WEST MIDLANDS POSTGRADUATE SCHOOL FOR PSYCHIATRY

Specialty training in Psychiatry in the West Midlands

Introduction psychiatruc training

The West Midlands Postgraduate School for Psychiatry offers trainees the full range of teaching, learning and experience, both clinical and non-clinical which would enable an individual to progress and develop from day one to the completion of training, the award of CCT and full preparation for specialist practice.

Psychiatry is a branch of medicine that specialises in the care and treatment of people suffering with mental health problems, including the most severe mental illnesses. The primary purpose is the assessment and management, through treatment, of individual sufferers. There is also a significant role in helping carers and families, as well as advice and support to communities at large.

Mental health problems span the whole of society and represent some of the most common and disabling health problems confronting contemporary society. Psychiatry provides a range of treatments, both biological and psychological, in order to treat and alleviate these problems.

Psychiatrists themselves work with a range of other professions, including medical specialists, particularly in Primary Care, but also across the full range of secondary care specialties. The work of psychiatrists is primarily as members, and sometimes as leaders, of multi-professional teams delivering services to defined patient populations. These populations may be defined in terms of disorder, disability, and/or geography. Teams include professions from a range of backgrounds, such as nursing, social work, psychology, occupational therapy, physiotherapy, and close working relationships exist with those in educational services, criminal justice services, and voluntary care agencies.

Psychiatry itself includes a number of specialisms. There are six major specialisms, each currently leading to a Certificate of Completed Training, these are general adult psychiatry, old age psychiatry, psychotherapy, the psychiatry of learning disability, child & adolescent psychiatry, and forensic psychiatry. In addition, a number of further specialisms exist and are continuing to emerge as greater knowledge and therapeutic potentials appear. These include neuropsychiatry, liaison psychiatry, psychiatry of addictions, the delivery of psychotherapy within specialised services such as forensic psychiatry settings, perinatal psychiatry, and the psychiatry of eating disorders, to name but a few.

Psychiatry services are provided to defined catchment area populations (usually a number of GP practices, or a geographical area) or around specific conditions, settings or treatment modalities and are delivered through multidisciplinary teams with a strong emphasis on work in community settings (including patients’ homes). Community Mental Health Teams care for patients with a wide range of diagnosis, complexity and severity, Practice is evidence-based and within contemporary policy frameworks e.g. Care Programme Approach.

In general psychiatry and emerging in other branches such as old age and child and adolescent psychiatry new patterns of service are appearing including Crisis Resolution/Management, intensive Home Treatment, intensive management of First-Episode Psychotic illnesses (Early Intervention) and, Assertive Outreach/Community Treatment for severely-disabled and hard to engage patients,
The work of the specialist in psychiatry has been the subject of recent review by the
Department of Health and the Royal College of Psychiatrists, and new policy and
documentation has emerged, including the document “New Ways of Working for
Consultants”.

The breadth and diversity of mental health problems, the range of clinical presentations, the
emergence of new possibilities (through scientific investigation) for understanding the real
nature of illnesses and disease processes with the consequent implications for new treatments
mean that psychiatry presents an expanding and increasingly sophisticated area of clinical
practice that will sustain interest and enjoyment throughout a doctor’s career.

Psychiatrists have the opportunity to utilise their basic medical knowledge and skills and
augment these and gain other knowledge and skills, for example, in psychological therapies
which they can put into operation, across a wide and changing spectrum of disorders, with
opportunity to continuously develop further areas of expertise as true lifelong learners.

The place of Psychiatry in the context of health and social care spans many professions, services
and traditional boundaries. There is a huge opportunity to work and learn with an array of
colleagues from a rich variety of backgrounds.

