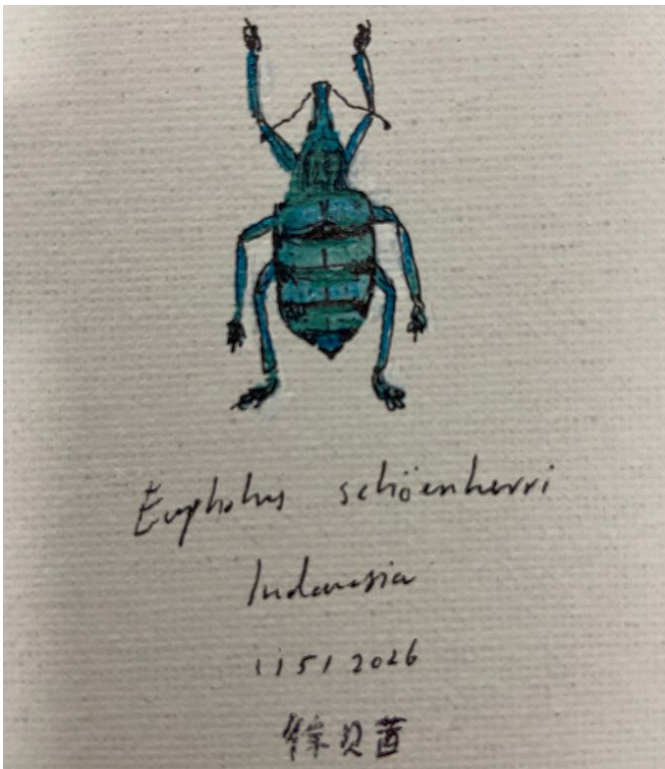


**Weevil - blue and yellow**

Paint on canvas

9 x 9cm

**FOR SALE**



**Weevil - blue**

Paint on canvas

9 x 9cm

**FOR SALE**



**Carpenter Bee**

Paint on canvas

9 x 9cm

**FOR SALE**

## Dr Bianca Dinu

My interest in art really began in senior high school art classes!

I chose “Visual Art” initially just as a welcome reprieve from my more academic subjects but my interest blossomed as the classes went on! In Grade 12 I won the Bellas Bursary for Visual Art and had my body of work “Ode to Autumn” displayed in Brisbane libraries.

Since leaving high school I’ve continued to dabble in different mediums, primarily oil and watercolour.

### Why this is a passion for Bianca:

Just like my high school days, art continues to be a welcome reprieve. Art is grounding, mindful, and meaningful to me.

***Horses dream of figs - Lamp.***  
Acrylic on paper lamp shade and Vintage Lamp  
40cm x 10cm

## Dr Boban Ramesan

A retired family physician, an autodidact in art who admires and advocates art as the most basic spirit of human enquiry. Born in India in 1977, completed post-graduate training in UK, relocated to Australia in 2015. Wife is gynaecologist Dr Darsana Boban and have two daughters Meena and Kallu.

### Why this is a passion for Boban:

Art opens up the windows to the recesses in the mind which hold the cryptic codes of human existence. The practice of art is a panacea for melancholy and potentiates the natural inquisitiveness. The companion in solitude, the music of the soul, art makes life a dream to cherish!

### Artwork descriptions:

***Between the Lines and Colours:*** Life exists in the 'in-betweens'...

***At Close Quarters:*** At the heart of the city is a forest, where he fortune teller puts the mind to test!

***Vagaries of the Psyche:*** Through the defined paths of a thriving world, man makes his internal journey.



#### ***Vagaries of the Psyche***

Pen oil pastels  
80cms x 60cms

**FOR SALE**

#### ***Between the Lines and Colours***

Pen, oil pastels  
80cms x 60cms

**FOR SALE**

#### ***At Close Quarters***

Pen oil pastels  
80cms x 60cms

**FOR SALE**

## Dr Chloe Xiaozhun Hang

I have enjoyed art from a young age, beginning with oil pastels and later exploring acrylics as an adult. More recently, through marrying my husband, who is South Korean, and wanting to share his culture with my young daughter, I developed an interest in minhwa, a traditional Korean folk art style that uses everyday objects to tell stories and convey meaning.

I am a general practitioner with a special interest in dermatology. Much of my work involves helping patients in maintaining their wellbeing through prevention, education and small daily habits. Over time, I have come to realise that these same principles also apply to our own wellbeing as doctors.

My art is inspired by my family, my work and my patients. Through still life and symbolic objects, I explore themes of observation, care and cultural connection. It reflects my experience of medicine not simply as a profession, but as a way of seeing, where attention to small details and everyday rituals carries meaning.

### Why this is a passion for Chloe:

For me, wellbeing as a doctor is found in small, repeatable rituals. This piece is inspired by the quiet moments that sit alongside clinical work, applying sunscreen, caring for skin, reading and taking time to observe. These everyday actions, though simple, help me feel grounded and create a sense of continuity in an otherwise demanding profession.

Through exploring minhwa, a traditional Korean folk art style, I have found a way to express these ideas using symbolic objects.

Drawing on the chaekgeori tradition of “books and things”, the table becomes a place of learning, care, stability, and return. The sunscreen, moisturiser, sunglasses, book, and magnifying glass reflect protection, restoration, learning, and attentiveness, values that shape both my clinical work and my personal approach to wellbeing. The butterfly, a recurring motif in minhwa, symbolises transformation and growth. In medicine, we are often focused on urgency and acute care. This work instead centres on prevention, consistency, and reflection. It reflects a more sustainable way of practising, where wellbeing is maintained through small, intentional habits over time.

### Artwork description:

**A Table of Becoming:** A contemporary still life inspired by minhwa, where objects of care and observation rest on a table that suggests stability, familiarity, and a place of return. The butterfly, a traditional symbol of transformation, sits alongside these quiet rituals. Together, they reflect the ongoing process of becoming.



