

# Anniversary Medal

## Dr Anthea Mowat



Anthea is an SAS grade doctor, a badge she wears proudly; and why shouldn't she? Throughout her career, Anthea has been an exemplary role model for SAS doctors, achieving so much more than most of us during her medical career and showing her peers that being an SAS grade doctor should not be a barrier to excelling as a strong leader.

Where do I begin in outlining such a stellar career? Anthea qualified as a doctor from Aberdeen in 1982 and her early postgraduate training was in Inverness and Aberdeen. Anthea sensibly interrupted her anaesthetic training to devote time to her young family and to caring for her disabled mother. When the time was right, she returned to a career in anaesthesia, initially as a Staff Grade, and later as an Associate Specialist, in Lincolnshire.

From an early stage Anthea, in addition to performing her clinical duties, devoted her energy into medical politics and became the SAS representative on the Local Negotiating Committee (LNC). She eventually became its Chair, the first SAS grade doctor to chair an LNC. She also threw herself into other local issues and became interested in the development stage of appraisal as part of the plans for revalidation. In typical fashion, she became a trained appraiser and not only appraised her SAS but also her consultant colleagues, and has championed nationally the value of good quality appraisal.

Unsurprisingly, Anthea was one of the first appointed local SAS tutors in the country and she used that position to promote career development for her colleagues by securing funding and organising courses based on the educational needs of her colleagues.

Because of her local hard work and achievements on behalf of SAS doctors, it was only natural that she should become an influential member of the Association's SAS committee in 2004. Since then, Anthea's experience and leadership has been invaluable to the committee in trying to improve the development, wellbeing and voice of our SAS members. You only have to look at editions of the SAS Handbook and the number of chapters written by Anthea to see how devoted and knowledgeable she is. In recognition of her tireless work on behalf of SAS doctors, the Association awarded her a Pask Certificate of Honour in 2009.

But for many of us it is for her achievements at the BMA that we most admire Anthea. She first became a member of the BMA SAS committee in 2002 and became involved in many other BMA committees and projects. In turn, she served as Deputy Chair and Conference Chair of the SAS Committee. In 2007, she became a member of the important and influential Annual Representatives Meeting (ARM) Agenda Committee, which works tirelessly during the year between ARMs to set the agenda that shapes BMA future policy. Her success in this committee led to her becoming Deputy Chair of the Representative Body in 2014 and then Chair (also titled Chief Officer) of the ARM in 2016; another first for an SAS doctor and only the second woman since 1832! I had the privilege to be invited as an observer to this year's BMA ARM and witnessed at first hand Anthea's skill in chairing and controlling the meeting – always fair but with a no-nonsense approach that kept even the most fractious contributor to debate in-line.

Despite all these achievements, Anthea remains modest, down to earth and is one of the nicest people you could wish to meet. I am proud to know Anthea and am delighted that the Association is giving her the Anniversary medal – she is truly a most worthy recipient.

**Dr Paul Clyburn**  
President