

ADVANCES IN PSYCHIATRY TRAINING IN IRELAND

Dr Sarah Casey

Basic Specialist Trainee Year 3

Trainee Committee Member 2018-2020

DECLARATIONS OF INTEREST

- Nil declarations of interest or disclosures

OVERVIEW

- Training Scheme
- Continuous Learning
- College of Psychiatrists of Ireland
- Examinations
- Trainee Committee
- Trainee Initiatives

The Principal Career Pathway in Psychiatry

TRAINING PATHWAYS



TRAINING PATHWAYS

Basic specialist training - >18
months general adult

Old Age .v. Learning Disability

CAMHS

Can accelerate up to 1 year

BST Deaneries

- RCSI
- NUIG/RCSI
- NUIG
- UCC
- TCD (x2)
- UCD/ MMUH
- UCD/ SVUH
- UL

TRAINING PATHWAYS

HST (Senior Registrar)

- Choose subspecialty (not deanery based)
- Minimum 3 years
- Academic/Lecturer vs Clinical
- Senior Registrar salary
- HST funding
- Research and Special Interest sessions

CONTINUOUS LEARNING



FY/BST/HST grid



Work Based Placed Assessments (WBPA's)



Supervision (1 hour/week)



Assessed at end of each year - ARP (Annual Review of Progress) Panel



Reflective Practice (40 sessions)



Training the Trainers



Weekly academic teaching

WORK BASED PLACED ASSESSMENTS

- CBD
- ACE
- Mini ACE
- Journal Club
- Research report
- Reflective Notes
- DOPS
- Minimum requirements

B1 / B2 / B3 LEARNING OUTCOMES ATTAINMENT GRID *Revised June 2016*

Trainee name:

Year:

Medical Council Registration Number:

| TO BE COMPLETED BY TRAINEE AND CHECKED BY SUPERVISOR | | | TO BE COMPLETED BY ARP PANEL | |
|--|----------------|-------|------------------------------|----------|
| PORTFOLIO CHECKLIST | Date Completed | Total | Verified | Comments |
| Previous ARP | | | | |
| Previous Endpoint Supervisor's Report | | | | |
| Previous Post Appraisal | | | | |
| Training Placement Plan (post 1) | | | | |
| Midpoint Supervisor's Report (post 1) | | | | |
| Endpoint Supervisor's Report (post 1) | | | | |
| Post Appraisal (post 1) | | | | |
| Training Placement Plan (post 2) | | | | |
| Midpoint Supervisor's Report (post 2) | | | | |

Your Training Counts: National Medical Council Survey

- D-RECT contains 50 questions which, when added together, provide a rating for clinical learning environments on a scale of 50 – 250
- Higher scores indicating higher quality learning environments
- Psychiatry consistently highest