**A Table of Becoming**  
Traditional minhwa mineral pigments on hanji  
(Korean mulberry paper)  
32.5 x 42.5cm  
**FOR SALE**

## Dr E-Hong Seah

E-Hong is a University of Queensland graduate who is currently a PGY6 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!



**Blue-Faced Honeyeater**  
Linocut and watercolour  
24 x 32cm

**FOR SALE**



**Blue-Tongued Skin**  
Linocut and watercolour  
24 x 32cm

**FOR SALE**

## Dr Eishatur Mamat

Eisha is a Brisbane-based medical registrar & casual artist. A Monash alum, she moved from Malaysia in 2022 to pursue her physician training and initially found it challenging to adjust without her usual support system. Picking the brush up again helped her find some footing and express her creative side, balancing the busy days.

Her work focuses on abstract renditions of day-to-day scenarios and the emotions they evoke, as well as some dabbling in semi-realism & manga/animation styles.



***Monday Blues***  
Acrylic on canvas  
50 x 40cm

Other than painting, she also enjoys running (as every other 1990s millenials do) and travelling the world.

### **Why this is a passion for Eisha:**

There's a saying that 'medicine is the graveyard of artists'... I grew up wanting to pursue architecture but somehow ended up in medicine so when I heard this, it hit home for me. But I soon realised that it doesn't have to stay that way. A medical career can become all consuming if you let it be. There will always be good and bad days on this job, so for our own wellbeing, we have to find an outlet to express our thoughts and emotions. Art is one way to do that. It is so vast you'll never run out of new avenues to explore, be it painting, photography, writing, sculpture, singing, knitting... I truly think art -in its various forms- is the heart of a society and can be very healing.

### **Artwork description:**

***Monday Blues:*** A The blue hues represent the more clinical, routine days, while the bright yellow specks are the happy breaks in between (such as when there's a sausage sizzle on the ward!).

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**Dr Nicole Stamatopoulos**  
Avant member



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## Dr Felice Ford

Felice Ford is a first year doctor at Toowoomba Hospital. She grew up surrounded by music and the arts within her colourful Hispanic family in the cultural melting pot that is the San Francisco Bay Area. After finishing high school, she moved cross-country to attend Harvard University and graduated summa cum laude with a Bachelor of Arts in Classical Languages and Literature in 2011.

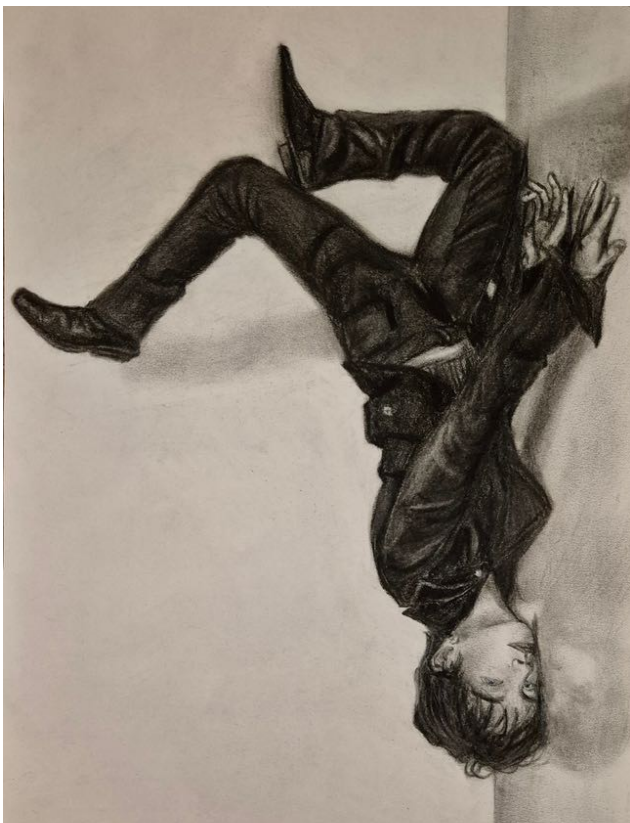
After her grandmother passed away, Felice moved to Toowoomba in 2017 with her husband Elliot Lang and completed a Bachelor of Biomedical Science degree at the University of Southern Queensland. With her family's support, she took another shot at medical school and was overjoyed to be accepted at Griffith University.

She is passionate about research, education, and rural medical practice and hopes to undertake GP training with a special interest in skin.

### Why this is a passion for Felice:

Art is an essential part of my own wellbeing. In difficult times, I find solace in losing myself in fictional worlds and music, spending hours creating things to express my worries and hopes alike. In good times, I voraciously consume and produce art that I hope will lift others' spirits.

I became a fan of the woman in white, 1920s silent film star Louise Brooks, when I was 15 and struggling to maintain my wellbeing in the midst of external and internal teenage turmoil.



**Drawing 1**  
Photographic print on canvas  
49.5 x 37cm



**Drawing 2**  
Photographic print on canvas  
49.5 x 37cm

## Dr Hafsah Brown

I'm Hafsah, a Paediatric Registrar currently working at the Queensland Children's Hospital. I recently moved from Melbourne, my home for the past two decades, to the sunnier climes of Brisbane.

Whilst finding my feet in a new city, I picked up my paintbrush after a long hiatus and found it to be an amazing way to both relax and challenge myself simultaneously.

### Why this is a passion for Hafsah:

As conscious beings, occupied within our own minds, we often forget that the natural world in which we exist is made of the same matter which we are. The sky, the sun, the stars, the water, the earth and our own selves are the same material, rearranged.

Painting landscapes helps me reflect on this idea and brings me out of my head and into the world.



*Serenity*  
Watercolour  
A3  
**FOR SALE**



*Tranquillity (after Paul Clark)*  
Watercolour  
A3  
**FOR SALE**



*Halycon (after Paul Clark)*  
Watercolour  
A3  
**FOR SALE**

## Dr Jo Rotherham

Jo is an anaesthetist and pain specialist in PAH, STARS and Wesley hospitals with a smattering of medicolegal and college work. Her broad (some would say indecisive) medical career began in the UK, working through New Zealand to Australia with general medicine, paediatrics, obstetrics, gynaecology, psychiatry and palliative care along the way.

