

HIGHER PSYCHIATRY TRAINEE HANDBOOK

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Introduction

Welcome to Higher Psychiatry Training in Northern Ireland. This handbook will provide an overview of the training process, available training and educational opportunities and some helpful tips.

The aim of higher training programmes is to provide trainees with a high standard of training in a range of clinical placements that not only equips them for the demands of consultant practice but that also adapts to the specific interest of the trainee.

Useful Contacts:

Head of School

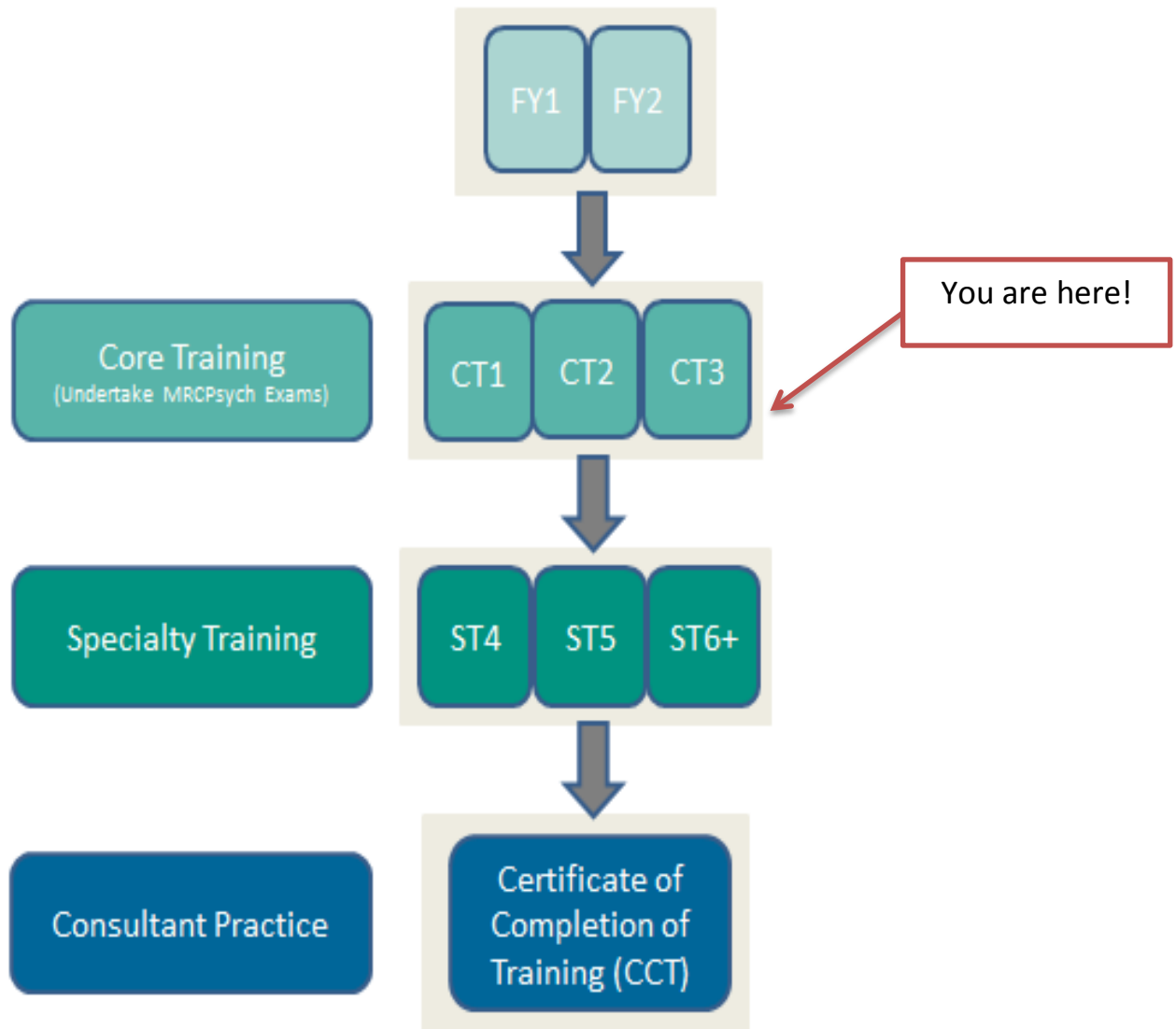
Dr Damien Hughes

Deputy Head of School

Dr Joanne Minay

✉ psychiatry.nimdt@hscni.net

Overview of training pathway



Training Programmes

General Adult Psychiatry – 3 years

TPD Dr Julie Anderson

Psychiatry of Old Age – 3 years

TPD Dr Conor Barton

Child & Adolescent Psychiatry – 3 years

TPD Dr Karen Fulton

Psychiatry of Intellectual Disability – 3 years

TPD Dr Ita Mulholland

Medical Psychotherapy (with GAP)

TPD Dr Iain McDougall

Forensic Psychiatry (with GAP)

TPD Dr Paul Devine

Dual Training Options (as per RCPsych):

- General Psychiatry & Psychiatry of Old Age - 4 years
- General Psychiatry & Medical Psychotherapy - 5 years
- General Psychiatry & Forensic Psychiatry - 5 years
- Forensic Psychiatry & Medical Psychotherapy - 5 years
- Forensic Psychiatry & Child and Adolescent Psychiatry - 5 years;
- Psychiatry of Learning Disability & Child and Adolescent Psychiatry - 5 years
- Medical Psychotherapy & Child and Adolescent Psychiatry - 5 years

Royal college information

- Training information
- Accreditations
 - Royal College Accreditations can be obtained in several sub-specialties within General Adult Psychiatry. Trainees must work in the sub-specialty for a minimum of 12 months and must achieve the required curriculum requirements.
 - Addiction Psychiatry
 - Liaison Psychiatry
https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/liaison_psychiatry_curriculum_march_2019.pdf?sfvrsn=63de54cd_4
 - Rehabilitation Psychiatry
https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/rehabilitation_psychiatry_curriculum_march_2019.pdf?sfvrsn=a257216_4
- Psychiatric Trainees Committee (PTC)