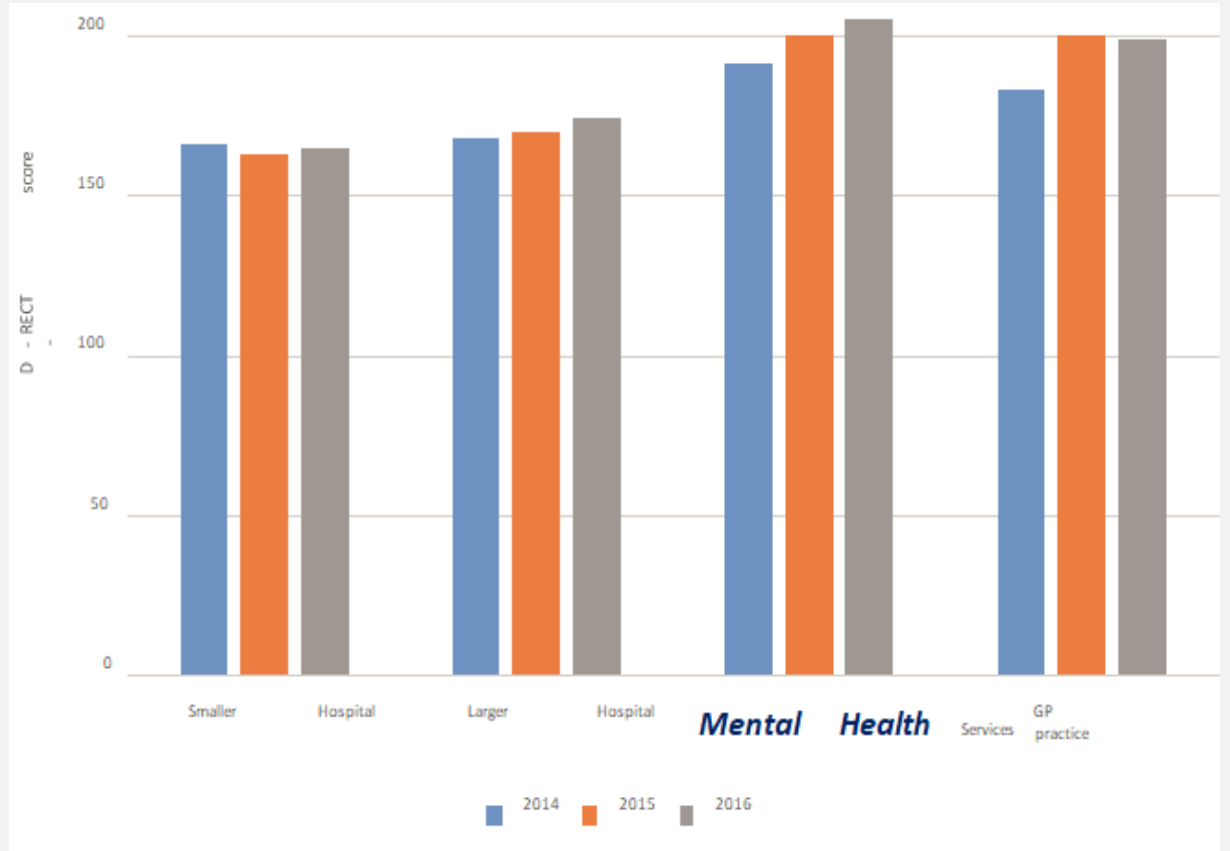
YOUR
TRAINING COUNTS

YOUR TRAINING COUNTS

BY POSTGRADUATE TRAINING BODY

D - RECT SCORE

| Postgraduate Training Body | 2014 | 2015 | 2016 | | | |
|---|--|--------------|------|--------------|-----|--------------|
| Countdown Training Body | | | | | | |
| Health Training Network | 720 | 193.4 | 276 | 193.0 | 128 | 198.9 |
| Royal College of Surgeons in Ireland | 108 | 175.4 | 129 | 182.1 | 126 | 177.2 |
| College of Anaesthetists of Ireland | 108 | 176.1 | 48 | 182.0 | 40 | 176.1 |
| College of Psychiatry of Ireland | 81 | 192.9 | 42 | 200.1 | 46 | 202.9 |
| Faculty of Occupational Medicine | Not displayed due to low participation | | | | | |
| Faculty of Paediatrics | 75 | 170.0 | 41 | 176.9 | 32 | 174.4 |
| Faculty of Pathology | 12 | 186.4 | 6 | 183.4 | 4 | 176.1 |
| Faculty of Public Health Medicine | Not displayed due to low participation | | | | | |
| Faculty of Radiology | 26 | 182.7 | 9 | 184.3 | 17 | 188.2 |
| Institute of Obstetrics and Gynaecology | 82 | 176.2 | 22 | 176.8 | 24 | 187.1 |
| Irish College of General Practitioners | 246 | 170.7 | 108 | 176.2 | 91 | 181.4 |
| Irish College of Ophthalmology | 18 | 176.4 | 7 | 181.1 | 4 | 176.1 |



COLLEGE OF PSYCHIATRISTS OF
IRELAND



COLLEGE OF PSYCHIATRISTS OF IRELAND

1994: RCPSych set up Irish Division in Dublin - "all Ireland"

Why? Push from Irish psychiatrists for recognition of issues with psychiatry in Ireland

2001: Mental Health Act

2002: Dr Collete Halpin as chair got agreement for ICPsych

No NI division so separate All Ireland Institute of Psychiatrists setup to cover all of Ireland

2004: NI division office



COLLEGE OF
PSYCHIATRISTS
OF IRELAND

Role of the Irish division

- Liaise with Department of Health, HSE, old health boards
- MHA 2001
- Creation of faculties and sub-committees (TC included)
- CPD structure

Mid 2000s – Irish Psychiatric Association setup

- Limited funding/ resources
- Too many cooks.....