She enjoys dancing, dragon boating and has just finished writing her first psychological thriller which will hopefully be in print in time for next year's show (fingers crossed).

### Why this is a passion for Jo:

Sometimes there is no space left inside to crowd the stories that mill and churn through your head. Painting is a way of releasing these stories and making room for your own story.

### Artwork description:

***The Silenced Scream:*** I am a Pain Medicine Specialist, bearing witness to the agony of my patients every day.

In rural Yorkshire, where I come from, a cup of tea is treated as a remedy for everything — grief, exhaustion, illness, despair. These patient stories, scrawled across fragile sheets and stained with tea, seem steeped in that belief. Yet no soothing ritual can silence them. They churn relentlessly through my mind, colliding and overlapping, refusing to settle. There are not enough cups of tea in the world to dilute this torment.

And somewhere beneath this flood of voices, my own story lies buried — both literally and emotionally — smothered under the weight of the patient histories crowding into my head.



***The Silenced Scream***  
Oil and mixed media  
60 x 30cm

## Dr Kasundri Kulasinghe

I'm currently a rotational junior doctor at the RBWH. I moved to Queensland from Sri Lanka as a child with my family. Outside of medicine, I've always enjoyed painting and drawing, something I've kept up since school and uni to unwind and switch off. I like working with acrylics, pencils, and gouache, and tend to gravitate towards portraits, florals, and anatomical subjects.

### Why this is a passion for Kasundri:

Making art helps balance out the stress, unpredictability, and perfectionism that come with working as a doctor. Painting and drawing give me space to slow down and be introspective, without needing things to have a clear meaning or be perfect. When I'm painting, my mind feels quiet and peaceful. It's a nice contrast to any overthinking and worrying that can come with work.



### *Lego flowers*

Acrylic and pencil on paper  
A2

**FOR SALE**

## Dr Katie Williamson

Dr Williamson is a rural generalist and medical educator based in Far North Queensland, where she works at the intersection of community health, advocacy, and education. Alongside her broad general practice work, she has a particular interest in supporting neurodiverse and gender diverse people, and is recognised as a thoughtful coach to her patients and a generous mentor to students and early-career doctors.

With a background in science and a deep appreciation for the natural world, she is drawn to botanical illustration as a way of observing and honouring the quiet intricacies of plant life. Working in watercolour allows her to pair meticulous anatomical attention with a meditative creative process. Its fluid, sometimes unpredictable nature mirrors the organic beauty she seeks to capture—revealing the subtle, often overlooked details that make the natural world extraordinary.

### Why this is a passion for Katie:

Watercolour botanical illustration inspires a sense of wellbeing for me because it slows my mind into a gentler rhythm. The process begins with close observation—really seeing a plant's structure, its quiet geometry, the way colour shifts across a leaf. That kind of attention feels grounding. It pulls me out of the noise of daily work and into a calmer, more spacious headspace.

There's also something soothing about the medium itself. Watercolour demands patience and acceptance; it moves in its own way, sometimes unpredictably, and learning to work with that flow rather than control it feels deeply restorative. Layer by layer, the image emerges, and with it a sense of clarity and presence.

Botanical subjects add another layer of wellbeing. They reconnect me with the natural world—its resilience, its intricacy, its quiet beauty. Creating these illustrations becomes a small act of noticing, honouring, and appreciating life around me. It's meditative, creative, and emotionally replenishing all at once.



**Australian Kapok  
(*Cochlospermum gillivraei*)**  
Watercolour pencil on paper  
A4



**Pigeon Orchid (*dendrobium  
crumenatum*)**  
Watercolour pencil on paper  
A4



**Butterfly tree (*melicope  
elleryana*)**  
Watercolour pencil on paper  
A4

## Dr Cornelius “Kees” Nydam

Bundaberg based poet, songwriter, and visual artist, Kees, has honed his skills over the past seven decades. "I grew up in New Guinea where all the kids had guitars. We'd sit around in a circle, creating rhythms and singing made-up songs," Kees recalls. "Stories and music have long been core to my creativity, with my song writing emerging from my poetry.

Kees dearly wanted to be a creative, but when he won a Commonwealth University Scholarship, his father insisted he get a 'real job'. I did medicine as a side hustle, however art remained his seditious pleasure.

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

Since then, Kees has self-published two poetry books titled Poems and Other Fairy Tales 1968 - 2020, and More Poems and Other Fairy Tales 2021 - 2026.

“A diary of sorts, the poems and lyrics help me process the folly, irony, and paradox of human existence that I am exposed to as a doctor.

Music comparisons are not easy to attach to Kees's poetry, as they represent an eclectic mix of styles, naturally including some that are reminiscent of Leonard Cohen's noir-tinged humour. About one in five of Kees's poems have been re-birthed as songs through a collaboration with a musical friend Jay.

### Why this is a passion for Kees:

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

Cull means eliminating something unwanted, unnecessary, or substandard. Some call this downsizing, but be cautious not to throw the baby out with the bath water. This is particularly significant when the “unwanted” is psychological baggage as this may render a permanent solution to a temporary problem.

