

Junior Doctor of the Year 2022

Dr Sibella Hare Breidahl



Dr Sibella Breidahl is currently in her postgraduate year two (PGY2) at Royal Darwin Hospital (RDH), Northern Territory and has accepted a Royal Australian and New Zealand College of Psychiatrists (RANZCP) Registrar training position at RDH.

Graduating from the University of Adelaide with a Bachelor of Medicine/Bachelor of Surgery in 2020, Dr Breidahl has been an advocate for the rights and wellbeing of junior doctors within her peers across the NT by participating on various forums and councils including the NT Junior Medical Officer Forum, the Prevocational Educational Advisory Group and the Medical Education Council. This as well as notably being involved in improving the curriculum and structure for Interns in the NT and being a point of contact for industrial issues for Interns is another reason why Dr Breidahl has been awarded in this regard.

Throughout her prevocational years, Dr Breidahl has made special contributions to the NT in research by publishing and collaborating in peer reviewed journals. This includes involvement with the Menzies School of Health Research with discussion groups and authoring on investigations of alcohol pricing policies unique to the NT which sought public health policy solutions to major drivers of social determinants of health for Top End residents.

Dr Breidahl is continually engaged in improving access to quality health care for Aboriginal communities. During a rotation in Nhulunbuy in 2021 in her Intern year, she delivered lectures on diseases specific to the NT and is currently working on an Audit for RDH Emergency Department on domestic violence presentations with a view to develop training for junior doctors on brief interventions and resources.

Dr Breidahl is currently halfway through a Master of Public Health and Tropical Medicine at James Cook University with a focus on Aboriginal Health, Tropical Medicine and communicable diseases and public health policy and planning.

Dr Breidahl has demonstrated her care and commitment for the NT, its people the staff and culture of RDH. She is continually finding avenues to improve the service for staff and patients as her main motivation for representation on forums and committees. For this work Dr Breidahl was honoured the Intern of the Year in 2021. Dr Breidahl aims to show a new generation of medical students a piece of outstanding medicine practiced at RDH, with the hope to instil a passion for medicine in the NT, and desire to practice in the NT for the long term. After completing her Psychiatry training, Dr Breidahl has a desire to return to East Arnhem Land and work in the under-served populations.