COLLEGE OF PSYCHIATRISTS OF IRELAND

- Appetite for independent Irish College
- Steering group (IPA/ IPTC/ ICPsych) established in 2007
- Supported by RCPsych
- Project manager - Miriam Silke





Issues: Funding/ Examination - international recognition/
Membership - 2 subscriptions?



A 'divorce' was negotiated from the Royal College



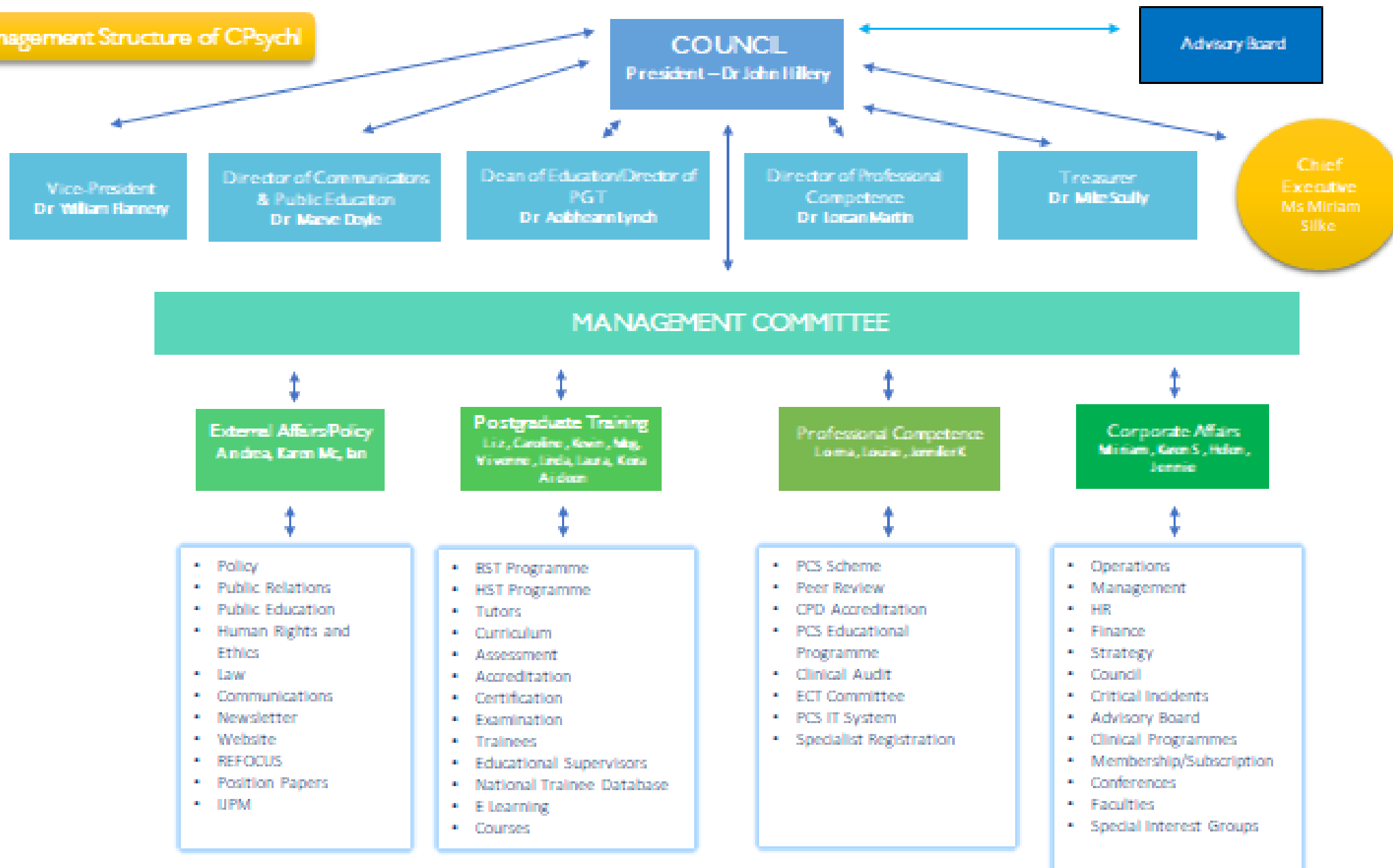
1st January 2009: merger was finally complete between
IPTC, ICPsych and IPA.