A career as a psychiatrist may develop in a number of directions. There are large numbers of
research questions and programmes posed. Research is both quantitative and qualitative,
spanning a range that includes molecular levels, through treatment trials and quality of life for
patients and carers. Teaching has for many years been a well-developed role for psychiatrists
facilitating learning for both undergraduates and postgraduates. There are development
programmes specifically targeted at prospective teachers in psychiatry at a National level.
Management and leadership are key roles for many psychiatrists and represent a potential
career pathway for some. The attraction and challenge of drawing together services for
individuals and populations is an attraction for many. Mental health services are a lead issue
for society and the government and great attention has been and will continue to be paid to
service design, delivery and assessment.

**Background to Psychiatric training in the West Midlands**

Psychiatric services in the West Midlands offer a full range of experience and have a history
of good standing with respect to quality assurance processes, particularly Royal College
approval, which has been maintained for all placements.

The clinical experience is augmented by taught courses. There are two existing and
successful MRCPsych courses based at Keele and Birmingham for core year trainees.
Trainees in Advanced training have taken advantage of the programmes on offer by local
universities, including Masters programmes in gerontology, geriatric psychiatry,
neuropsychiatry, forensic psychiatry and general psychiatry. In addition to strong and
developing academic units of psychiatry at the three universities in the region that offer
undergraduate training; namely Birmingham, Keele and Warwick, there are also departments
at the University of Stafford, Birmingham City University, Wolverhampton and Worcester,
all of which make a distinctive contribution to education for psychiatrists and other mental
health professionals. There are excellent opportunities for the development of a range of non-
clinical competencies. In the recent past trainees have completed degree programmes in
management and medical education, amongst others.
The West Midlands School of Psychiatry will offer streams of about 50 trainees per annum in the core training grade. There are close relationships with schools for general practice and the basic neuroscience training programme.

The West Midlands has a strong history of providing training for those seeking less than full-time training and this will continue to be a feature for the school, which will have an identified lead for such trainees. The school has, built into its design, large elements of flexibility to allow family-friendly practice to flourish.

**Outline of Training Model**

The model for training is based upon an outcome based curriculum. Doctors will enter specialist training in psychiatry after Foundation Year 2. Trainees will move through the three years of Core training provided they demonstrate progress at the Annual Review of Competence Progression (ARCP). This progress requires the development of specific competencies as assessed by trainers and educational supervisors, and passing the Royal College of Psychiatrists Membership exams. Trainees can then apply for Advanced training in one of the subspecialties; the outcome of training will be one of six Certificates of Completed Training (CCTs): General Adult Psychiatry, Old Age Psychiatry, Child & Adolescent Psychiatry, Psychiatry of Learning Disability, Psychotherapy and Forensic Psychiatry. This may change subject to College consultation on the future number of CCTs.

In Core training, we aim to make your years as a Trainee as educationally stimulating and enjoyable as possible to prepare you for Advanced training and later consultant responsibilities. Your training should equip you in a wide range of clinical and non-clinical competencies and also ensure that you have a network of colleagues in all the fields of psychiatry. The training scheme offers the benefits of a wide range of clinical and non-clinical opportunities. You will have the opportunity to develop teaching and managerial skills in order to ensure your readiness for specialist status.

**Aims of the School**

The aims of the School are to develop psychiatrists with the correct range of skills and attributes required for specialist practice in today’s NHS, as well as equipping them with the spirit and skills for continued personal development throughout their professional career. Thus the trained psychiatrist will be knowledgeable, able to apply the principles of evidence based medicine in their every day practice, and have a range of high level clinical skills. This will enable them to employ a full range of psychological and biological therapies in a consistent fashion which is beneficial for patients today and in the future. They will be a team worker operating with values and attitudes portrayed in contemporary professional literature.

**Recruitment**

Recruitment to year one of training (core training /CT1 ) will be through the National system coordinated Royal College of psychiatrists system. Locally, applications will be assessed and suitable candidates invited for interview. The interview itself will be of at least half an hour’s duration and will include more than one station/exercise. At least one of the stations will review the candidate’s application and portfolio of achievement. For the latter it is critical that the candidate brings to the interview their record of achievement (portfolio) which should
include at least the following:- a log of learning activity e.g courses attended, examinations attempted, log of clinical activity, assessment and appraisal documentation including supervisor’s reports, audits and their results (including service change), record of cases presented and journal club presentations. The existing College logbook/personal training file may provide a useful structure upon which to base the portfolio.