 - This is a national community representing psychiatric trainees within the UK. It aims to drive improvements in the quality of training and through supporting and valuing each other, improve the quality of care and the lives of people with mental illness.
The PTC is represented at the Academy of Medical Royal Colleges via the Academy Trainee Doctors' Group, and at the BMA Junior Doctors' Committee meetings. Representatives of the PTC attend meetings of the European Federation of Psychiatric Trainees and are involved in various working groups looking at training issues across Europe.

To find out who your committee members are visit:

<https://www.rcpsych.ac.uk/training/your-training/psychiatric-trainees-committee-supporting-you/your-ptc-representatives>

✉ ptcsupport@rcpsych.ac.uk

- The Registrar
 - This is the magazine published by the PTC every quarter. Trainee are encouraged to submit article for publication based on innovative projects, training, education, research, exams, recruitment, interviews and life outside Psychiatry.
<https://www.rcpsych.ac.uk/training/your-training/psychiatric-trainees-committee-supporting-you/registrar-magazine>

- CPD
 - In addition to training events and conferences, the Royal College of Psychiatrists provides the CPD Online training portal for its members.
 - <https://elearning.rcpsych.ac.uk/>

Placements

Post Preferences

- As in Core Training Higher trainees will be asked to submit their preferences for each rotation
- Those in dual specialties will alternate specialties on a yearly basis

Roles/responsibilities

- Normal Working Day
Your daily roles and responsibilities will be dependent on your post and the clinical team in which you are working. The transition to higher trainee will allow more autonomy and responsibility in your clinical role. You will be able to work more independently and may be able to carry your own caseload of patients, with appropriate consultant supervision. You will also have the opportunity to supervise junior medical colleagues and member of the MDT. There should also be focus on management and understanding the Health and Social Care system and it may be useful to shadow your supervisor or consultant colleagues in management roles.