Recognition from the Dept of Health, the HSE and the
Medical Council followed and the College was recognised
as the sole body in Ireland responsible for the training and
education of psychiatrists.

COLLEGE OF PSYCHIATRISTS OF IRELAND

Management Structure of CPsychi



Council is the governing body of the College. **The Management Committee** is responsible for the day to day business of the College & meets monthly. Items for discussion/decision go to the Management Committee first before being included on the Council meeting agenda.



POSTGRADUATE EXAMINATIONS

MRCPsych Part A (mandatory)

MRCPsych Part B (mandatory)

CASC --> MRCPsych (UK) (optional)

Irish Clinical Exam (mandatory from
2014 onwards)

POSTGRADUATE EXAMINATIONS

| | CASC | Irish Clinical Exam |
|------------|--------------|------------------------------------|
| Duration | 7 minutes | 10 minutes |
| Components | OSCE | OSCE + CFME |
| Objectives | Overall pass | Pass OSCE + CFME + core domains |

Core domains

- Risk, prescribing, physical health, communication

Issues

- Timing
- Discrepancy between pass rate of OSCE .v. CFME
- Weight of core domains
- New exam so lack of training materials

TRAINEE COMMITTEE

Role and remit of the Trainee Committee

- Represent trainees' views and interests
- Act as a bridge between the College and trainees
- Represent trainees on groups within the college