**Core Training Clusters**

The Training School in Psychiatry covers the entire West Midlands Strategic Health Authority area and affords a full training in all psychiatric specialties.

The Training School involves a number of Trusts. As trainees rotate through their time with the school they will be employed by some of these Trusts or “Local Education Providers” as follows:

1. -North Staffordshire Combined Health Care NHS Trust
2. -South Staffordshire and Shropshire Healthcare NHS Foundation Trust
3. -Telford and Wrekin PCT
4. -Wolverhampton City PCT
5. -Dudley and Walsall Mental Health Partnership NHS Trust
6. -Sandwell Mental Health NHS Foundation Trust
7. -Solihull PCT
8. -Birmingham and Solihull Mental Health Foundation Trust
9. -Birmingham Children’s Hospital NHS Foundation Trust
10. -Coventry and Warwickshire Partnership NHS Trust
11. -Worcestershire Mental Health Partnership NHS Trust
12. -Herfordshire PCT
13. -South Birmingham PCT

During the Core training years an individual trainee will be placed in one of five geographic areas or “Clusters” within the region as follows:-

1. Birmingham,
2. Black Country,
3. Staffordshire/Shropshire,
4. Coventry/Warwickshire and
5. Worcestershire/Herefordshire.

The school aims to provide for each trainee a first year of training in a single unit where they rotate through three four month posts in General Adult Psychiatry, enabling the trainee to become familiar with the speciality and launch their career from a stable personal base. The next two years will be in proximal locations in order to minimise unwarranted disruption and will give the trainee exposure to some of the other specialties through six month attachments.

All posts are approved for training by PMETB.

Those in core training programmes will spend the full three years of core training in one of these clusters. Each of the clusters is able to fully deliver the range of experience, including specialty experience in psychiatry that you will require for your core training, for its assessment and examination purposes. Successful applicants will be asked to express their
preferences and a panel of clinical tutors will meet to decide the allocation. The key principles that will guide this allocation are your preferences and these will then be considered against your interview score and your particular personal circumstances, including domestic commitments, family situation, any relevant disability, or duties as a carer.

There follows some brief information with regard to each of these geographic locations.

**Birmingham & Solihull**

Clinical Tutor: Dr. Abdul Patel
The Birmingham Rotational Training Scheme posts rotate between hospitals and community bases throughout the Birmingham & Solihull area. The posts will be located with Birmingham & Solihull Mental Health Trust, South Birmingham PCT and Birmingham Childrens hospital. Each Trust has a local teaching programmes led by an experienced College Tutor.

The scheme provides the widest possible range of training opportunities within a geographical area that makes travelling to any unit from a single base an easy proposition. Trainees have the opportunity to work in all the psychiatric sub-specialties. New Trainees will be required to rotate between different Trusts during their posts on the Scheme. As beginners they will hold posts in general adult psychiatry in year 1 and then in year 2 will rotate in Old Age Psychiatry, Child Psychiatry or Learning Disability. Year 3 will posts in other specialties. Thus, posts are available in child and adolescent psychiatry, psychotherapy, forensic psychiatry, development psychiatry, psychiatry of the deaf, psychiatry of disorders of childbirth, neuropsychiatry, liaison, and eating disorders, as well as specific postings within the Academic Department within the University of Birmingham.

**The Black Country comprising Dudley, Walsall, Wolverhampton and Sandwell**

Clinical Tutor – Dr Kate Gingell

The Black Country Training Scheme consists of four metropolitan areas – Dudley, Walsall, Wolverhampton and Sandwell. This rotation scheme covers an area to the West of Birmingham and is almost equal in population.

There are many attractive areas with good housing and schools together with areas of severe deprivation and high morbidity.