Out of a 10 session week one session should be dedicated to research and one to special interest. Special interest can be of your choosing. Whilst there is no particular assessment for the ARCP, some reflections or WPBA relating to your special interest sessions may be useful. This is an opportunity that is not available in most medical specialties. If utilised to its full advantage this time can be invaluable.

Example Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|----------------------|--------------------------|--------------------------|-----------------|-----------------------------------|
| AM | MDT Meeting | Review OPC | Research Session | Review OPC | Academic Programme Supervision |
| PM | Urgent Review Clinic | Medical student teaching | Special Interest Session | New patient OPC | Admin |

- OOH

All out of hours rotas for higher trainees in Psychiatry in Northern Ireland are non-resident on call. The frequency of these can vary; an example of a general adult/old age 1:8 rota is outlined below.

Example rota

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 | 24hr On-call | D | D | D | D | OFF | OFF |
| 2 | D | 24hr On-call | D | D | D | OFF | OFF |
| 3 | D | D | 24hr On-call | D | D | OFF | OFF |
| 4 | D | D | D | 24hr On-call | D | OFF | OFF |
| 5 | D | D | D | D | 24hr On-call | OFF | OFF |
| 6 | D | D | D | D | D | 24hr On-call | 24hr On-call |
| 7 | D | D | D | D | D | OFF | OFF |
| 8 | D | D | D | D | D | OFF | OFF |

- General Rota (GAP/POA/Forensic/Psychotherapy trainees)

- BHSCT

- Cover Belfast area
- 1:8 pattern
- Band 1B
- Provide advice to first on call covering inpatient wards, unscheduled care, home treatment team, FMO and other medical specialities.
- Must attend handover twice daily on weekends and bank holidays at RVH to discuss referrals and assessments by unscheduled care.
- May need to attend wards to complete liaison assessments e.g. maternity.

- NHSCT

- Cover Northern Trust area
- 1:11 pattern
- Band 1B
- Provide advice to first on call covering inpatient wards, liaison, home treatment and other medical specialities.

- Second on call must review all voluntary admissions to Holywell (Antrim) and Ross Thompson (Coleraine) sites on weekends and bank holidays. Detained admissions will be seen by the consultant on call.
 - SEHSCT/SHSCT
 - Cover SEHSCT and SHSCT areas
 - 1:8 pattern
 - Band 1B
 - Provide advice to first on call covering inpatient wards, liaison, home treatment and other medical specialties.
 - No requirement to attend in person unless clinically needed.
 - WHSCT
 - 1:9 pattern approximately
 - Second on call will cover either Northern or Southern Sector
 - Provide advice to first on call covering inpatient wards, liaison, home treatment and other medical specialities.
 - No requirement to attend in person unless clinically needed.
- Specialities
 - Intellectual Disability
 - Belfast Trust have a 1:6 ID rota
 - Those ID trainees in other Trusts will be part of the general rota outlined above.
 - CAMHS
 - There is a regional on call rota

Portfolio requirements

It is important to review your own specialty curriculum at the start of your training and consult it throughout when necessary. A minimum of 12 WPBAs per year is required and should all be completed by consultant at this stage (except TAB). Your assessments will still maintain clinical focus but should shift towards leadership and management experience in later stages of training.

| WPBA | Number Required |
|----------|----------------------------|
| ACE | 3 recommended in ST4-6 |
| Mini-ACE | 4 required |
| CBD | 3 recommended in ST4-6 |
| Mini-PAT | 2 recommended (1 required) |
| CP | 1 recommended |
| JP | 1 recommended |
| AOT | 1 recommended |
| DONCS | 4 recommended |