Current Members

David Weir **HST (Co-Chair 2018 - 2020)**

Anna Feeney **BST (Co Chair 2018 - 2020)**

Niamh McCarthy **HST**

Caoimhe McLoughlin **HST**

David O'Donovan **HST**

Caoimhe Clarke **HST**

Conan Brady **BST**

Art Malone **HST**

Eoin Geary **BST**

Julia O'Leary **BST**

Louise O'Rourke **BST**

Vishnu Pradeep **HST**

Yvonne Hartnett **BST**

Sashini Gunawardena **BST**

Aoife O'Callaghan **BST**

Clodagh Rushe **HST**

Shaeraine Raaj **HST**

Kezanne Tong **HST**

Marie Lynch **HST**

Molly Bredin **HST**

Rachel Wallace **NCHD**

Sarah Casey **BST**

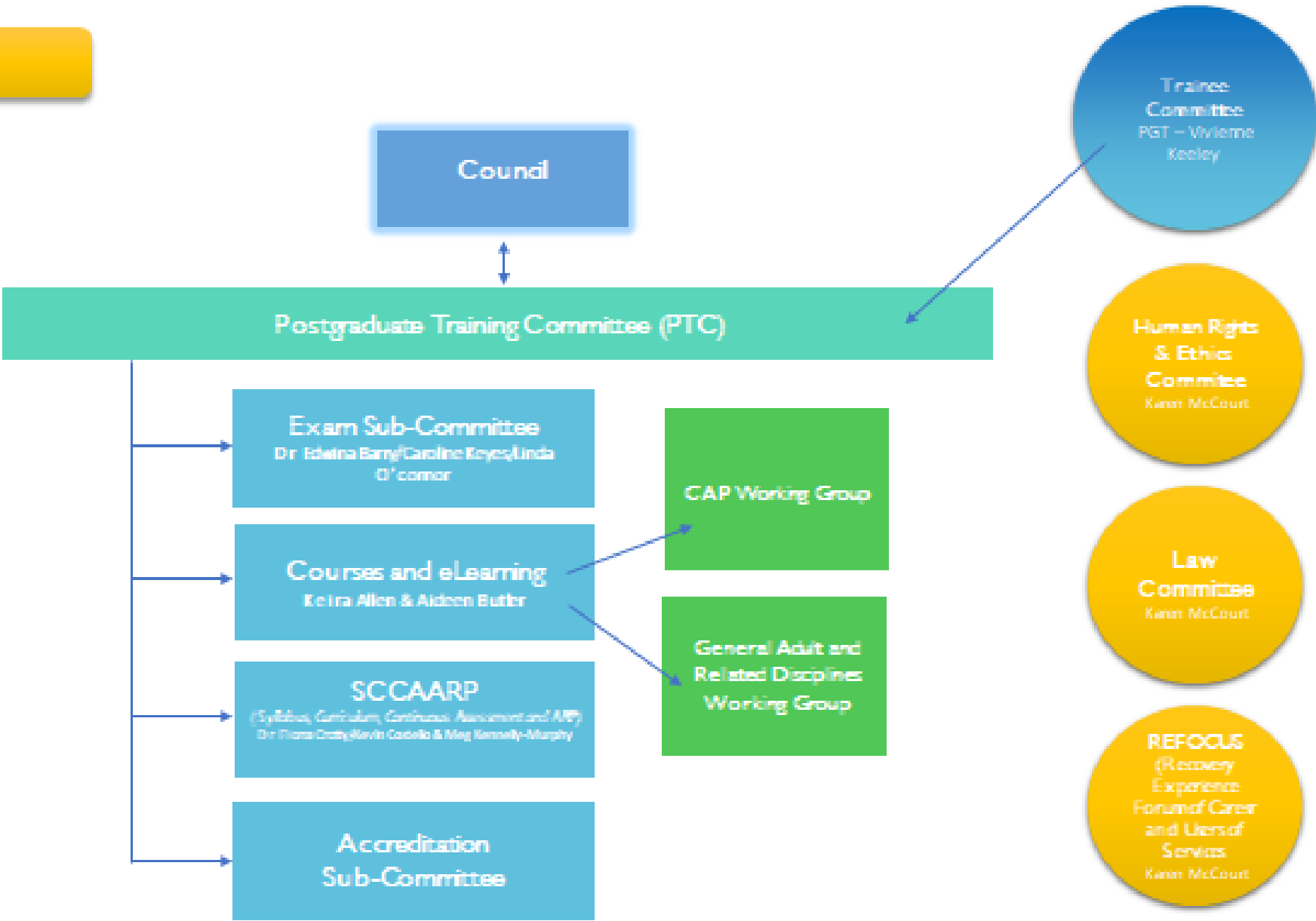
Tiago de Castro Gomes **BST**

Ex-Officio

*Roisin Plunkett **HST***

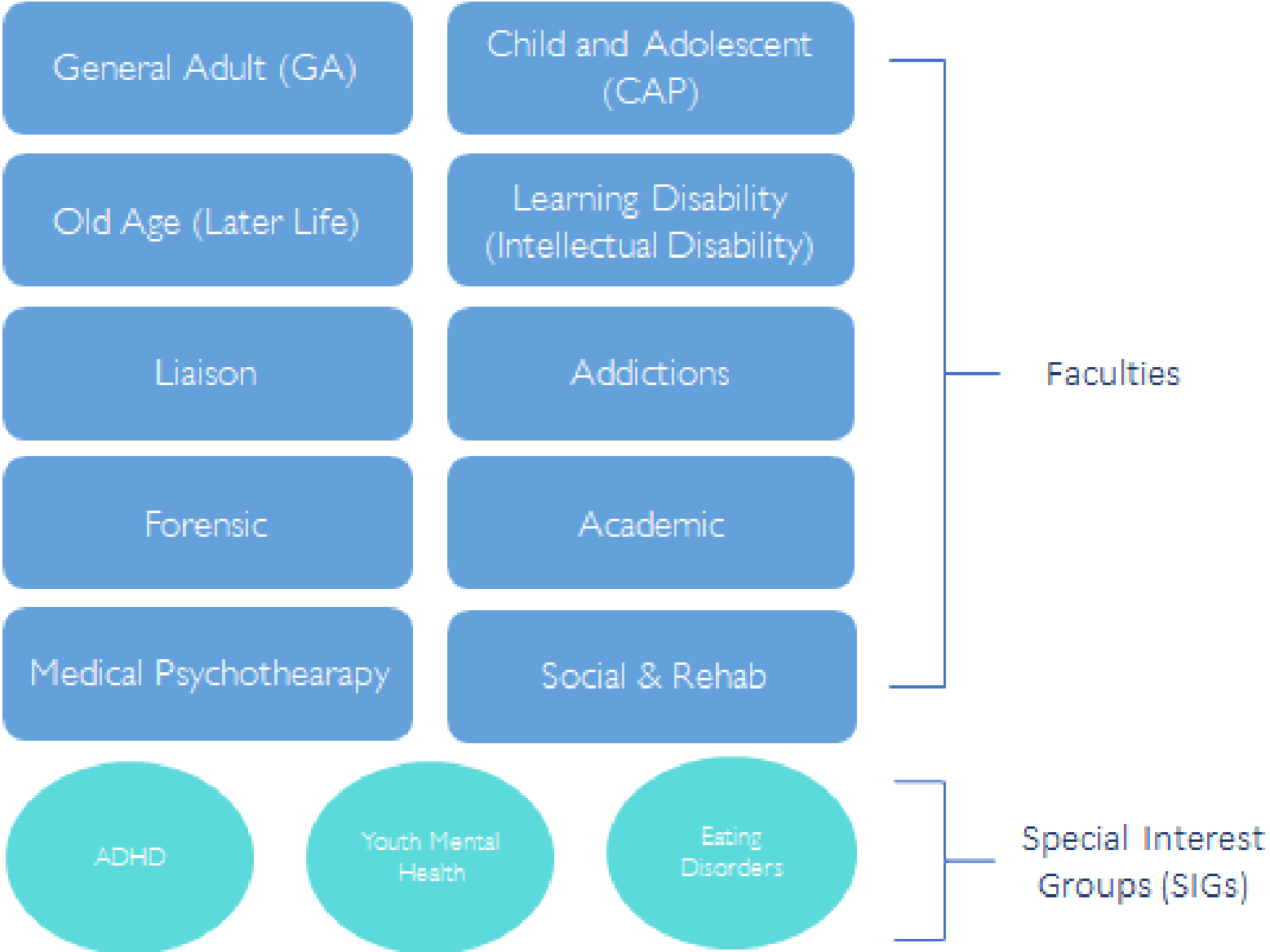
*Zetti Azvee **HST***

Committees of CPsychI



The various **Committees** and **Faculties** of the College do a lot of the practical work relating to business of the College. All decisions made by same must be brought to PTC and then Council for final sign off.

Faculties and Special Interest Groups



Helen Murray administrates all **Faculties and Special Interest Groups** in the College.



Way of Working...

- Membership is made up of 25 NCHDS – BSTs, HSTs and non-training NCHDs
- Meetings every 6-8 weeks from 17.15 - 19.00 in the College
- Annual Elections in May- members volunteer to a two-year tenure
- Proformas, agenda and minutes circulated to review in advance
- Attendance at meetings, representation of Trainee perspective, correspondence on TC consensus
- College events - NCHD Conference, Summer School, Medfest, Spike Milligan, Medical Careers Day
- Think Tank
- Whatsapp Group