### CULLING MOMENTS

Eyeing through your sniper scope  
deep breath in and hold it  
expel as you press the trigger  
the kill-shot 'll be cleaner  
lead's a fixer

Jim & Co culled old wood  
to keep the forest green  
set fires 'cause they could  
flames kept it so pristine  
fire's a fixer

Hurling excess out  
gifting dregs away  
Wanda culled her life  
was a downsize day  
pruning's a fixer

What no longer served her well  
was marked unwanted in Wanda's new dainty day

Tami kept the best  
of her lifetime's work  
only that from her top-drawer  
there's no room for nothin more  
editing's a fixer

Ed was sick  
of the war 'tween his ears  
deep breath in and hold it  
expel as he pressed the trigger  
lead's too permanent a fixer

K Nydam

Bargara

March 2026

*Culling means eliminating something unwanted*

Poetry

## Dr Lily Zhu

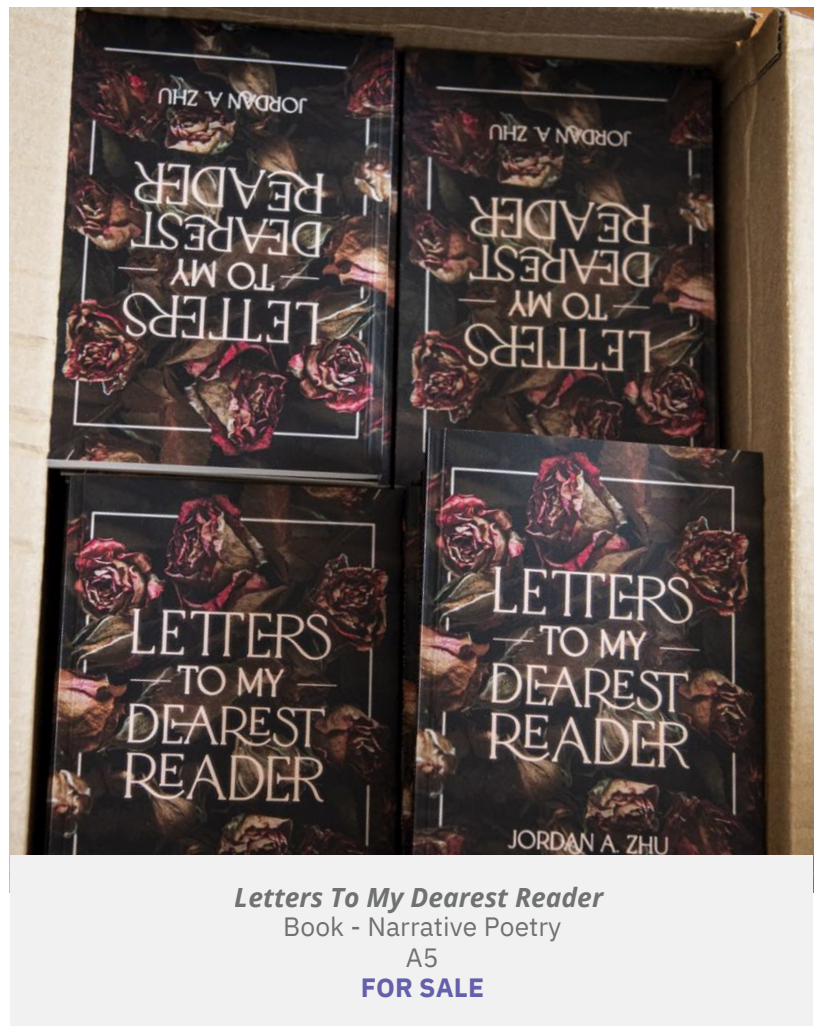
Lily (Jordan) Zhu is a junior doctor and local Brisbane artist and writer. Their portrait work reflects the legacy and impact of inspirational people within the Brisbane community, while their poetry reflects a narrative exposition on the multifaceted beauty and challenges of life.

### Why this is a passion for Lily:

Art is a transcendental medium, conveying stories, passions, meaning and reflection without barriers of time or place. It allows us to express and share our common humanity, connecting with our communities, fostering identity and growth, and providing a balm in the stressors and challenges of life in healthcare and in general.

### Book description:

There is always peace in the eye of the storm, and eventually the storm will pass. Life is a tapestry of colours; complex, light and dark. Jordan A. Zhu presents "Letters To My Dearest Reader", the first book in an anthology of narrative poetry inspired by the fleeting moments and beauty of life.



## Mr Louis Jia

Kiwi-born Louis Jia is an aspiring marine biologist, astronaut, and romance writer currently undertaking his final year at the University of Queensland Medical School. He has consistently written for much of his life, including numerous pieces published online under a pseudonym. Louis hopes they will never be found amongst his digital footprint.

Louis's first public literary work, 'There's a Squid in my Stethoscope' is a comedic short story inspired by his early years in medical school and reimagined through an absurdist lens. In the future, he hopes to continue creative writing of all forms in parallel to his medical career. At least, until his astronavigating aspirations finally get off the ground.

### There's a Squid in my Stethoscope

Louis Jia

There's a squid in my stethoscope. No, that isn't a metaphor. Yes, I'm sure it's a squid. No, I am not taking drugs.

It all started during clinical coaching. I counted down the patient's ribs, then pressed my stethoscope on her chest and waited. That's when I heard it first. No lubs. No dubs. Just a wet squelching, like a tomato crushed under a jackhammer.

Mind you, I didn't know the first thing about heart sounds. I couldn't tell you the difference between a pansystolic murmur and a diastolic murmur. Maybe they were the same thing? Who the hell knows! Not me, that was for sure. So I removed my stethoscope, made up some lie about what I heard, and moved on to the next patient.

But I kept hearing the same thing. Wet squelches on the heart, wet squelches on the lungs, wet squelches on faces I shouldn't have auscultated. By the end of the session, I was fed up. There was a limit to how stupid I could feel, even if it was absurdly high. Surely I couldn't go into my third year barely knowing how to work a stethoscope.

So, I grabbed my reg. I summoned my courage, and laid myself bare to his judgment. Let me be the idiot. Let me be the fool. Let me be scorned and mocked and humiliated, lest Hippocrates himself struck me down. My reg just shrugged his shoulders. *"Read more Talley and O'Connor."*

Red-faced, I hurried to the bathroom right after. I googled how to clean my stethoscope, and carefully took off the rubber lid of the diaphragm. I didn't know what I expected to see. A bit of dirt, perhaps. Maybe some weird, odd liquid.

What I saw was a strange pulpy mass, teal at a glance, tucked away neatly into the flat metal dish of my stethoscope. It was a tiny thing, with a spindle-shaped body that spun off several long arms, each writhing and twisting like worms. The creature raised a single solitary tentacle and, in a brief moment where reality itself crumpled like a wet tissue, waved hello at me.