We can provide a full range of basic training posts which include General Adult Psychiatry and Specialist placements such as Psychotherapy, Home Treatment and Substance Misuse.

Trainees will rotate between hospitals but all areas are in close proximity and easily accessed by road.

The Dudley Service is based at Bushey Fields Hospital which is on the same site as the large Russells Hall Hospital providing opportunities for liaison psychiatry and teaching to F2 trainees. The in-patient unit is a series of bungalows with a central administration block. CT2 training is provided in the CAMHS Unit at The Elms Out-Patient Clinic in Cradley.

The Walsall Service is based at the Dorothy Pattison Hospital which is a pleasant, modern in-patient unit for General Adult Psychiatry. The Old Age Psychiatry services are based at
Bloxwich Hospital and CAMHS services are provided at Evergreen Place in Walsall Town Centre.

The Wolverhampton Service is based at Penn Hospital on the outskirts of Wolverhampton. The General Adult out-patient services are based at 3 Resource Centres distributed throughout the City. Older Adult patients are seen in their own homes. The specialities of psychotherapy and substance abuse as well as some general adult posts are available at Wolverhampton.

The Sandwell service is based at Hallam Street and Edward Street Hospital in West Bromwich. There are posts available in General Adult, Child & Adolescent, Learning Disability and old age psychiatry.

Hereford and Worcestershire

Clinical Tutor: Dr Laki Kranidiotis
The Worcester and Hereford basic specialist training rotation is an established scheme, being part of the popular Clent SHO rotation from the early nineties. It provides training in a comprehensive range of teaching posts in both generic and functional teams, there being placements in the General Adult, Older Adult, Child and Adolescent, Learning Disability, Perinatal, Early intervention, Forensic and Psychotherapy fields of Psychiatry. The clinical settings are also most varied, from Inner City services through Semi-Rural to Rural and agricultural settings. Teaching programmes are established in the Worcester, Redditch, Hereford and Kidderminster localities, organised by the four College Tutors, and the rotation is administered centrally by the West Midlands School of Psychiatry.

Coventry and Warwickshire

Clinical Tutor: Dr. Ather Malik
Coventry and Warwickshire Partnership Trust is a Mental Health and Learning Disability trust offering mental health services to the whole of Coventry and Warwickshire and learning disability services to the West Midlands. The trust headquarters and postgraduate education centre are based at the Caludon centre in Coventry, but trainees will have the chance to experience working in a variety of settings across Coventry and Warwickshire. In addition to the MRCPsych course in Birmingham we offer local half day release training to all trainees tailored to their level of experience. There are close working relationships with Warwick University. The core training rotation offers opportunities for basic training in adult psychiatry in the first year, older adults and child or learning disability in the second and then experience in a range of specialities in the third, including a placement in forensic psychiatry at Reasides clinic. We are also able to offer varied year long FTSTA placements with some flexibility around the training needs of individuals. Psychotherapy training and experience is offered on an ongoing basis across all placements.

Staffordshire and Shropshire

Clinical Tutor: Dr. Derrett Watts
This training scheme is based in Staffordshire and Shropshire. The main hospital bases are in Stoke on Trent, Stafford and Shrewsbury although there are also services in Telford, Burton, Lichfield and the local communities. The scheme offers training in all the major specialities.
Trainees in year 1 will be expected to undertake general training. In year 2 developmental psychiatry posts are assigned in old age psychiatry, learning disability or Child and Adolescent psychiatry. Year 3 trainees are offered specialist placement in a range of specialities including substance abuse, neuropsychiatry, forensic psychiatry, rehabilitation assertive outreach, early interventions, eating disorders and perinatal psychiatry. There are opportunities for all trainees to undertake psychotherapy training and for interested trainees to become involved with academic research. Keele and Staffordshire Universities are nearby and closely linked with these training organisations. There are opportunities for developing skills in medical education and medical management as well as the study of other formal diploma and master’s course in related subjects including basic medical sciences and medical ethics.

Key Personnel in the school of Psychiatry

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