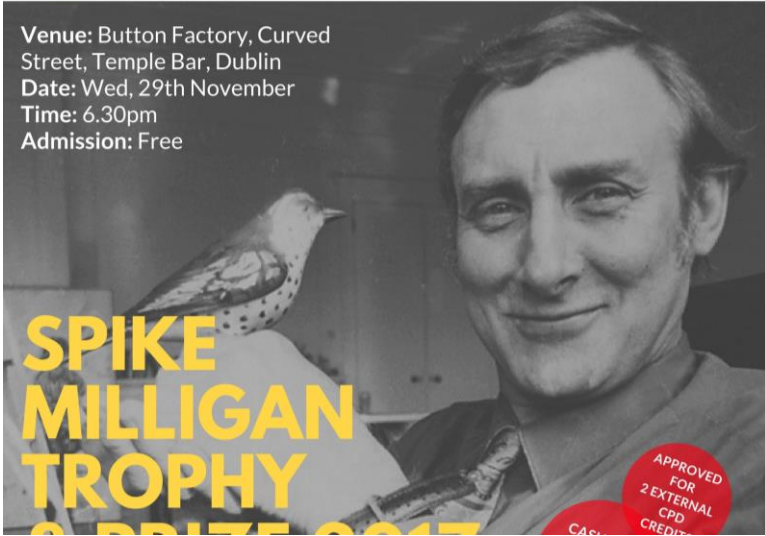
TRAINEE & COLLEGE OF
PSYCHIATRISTS INITIATIVES



FOUNDATION YEAR BOOTCAMP

- Foundation Year Boot Camp
- Started 13th - 17th Aug 2018
- Week long induction for FY trainees

Venue: Button Factory, Curved Street, Temple Bar, Dublin
Date: Wed, 29th November
Time: 6.30pm
Admission: Free



Approved by CPsychl for 2 External CPD Credits

KE MILLIGAN SPEAKING COMPETITION 2019

Annual All-Ireland Intersarsity Medical School Trophy

Date // 21st November 2019
Time // 6.30pm (Doors from 6pm)
Venue // The Button Factory, Dublin

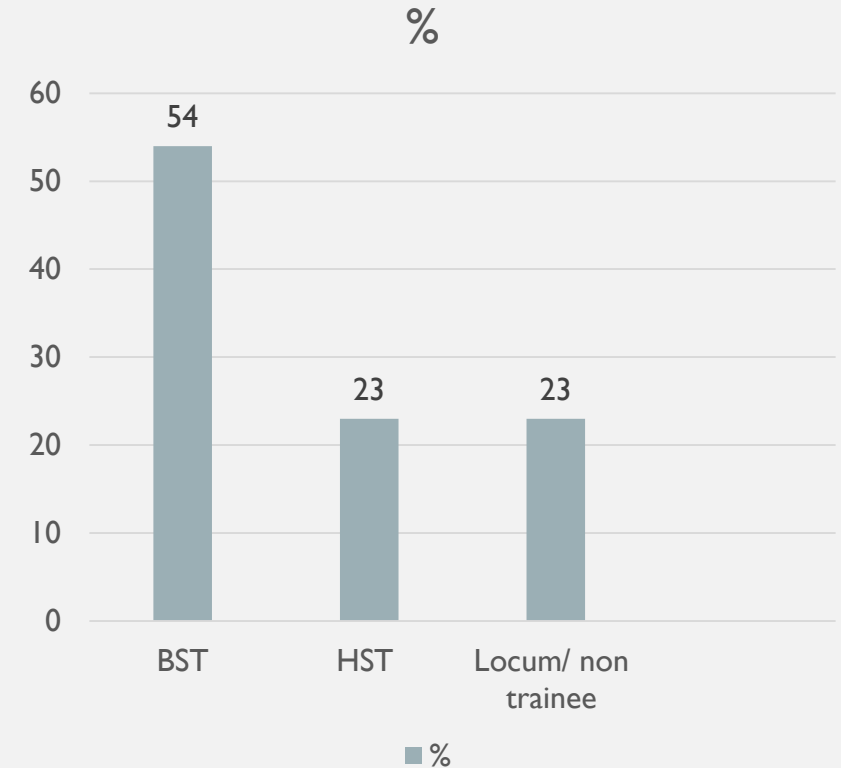
Admission - Register Now at Eventbrite



SPIKE MILLIGAN PUBLIC SPEAKING COMPETITION

BURNOUT AND WELLNESS SURVEY

- NCHD conference attendees - 69 responses
- Median age 33 years (IQR 30 – 40.5)
- **93%** had on-call duties
- **65%** of on call ED based
- **78%** 24 hours or more
- Abbreviated Maslach Burnout Inventory (**aMBI**) – low levels of emotional exhaustion and depersonalization with high sense of personal accomplishment
- The **WHO-5** Wellbeing index identified that **30%** of respondents scored low in personal well-being and based on ICD-10 criteria screened positive for depression
- On univariate analysis only **lack of regular supervision** was found to be a significant predictor of low personal well-being (OR 4.3 95% CI 1.2-15.7).