I could imagine how someone different would have reacted. A braver man would've picked the squid up and thrown it out the window. A smarter man would've called the local aquarium.

But I was not a brave or smart man. I put the rubber lid back on the diaphragm, and went back to my clinical coaching.

It's hard to say why I didn't do anything that day. In all honesty, I just thought it would be gone the next morning. When that didn't happen, I thought that if I just ignored the problem for long enough, it would disappear. Finally, when that didn't work either, I just resolved myself to my fate.

There was a squid in my stethoscope. Sure. Whatever.

Yes, I didn't want it there. I didn't want its weird sounds clouding my hearing. Yet, I can't say I didn't take to that little cephalopod, with pale eyes like plates (though one was for teacups and the other for dinner).

As we got fewer lectures and more placements, I came to cherish having company on long shifts. It sucked not being able to auscultate anything, and god knows I still tried every time, but I can't deny it was comforting in some small way to have that familiar squelch. It was something to fall back on. Something to catch me.

With time, I even felt safe enough to let the squid loose in quiet moments. In CBL, I would reach a hand into my bag and idly scratch at its mantle. When no one was looking, I might let it soak in the janitor's bucket.

### Why this is a passion for Louis:

I wrote the first draft of 'There's a Squid in a Stethoscope' when I was in my second year of medical school. At the time, I felt caged by my everything in my life. Most of all, the expectations of a career in medicine. I felt out of place amongst peers who are so .deeply passionate about becoming doctors. The short story was partially a way of expressing my fears and anxieties at the time. Revisiting the story in my final year felt like having a conversation with my younger self. I remembered the hopes and wishes of the me from two years ago. I wish I could tell him that everything will be okay, that his fears were justified but that they wouldn't define him. I hope, too, that the me of the future

Once or twice, during my paed rotation, there would be a kid crying over needles. I'd tap the kid on the shoulder and say, "Can you keep a secret?"

They'd nod.

*"There's a squid in my stethoscope."*

And I would let them take a peek, because that was somehow harder to believe than Santa Claus. Then, they'd stop crying. They'd laugh, and the needle wouldn't hurt as much anymore.

Of course, it wasn't all great. It sucked to never be able to auscultate. I had too many close calls on OSCE stations and long cases. Most of all, I could never eat calamari again.

The days would drag on. The years would fly by. Before long, I was in the last stretch of my fourth year. I don't remember who it was, just that it was some random patient in some random room from some random ward. Their name escaped me, blurred amongst hurried introductions. I could scarcely even remember their face. The encounter was not noteworthy, save for the fact that it was the first time I properly heard a bruit.

Only a bruit. No squelches, no tomatoes under jackhammers.

It may surprise you to know that I never bothered to check. I didn't rush to the bathroom to hurriedly take apart my stethoscope. I didn't scramble around searching underneath mattresses and inside bedpans. Somehow, some way, I just knew. I knew it was gone. I knew it didn't say goodbye. And I knew it didn't have to.

Years have gone by since then, and I have long since graduated from med school. I listen to heart sounds a lot more now, and I can tell what I'm listening to most of the time. Admittedly, there are days when reality feels much too thick, and I miss that squid. Sometimes, I do more auscultations than I need, just to check. It always feels like it's just on that horizon, like an old dream that you glimpse in waves, and that if I listened long enough and hard enough, I would hear that all-too-familiar wet squelch.

Every time I think about it, the whole thing would sound bizarre and impossible. There was a squid in my stethoscope. Huh.

Rarely do I ask myself where that squid could have gone. If I had to imagine, I would like to think that it managed to find its way to a beachside and entered the great ocean. The more realistic answer is that I had a drunken piss one night and accidentally flushed the poor thing down the toilet.

But I don't often let myself imagine. I think that, like most people in life, sometimes they just go. You can follow them on Instagram and send them reels that remind you of them, but at the end of the day, they're just shadows on a wall.

Besides, I'm far too busy these days to dream. I realised recently that I was the same age my clinical coach was when he taught us. I wondered if I should take up teaching too, but ultimately decided I'd rather spend my free time doing something more relaxing. Besides, I was never a great teacher.

Still, I love to see students running around on the wards, all red-faced and flustered. They swing around their stethoscope, never quite knowing which end was the bell and which was the diaphragm. They move too slow, yet listen too fast. When I see one having a bad day—and you always know when they're having a bad day—I try to take them out to coffee.

But recently, on an early morning shift, I saw something rather fantastical. There was a medical student, trying to examine a patient, and for just a brief moment, when they raised their stethoscope, I could glimpse a tiny tentacle writhing out of a slit in the diaphragm. I saw it, and somehow, it saw me. And then it waved at me.

I still don't know what a braver man or a smarter man would have done. But I know what I did.

I smiled, and waved back.

### There's a Squid in my Stethoscope

Digital text on paper  
1000mm x 707mm

## Dr Megan Evans

I am a practicing GP and mixed media artist based in Brisbane. My greatest influence is the natural world.

I have always found pleasure and purpose in creating things, and from an early age loved to draw, paint, sew, print and make gardens. I have trained at the Brisbane Institute of Art and TAFE, focussing on drawing and figurative painting. My current sculptural practice began after attending a fibre art workshop about a decade ago where I was inspired by the possibilities of merging my love of nature with my interest in texture, fabric, form and line.

My use of recycled and foraged materials is a deliberate aim to tread lightly with my practice. I enjoy the challenge of using them in unexpected, sustainable and enduring ways. Like nature itself, my hope is that my pieces evoke a sense of timelessness, harmony and wonder.

I enjoy private commissions and have works available for purchase at The Plant Empire and Hanasho stores.

Follow me @meganevans.art

### Why this is a passion for Megan:

My art practice has always provided me with a place of sanctuary. The demands of the medical profession involve making sacrifices - of time, emotional energy and freedom of expression. My art is a balance to that. It has also been a place of release, solace, acceptance and healing during a recent period of grief.