Specialty Curricula

- https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/child_and_adolescent_curriculum_march_2019.pdf?sfvrsn=addba673_6
- https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/forensic_psychiatry_curriculum_march_2019.pdf?sfvrsn=f1bf2788_6
- https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/general_psychiatry_curriculum_march_2019.pdf?sfvrsn=9e53c99a_6
- https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/psychiatry_of_learning_disability_curriculum_march_2019.pdf?sfvrsn=6b268e8c_6
- https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/medical_psychotherapy_curriculum_march_2019.pdf?sfvrsn=843aa457_6
- https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/old_age_psychiatry_curriculum_march_2019.pdf?sfvrsn=f866647b_6

Training opportunities

Academic Psychiatry

There are fabulous opportunities to get involved in academic psychiatry in NI, both teaching and research.

Joint appointment posts (JA) with QUB are one way to get experience and to develop academic skills that are vital for all psychiatrists. For trainees wishing to gain experience in research, or indeed with an interest in pursuing an academic career, this post can provide an excellent first step in this journey. There are 3 JA posts which are half clinical and half academic. There will be the opportunity to get involved in undergraduate teaching. For those with a particular interest in research there will be projects you can become involved in. It is useful to consider your own areas of interest prior to starting the post as research can take time!

Interest in these posts can be indicated on the post preference forms sent out through NIMDTA. They are recommended for core or higher trainees, but it is advised that both written papers of the MRCPsych have been passed before application. Depending on the level of interest, a brief informal interview process may take place.

- NHSCT/QUB - Dr Ciaran Mulholland /STEP team c.c.mulholland@qub.ac.uk
- BHSCT/QUB - Dr Aidan Turkington/AMHIC aidan.turkington@belfasttrust.hscni.net
- BHSCT/QUB - Dr Tony O'Neill/Rehabilitation tony.oneill@qub.ac.uk

For any further details regarding joint appointment posts contact Dr Julie Anderson, Consultant Psychiatrist and psychiatry module lead at QUB (Julie.anderson@northerntrust.hscni.net)



NI Psychiatry trainees have been successful in securing a place on the **Irish Clinical Academic Training (ICAT)** Programme. This is an integrated programme spanning seven years of training that leads to BOTH a PhD and CCT.

<https://icatprogramme.org/>

Another opportunity is the **Clinical Academic Training Programme (CATP)** QUB. An Academic Clinical Lecturer (ACL) post is normally for 3 years and can be appointed to a trainee with an existing training number who has already completed a PhD. An Academic Clinical Fellowship post (ACF) spans 2 years. It is expected that the trainee will be working towards applying for a PhD during the time of the ACF.

<https://www.qub.ac.uk/schools/mdbs/Study/ClinicalAcademicTraining/>

PG Clinical Education at QUB allows trainees who wish to further develop teaching skills while working towards a postgraduate qualification (certificate, diploma or masters)

<https://www.qub.ac.uk/courses/postgraduate-taught/clinical-education-pgcert/>

Useful resources

- <https://healthcarelibrary.qub.ac.uk/Membership/NewMemberRegistration/>
- <https://www.nimdtg.gov.uk/iquest/>
- <https://www.nihr.ac.uk/health-and-care-professionals/learning-and-support/good-clinical-practice.htm>

Education Fellows

In 2019 the role of Psychiatry Education Fellow was introduced. There is one fellow in each of the five Trusts; selection is through application and interview if there are multiple applicants. The fellows oversee the content and delivery of the MRCPsych teaching sessions and are involved in education programmes and projects within their own Trust. A budget is provided for courses, conferences or training related to education.

Any queries please contact:

- Dr Julie Anderson Julie.anderson@northerntrust.hscni.net
- Dr Stephen Moore Stephen.moore@setrust.hscni.net

Trainee representatives (RCPsych)

There is the opportunity to become a trainee representative for the different faculties. You can discuss this with the Chair for the Faculty or any of the PTC representatives. Contact RCPsych NI at northernireland@rcpsych.ac.uk for more information about upcoming faculty meetings.