EFPT

- European Federation of Psychiatry Trainees
- Established 2011
- 2-6 week observership
- If interested....
- <http://efpt.eu/exchange/apply/>

efpt
EUROPEAN FEDERATION
OF PSYCHIATRIC TRAINEES

ABOUT WORKING GROUPS AWARDS SURVEYS RESOURCES EVENTS EXCHANGE

WE ARE PSYCHIATRY

Shaping the future of psychiatry

27TH EFPT FORUM PRAGUE 2019

NCHD CONFERENCE 2018

*From Mental Health to Mental Illness:
The Role of Psychiatry in the 21st Century*

Approved by CPsychI for 6 External CPD Credits



KEEPING • THE • LAW • IN • MIND

NCHD Conference 2019

Friday | 1st March | 2019
Hilton Hotel, Kilmainham

NCHD Conference 2017 “The Science of Psychiatry”

We are delighted to announce the 8th annual NCHD Conference organised in collaboration with the Trainee Committee of the College of Psychiatrists of Ireland. This year's conference will take place on Friday, 17th February 2017 in the Hilton Hotel, Kilmainham, Dublin 8. The theme for this year's conference is 'The Science of Psychiatry'. This topic will explore the many research opportunities and fields available in Psychiatry, and how research findings can be applied to everyday practice. Plenaries and workshops featured throughout the day will be delivered by experts in their respective fields on such topics as diverse as Neuropsychiatry, The Genomics Revolution, Self-Care for Doctors, Forensic and ID Psychiatry, Autism Spectrum Disorder, Getting Research Published and Psychiatry's Interaction with the Media to name but a few.

ANNUAL NCHD CONFERENCE

- Established 2010
- Free for NCHDs in psychiatry who are registered members of the college
- Opportunity to network and learn about training in Ireland
- Medical student essays/ prize

MEDFEST

Medfest 2018

“Beyond Words”

A series of university-based events exploring the themes of communication and silence, and their importance within Psychiatry.



Medfest, the medically themed one night film festival exploring medicine and psychiatry, will run in three Irish Universities in April this year. The events will feature film shorts, debate, and discussion, along with complimentary refreshments on the night. Best of all, all events are completely **FREE** and open to everyone.

ANNUAL CAREERS IN PSYCHIATRY EVENT

- Dublin, Cork, Galway
- Open to medical students, interns and anyone thinking of Psychiatry as a career
- Consultant presentations from a range of specialties
- Trainee presentations with advice on interviews, training scheme and research opportunities



**College of Psychiatrists
of Ireland**
Wisdom • Learning • Compassion

CAREERS IN PSYCHIATRY EVENT-DAY

For Medical Students, Interns
and NCHDs

This FREE event will feature:

- Applying to the Psychiatry BST
- Talks by Consultant Psychiatrists and Trainees
- Interactive Tours of Local Clinical Sites/ Interactive Movie Session
- Advice for NCHDs considering a change to Psychiatry

UCC - AUGUST 22ND 2019
DUBLIN - AUGUST 23RD 2019

To register your interest please contact
Vivienne Keeley at
vkeeley@irishpsychiatry.ie
or phone 01 -661 8450

For further information please visit
<https://www.irishpsychiatry.ie/postgraduate-training>

CAREERS IN PSYCHIATRY BROCHURE



College of Psychiatrists
of Ireland

Medicine • Learning • Cooperation



Be

Inspired

by a Career in Psychiatry



Aviva Stadium

Lansdowne Road, Dublin 4

5 October 2019

Limited places available

For more information and to register visit:

<https://medcareers2019.eventbrite.ie/>

#medcareersirl



MEDICAL CAREERS DAY