The creative process takes me to places where I can dream, explore and enjoy. I hope that my work can create a sanctuary for others : quiet, contemplative spaces within an often chaotic world. Each piece invites the viewer to pause, dream and uncover their own personal meaning.

### Artwork description:

**Windflower 2:** Caught on the wind to be reunited for their second life, The dracaena leaves rejoice in their new configuration. Aged and coloured, furred and gnarly, twisted and broken, Their beauty is timeless.

**Forest Floor:** With the sand of Moreton Island between my toes, I observed the ground on which I stood. With nothing but birds and crashing waves to distract me, I drew the textures and colours that surrounded me in a state of harmony. Feeling at one with the landscape and the sky, my breath deepened and my heart was full.

**Chrysalis:** Quietly transforming, twisting, evolving, emerging. Its complex epicentre curious, but cautious. Striving towards renewal. A suburban miracle



***Chrysalis***

Handknitted and stitched recycled eco-dyed fabric, metallic fabric, hand painted lotus pod, preserved Bangalow palm, leather hanger, oak post,  
H:1.70 x D:0.27 x W:0.35m

**FOR SALE**



***Windflower 2***

Preserved dracaena leaves, raffia, paint, recycled aluminium, metal frame  
1.05m(approx.)x D:0.10m

**FOR SALE**



***Forest Floor***

Paper, ink, pastel, charcoal  
W: 0.38m x H:0.3m (framed)

## Dr Melinda Mo

Melinda Mo (she/her) is an emerging visual artist making figurative and representative paintings. She is currently interested in the exploring how we relate to one another in an increasingly atomized and hierarchical society. The common motif of animals aims to achieve a sense of universality of experience, while maintaining the distance integral to viewing figures that are distinctly inhuman.

### Why this is a passion for Melinda:

The practice of painting is a tried and true method for exploring underlying anxieties in a generative manner. Perhaps in no other place is this more relevant than in healthcare, where strong emotions and critical life events occur often in a blur and remains unaddressed. I hope more healthcare workers recognise and engage in artistic expression for their emotional wellbeing.



*A Single Pair, 2026*  
Oil on paper  
610 x 860mm



*Two of a Kind, 2023*  
Goauche on paper  
210 x 297mm

## Dr Miranda Hanson

Born in 1997 in Coolum, Queensland, to an artist mother and a chef father, Miranda was surrounded by art from birth. Her mother, Sharon Hanson, creating pieces of colourful nudes and emotion filled portraits, which have greatly inspired Miranda's practice. Working mostly in acrylics, she has created art from a young age; informally developing and improving on her practice. Her work is mainly figures or portraits, which she represents in bold colours. Today she works full-time as a junior doctor, and paints recreationally in her spare time. This will be her first time exhibiting her artwork.

### Why this is a passion for Miranda:

I have always used painting as a creative and cathartic outlet for my emotions, and the meditative nature of painting itself promotes wellbeing in its own way. This painting, 'Me, Myself and I', visually demonstrates another way I destress, bubble baths. With the primary figure in the bath staring right at the viewer, a relaxed expression on their face, this is simply a self-portrait of me on a Sunday afternoon. But there are more layers in this piece; the figure in the mirror looks away, contemplatively, perhaps hiding secrets; while the eyes in the darkness stare, knowingly. The different facets of myself separated out as physical people; the doubter and the critic. In this way this piece is an emotional exploration of feeling for me, a chronicling and journalling of my thoughts.



*Me, myself and I*  
Acrylic on canvas  
910mmx610mm

## Dr Nilesh Parmar (Neel)

Dr Nilesh Parmar (Neel) is a Brisbane-based abstract artist who is self-taught without having any formal training. He loves creating textured abstract paintings using acrylics, collage, and often uses locally sourced materials.

He likes to explore the intersection of human stories, emotions, social culture and organisational behaviours through vibrant illustrations. He has been creating abstract arts and paintings since the age of 10 years, while growing up in a small town in India. His mother was the main inspiration, who continued to encourage him to follow his passion for vibrant colourful art.

He has developed a distinct style utilising bright, contrasting colour pallets and vivid imagery. Dr Parmar's work has been rarely exhibited at galleries but are widely found displayed in friends, families, clinics and work colleagues' homes and offices.

### Why this is a passion for Neel:

Art and paintings are my passion although, I never went through a formal training. I have been painting mainly abstract arts to relax and also to express my views on the medical, social and wellbeing, organisational behavioural aspects of human beings.

Besides working as the Director of Clinical Training, I look after a Specialist Clinic with 90% of the consultants being a Psychiatrist. Very soon we are starting 'art therapy' sessions for the patients with mental health issues.

### Artwork description:

**Work-Life Balance:** Description of work-life balance (yin & yan) in health care industry.



**Work-Life Balance**  
Acrylic on canvas  
90cmX100cm



**Multi-Disciplinary Team (MDT)**  
Acrylic on canvas  
60cmX60cm



**Dead End (Aboriginal Health)**  
Acrylic on canvas  
60cmX60cm

## Dr Penelope Cruickshanks

I am a senior Paediatrician on the Sunshine Coast with a love for the arts. From my undergraduate years at the University of Cape Town, my early Paediatric training in Cornwall UK and then 26 years of training and working in Australia. I have always prioritised my creativity especially during stressful times.

My creativity balances me and inspires me. I have several interests including Quilting and Sewing, Pottery and making reality cakes (a crowd favourite).

### Why this is a passion for Penny:

My creativity is a form of escape and mindfulness. It makes me joyful and grateful. It gives me purpose and teaches me patience. Art allows me to learn, fail and refocus. Baking fun cakes brings our team together to celebrate important milestones and it develops wonderful relationships and ensures all staff feel seen, valued and celebrated.



