



## Dr Bethan Richards

B.Med.Sci, M.B.B.S(Hons), M.Clin.Epi, M.Sports.Med,  
FRACP, CCPU, PhD

### Current role[s]

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<b>Sydney Local Health District, Chief Medical Wellness Officer</b>	Jan 2019 –current
<p>The role of Chief Medical Wellness Officer is to optimise staff wellbeing using an evidence-based approach. I have been responsible for establishing the SLHD wellbeing framework, the MDOK Centre, and an MDOK Team. I have developed and oversee the routine measurement of staff wellbeing, its impacts, and the drivers of distress. I have established a governance structure and lead a team to design, test, implement and evaluate wellbeing interventions at an individual, cultural, work unit and systems level. I advocate for staff wellbeing at all levels of organisational decision making and provide guidance, recommendations, tactics and support to leaders and front-line staff.</p>	
<b>Sydney Local Health District, Director WellMD (MDOK) centre</b>	Jan 2019-current
<b>Sydney Local Health District, Co-Director, Institute for Musculoskeletal Health</b>	May 2024-current
<b>Royal Prince Alfred Hospital, Staff Specialist Rheumatology</b>	Jan 2011-current

### Recent experience

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<b>Sydney Local Health District, Deputy Director, Institute for Musculoskeletal Health</b>	May 2017 –May 2024
<b>Royal Prince Alfred Hospital, Head Department of Rheumatology</b>	Feb 2015 –Feb 2023
<b>Royal Prince Alfred Hospital, Network Director of Physician Training, Director of Medical Education</b>	Feb 2012 –Feb 2015
<b>Royal Prince Alfred Hospital, Medical Superintendent</b>	Feb 2011-Feb 2012

## Education and qualifications

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University of Sydney, Doctor of Philosophy	2020
Stanford University, Chief Medical Wellness Officer Course	2018
Australian Society Ultrasound Medicine, Certificate Clinician Performed Ultrasound (MSK)	2013 2010
Royal Australasian College Physicians, Fellowship (Rheumatology) (FRACP)	2010
University of New South Wales, Masters in Sports Medicine	2005
University of Sydney, Masters in Medicine (Clinical Epidemiology) with Merit	2002
University of Sydney, Bachelor of Medicine and Bachelor of Surgery (Honours)	1998
University of Sydney, Bachelor of Medical Science	

## Awards

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Finalist NSW Health Employee of the Year	2023
Mentorship and Support Award, Royal Prince Alfred Hospital	2023
Makers and Shapers Award, University of Sydney	2023
Peter Bancroft Research Prize, University of Sydney	2020
Excellence in eHealth Resources, NPS Medicinewise	2018
AMA Teacher of the Year Award, Australian Medical Association	2016
Finalist NSW Health Employee of the Year	2014

## Professional Development Activities

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Franklin Women, Mentor, Inclusive Leadership Program	2024
OMERACT, Founder and Lead, Emerging Leaders Program	2021-current
Australian Institute of Company Directors, Company Director Course	2019
National Examining Panel, Royal Australian College Physicians	2014-current

## Research Career summary

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Since 2007 I have been the Principle investigator or Sub investigator in over 40 large multi-centre randomised controlled trials in a variety of soft tissue disorders and connective tissue diseases and including rheumatoid arthritis, SLE, scleroderma, Sjogren's, ankylosing spondylitis, psoriatic arthritis, gout, myositis, fibromyalgia and adhesive capsulitis. I have also been the Principle Investigator or Associate Investigator in multiple NHMRC/grant funded trials in soft tissue disorders, back pain, inflammatory arthritis, musculoskeletal ultrasound, clinical epidemiology, physician wellbeing and medical education. I have been awarded >15.5million in funding, have 68 publications and currently supervise three PhD students.