ADEPT

NIMDTA, in cooperation with partner host organisations in Northern Ireland, launched a Clinical Leadership Fellows' programme for the first time during the 2015-2016 training year. This programme provides senior doctors in training an opportunity to take time out of programme for 1 year to work in an apprenticeship model with senior leaders in host organisations in Northern Ireland to develop organisational and leadership skills.

Clinical Leadership Fellows undertake one or more specific projects in their host organisations under supervision, attend formal leadership training including mentoring and coaching, and are provided with opportunities to network and learn with healthcare colleagues.

<https://www.nimdtg.gov.uk/adept/>

Trainee ambassadors

The role of Trainee Ambassadors has been developed by NIMDTA to align with the VALUED strategy, with the overall aims of:

- Promoting connections between trainees
- Highlighting benefits of training
- Strengthening the link between NIMDTA and trainees

You will be able to represent trainees and your own specialty in a regular forum with senior managers from NIMDTA. There will also be the opportunity to take on improvement projects within this role.

<https://www.nimdtg.gov.uk/recruitment/nimdtg-trainee-ambassadors/>

iQuest

NIMDTA has designed a modular, generic professional skills framework for all specialty trainees that aims to equip doctors and dentists in training with the ability to communicate effectively, empathise, lead, follow and improve patient care, safety and experience. A number of these modules are designed for trainees in years ST3+ and some are specifically designed for trainees in their final year of training.

<https://www.nimdta.gov.uk/iquest/>

Preparing to CCT

What you need to do

- Notify RCPsych of CCT
- Pay GMC to CCT
- Update your indemnity
- Be aware that you are required to have completed iQuest Module 11 Supporting Trainees before you can supervise a trainee.

Acting up

- The Specialty Curricula indicates that trainees in their final year of training (or possibly penultimate year in dual training) can undertake a three month 'acting up' consultant post in the specialty of their CCT.
- Acting up experience in a properly supervised training environment can provide higher trainees an opportunity to consolidate their skills in the final year of training. It is not mandatory but can be a very useful tool.
- All requests need to be agreed by the Postgraduate Dean and trainees must follow local procedures. Trainees are advised to discuss their proposals as early as possible with their Training Programme Director.
- It is not possible to undertake a period of acting up in the post-CCT period of grace.
- Acting up can be for a maximum of 3 months and should be in the deanery in which the trainee is currently training.
- The employing Trust must ensure adequate consultant support and the trainee should maintain an hour a week of supervision time.

Period of Grace

The Period of Grace (PoG) enables doctors who have completed training and not yet obtained a Consultant post to continue in the Specialty Registrar grade contract for a time limited period whilst they find employment. The standard Period of Grace is three to six calendar months following the date that the Certificate of Completion of Training (CCT) is issued. The doctor is no longer considered to be in training, but in post for the purposes of service.

Interview

There will be questions about your attributes, clinical work, teaching/training, research, etc. There will be added focus on management and leadership roles and service development. You should have a good understanding of the structure and function of the organisation you are applying to. It is essential to be aware of local issues, strategies and future plans.

Advice from successful candidates is to practice, practice, and practice! Meet with consultant colleagues, ask advice and try mock questions.

Useful links

- RCPsych <https://www.rcpsych.ac.uk/>
- NIMDTA <https://www.nimdta.gov.uk/>
- Professional support <https://www.nimdta.gov.uk/professional-support/>
- ADEPT <https://www.nimdta.gov.uk/adept/>
- Trainee Ambassadors <https://www.nimdta.gov.uk/recruitment/nimdta-trainee-ambassadors/>
- iQuest <https://www.nimdta.gov.uk/iquest/>
- New consultant info <https://www.rcpsych.ac.uk/members/supporting-you/new-consultants-startwell>
- Role of the consultant psychiatrist https://www.rcpsych.ac.uk/docs/default-source/members/supporting-you/startwell/startwell-clinical-leadership-op74.pdf?sfvrsn=8b6e1f_2