### *Paed in the Pool*

Clay wheel thrown/Handbuilt/Underglaze  
Three small bowls and platter

## Queensland Medical Jazz (Director: SarahGaukroger)

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 Saki Maehashi

Saki is a University of Queensland graduate and a current PGY1 doctor at The Prince Charles Hospital.

Her passions in medicine lie within mental health, chronic disease management and holistic care. She is hoping to pursue towards fields such as psychiatry, general practice and palliative medicine in the future.

Outside of medicine, she enjoys creative expression through various art mediums including digital art, animation, and clay/ceramic sculptures. Her creative goal for this year is to complete a short animation project by the end of this year!

### Why this is a passion for Saki:

As fulfilling and rewarding as a career in medicine may be, oftentimes we find ourselves being overwhelmingly consumed by the challenges that accompany its joys.

Therefore, I believe that a healthy outlet, whether it be art, music, sports, is a necessary source of enrichment in our lives. As a testament to my dedication to the joys in my personal life, I created this sculpture during my third year of medical school across a weekend where I put my books aside and dedicated my time to creating this piece.

Art pieces like this indirectly serve as a reminder for me to always keep my creative flame alive, no matter how busy life gets.



### *Hope*

Ceramic

22cm (L) x 20cm (H) x 18cm (D)

## Dr Sara Lucas

Sara is a Paediatrician, Director of Training, Wife, Mother, Musician, Artist.

### Why this is a passion for Sara:

Wellbeing is doing pottery with friends or by myself, creating calm, laughing. Pottery needs a non-attachment non-perfection approach and failure is common.



*Rose Vase*  
Clay  
15x15x30

## Dr Shannon Morton

I am a psychiatrist and psychotherapist working with burnt-out healthcare professionals. This work is not theoretical.

“Not Your Maid” sits at the intersection of medicine, gender, and exhaustion. In Australia, women perform around two-thirds of all unpaid labour and carry up to twenty extra hours per week of domestic work. They hold most of the mental load. Then they go to work.

In general practice, 69% of GPs report burnout. Female GPs earn less, reduce hours more often, and are more likely to leave the profession early. They are also more likely to absorb the invisible work that holds systems together. The follow-up calls. The emotional labour. The paperwork that is never billed. The smoothing over.

Somewhere between the clinic and the kitchen, labour becomes an expectation rather than a choice. I work with textiles and craft, artistic forms historically dismissed as “women’s work”, to make that labour more visible and refuse its erasure.

### Why this is a passion for Shannon:

This is what I do instead of screaming into the void.

In my day job, I hold other people’s pain. I’m in the business of misery. I track it, name it, contain it, make sense of it. There is no billing code for what happens after hours. The remembering. The worrying. The quiet mental tabs that never close.

Making this work is how I close a few of them.

Textiles help. They are slow, repetitive, slightly absurd. There is something satisfying about stabbing, cutting, ripping reclaimed fabric on purpose and calling it art. It feels honest. It feels earned.

I take the things I am not meant to say out loud and stitch or glue them into something visible. It stops them from leaking out sideways as irritability, exhaustion, or martyrdom.

This is not self-care in the scented candle sense. It is containment. It is defiance. It is catharsis. It is a small refusal to keep carrying everything so bloody politely.



**Not Your Maid**  
Recycled textiles, paint  
1.2 m x 1 m (large framed canvas)  
**FOR SALE**

## Dr Shannon Morton -- Australian Society of Psychological Medicine (ASPM) conference participants

This installation emerged from a live "Masking Burnout" workshop at the Australasian Society for Psychological Medicine conference, where doctors were invited to construct the personas they inhabit across clinical, regulatory, social, and domestic roles.

Using reclaimed medical waste, pens, resource materials, and "Who Gives A Crap" toilet paper, participants built masks layer by layer. Each stage responded to a different gaze. The patient. The regulator. The public. Colleagues. Family. At each step, participants added what is performed, what is rewarded, and what must remain hidden.

The masks were then turned over.

Participants marked what sits beneath the roles. Anger. Grief. Trauma. Exhaustion. What do they really give a crap about? They were asked to identify moments of moral injury, where they had betrayed themselves or been betrayed by the system, and to inscribe this rupture into the mask as a crack, tear, or scar. Finally, they added a symbol of what still matters, an attempt at integration.

Suspended in free space, the masks invite the viewer to look behind the performance of competence and consider what it costs to maintain it.

**Who Gives A Crap About Your Persona?**  
Reclaimed medical waste, "Who gives a crap toilet paper wrapping", pens, masks  
Approx one dozen face sized masks

This work feels like an exhale.

In medicine, we learn how to hold everything. The room. The risk. The patient. Ourselves. We learn how to keep our hands steady and our faces still, even when something inside us is fraying.

This process offers a different rhythm.

Layer by layer, the masks take shape. Not just what we show, but what has been carried underneath. When they are turned over, there is a kind of recognition of abandoned parts of ourselves. Anger. Grief. Fatigue. Not as pathology, but as something human, shared, and long held.

There is a quiet relief in seeing it reflected back. Not just mine. Not just yours. Ours.

The cracks are not failures. They are openings. Opportunities for wholeness. Self-compassion.

For me, wellbeing lives in that moment. When the performance softens. When the room becomes gentler. When what has been held alone can, even briefly, be held together.





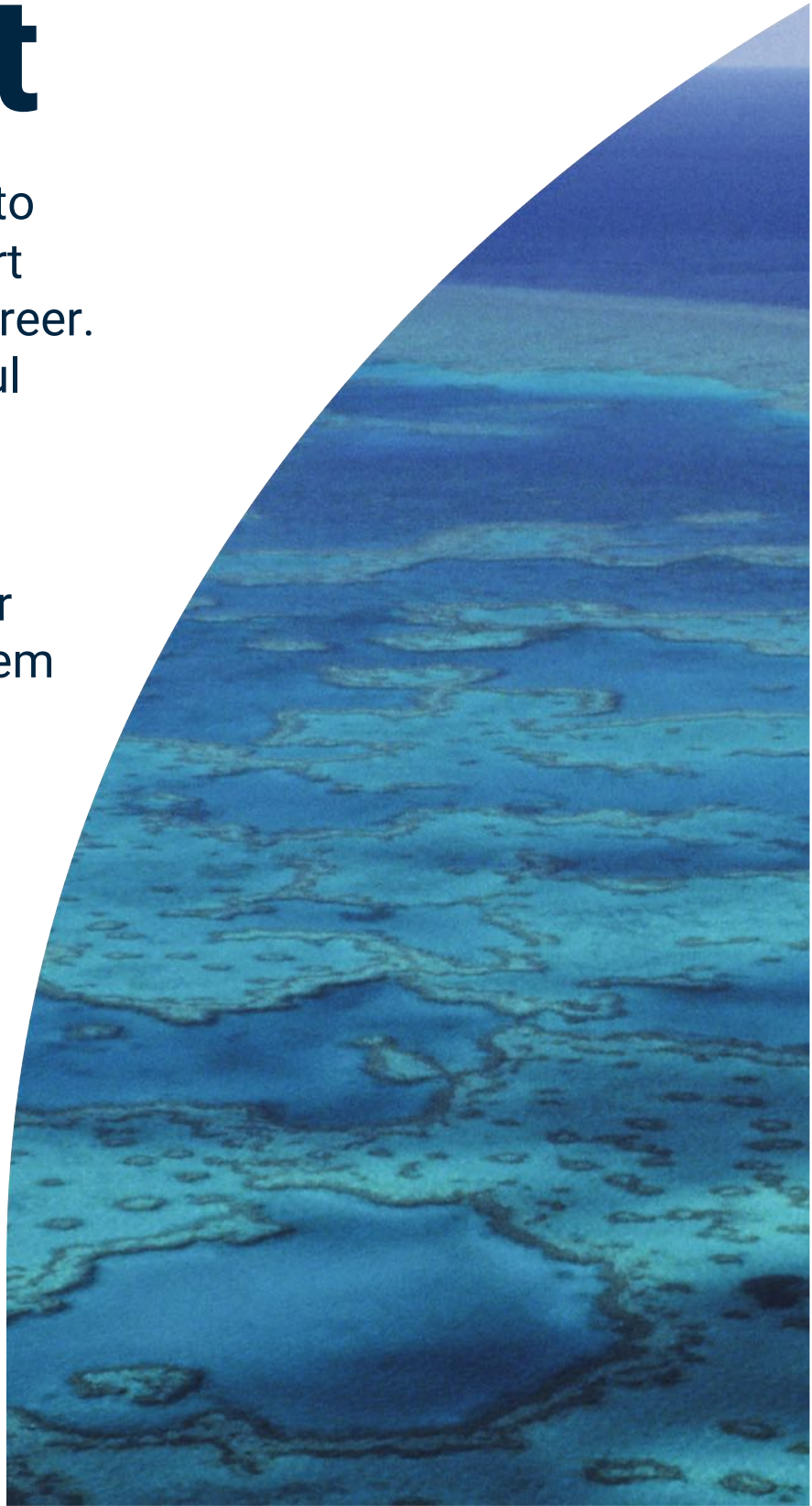
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## Dr Vicky Satchwell

I am currently studying Honours at Queensland College of Art. I majored in drawing, my work includes textiles, painting, collage and stop motion videos. Themes I explore are often feminist, about the body and identity, psychological drives and societal expectations. I am a feminist killjoy.

### Why this is a passion for Vicky:

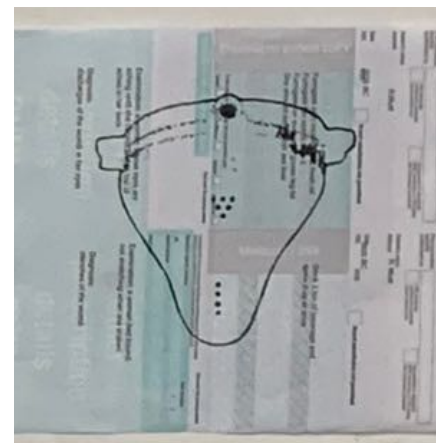
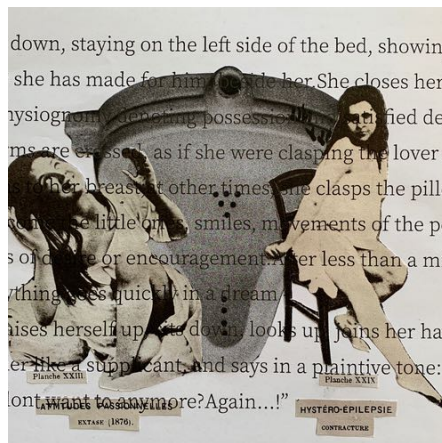
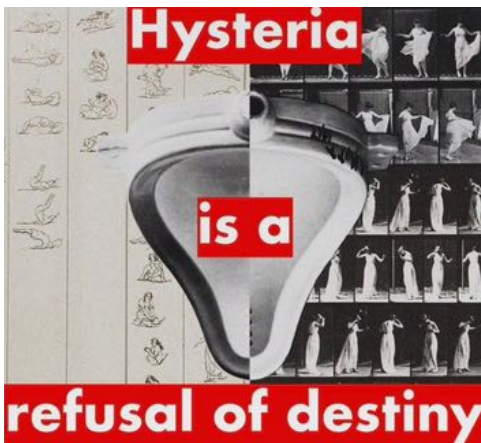
Being absorbed by making, and trying to communicate ideas visually, is just the best.

### Artwork description:

**Hysteria 1 is a refusal of destiny:** After Barbara Kruger.

**Hysteria 2 by Charcot:** Photos and description of Hysteria by Charcot.

**Hysteria 3 Ancient Egyptian Papyrus:** Ancient Egyptian Prescription for Wandering Womb.



### 28 Uteri (after Duchamp)

Paper, collage  
21 x 29 cm





For all purchasing enquiries, contact Woolloongabba Art Gallery  
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