

# Trent Division



January 2010

## Foreword from the Division Chair

### Inside this issue:

Divisional Prizes	5
Current Consultations	8
Vacancies & Appointments	9
CPD Events 2010	11
PTC Update - top ten tips for passing the College Exam	16

The New Year is well under way now and already highlighting all the uncertainties predicted within the NHS at the end of 2009. Who knows what further rash of policies and procedures the General Election will usher in but most people predict that uncertainty and constraints will continue to be the order of the day. With all these dismal predictions, it seems somewhat bullish to look at the achievements of the Trent Division in 2009. I believe that 2009 has been a very successful year for our Division with several exciting developments:

- An extremely well attended AGM held in Rotherham in October 2009 where the lunchtime debate was one of the most fiercely contested events ever. Great feedback for the whole meeting.

*(Continued on page 2)*

## Trent Division Annual Meeting 2009



### Dates for your Diary

- International Congress of the Royal College of Psychiatrists:  
21 - 24 June 2010  
Edinburgh
- Trent Division Annual Meeting  
6 October 2010  
Derbyshire

If you would like to submit an article for inclusion in the next edition of the newsletter please send it to [ndavies@trentdiv.rcpsych.ac.uk](mailto:ndavies@trentdiv.rcpsych.ac.uk) by 31 May 2010

## Foreword from Division Chair (continued)

- The programme of CPD events we organised in 2009 has embedded into our programme of activities. Dates for 2010 CPD events are available on our website (<http://www.rcpsych.ac.uk/college/divisions/trent.aspx>). The topics covered by CPD events were requested by the Membership of our Division. Please let us have your ideas for future CPD meetings.
- The involvement of medical students and trainees in Divisional affairs has been expanded with emphasis on recruitment into psychiatry. Prizes were launched for medical students and FY trainees which were awarded at the AGM. Details of all prizes can be accessed on our website (<http://www.rcpsych.ac.uk/college/divisions/trentdivision/prizesandcompetitions.aspx>). We are pleased to announce that the medical student psychiatry elective bursary will be awarded soon. The public speaking competition for medical students will also be launched with the first ever prize for this to be awarded at the 2010 AGM.
- The winning entry for "Images in Psychiatry" is now on our website and I am sure that you will agree when you see it that it was a considerate reflection that deserved to win the first prize in this category.
- Full details for the Trent Division AGM in Autumn 2010 will be available on the Trent Division website shortly.

There are several challenges that face the College and us all of which are reflected in the challenges facing our profession and the medical workforce. We need to be able to respond to this changing environment. We have tried to reflect some of this in the ensuing pages of this newsletter which I trust you will find enjoyable. Please continue to send us your observations, comments, etc. for inclusion in the next newsletter. Our Divisional Manager, Nicola Davies, goes on maternity leave on 5 March 2010 and we wish her all the joy that such an event brings. We hope that you enjoy reading this newsletter as much as we have in producing it.

Dr Deenesh Khoosal, Trent Division Chair

## Fellowship Nominations

The closing date for nominations is 30 September each year. The process by which Members be awarded Fellowship of the College is that they should be nominated, proposed and seconded by two members of the College. Further details, including a nomination form, can be found at <http://www.rcpsych.ac.uk/training/postgraduateeducation/collegefellowship.aspx>

The Division would like to encourage eligible members to apply for Fellowship and has recently established a sub-committee to enable it to do so. Members wishing to apply for Fellowship should contact the Divisional Office if they need any assistance.

The College offers a discount of £25 for fee payment in one Direct Debit instalment (January) and £15 for payment in two Direct Debit instalments (January and June). Retired members, PMPTs, and members overseas pay the lowest rate regardless of payment method. To set up a Direct Debit arrangement please go to <http://www.rcpsych.ac.uk/member/yourmembership/categoriesfees/howmuch.aspx#method>. Direct debits set up now will take effect from January 2011.

# Trent Division Annual General Meeting 2010

To be held in  
Derbyshire  
on  
Wednesday,  
6th October 2010

For more information please contact the Divisional Office

Trent and West Midlands Divisions,

Halifax House, 14-15 Frederick Road,

Edgbaston, Birmingham, B15 1JD

Tel: 0121 410 2655 Fax: 0121 410 2656

[ndavies@trentdiv.rcpsych.ac.uk](mailto:ndavies@trentdiv.rcpsych.ac.uk)

[scorfield@trentdiv.rcpsych.ac.uk](mailto:scorfield@trentdiv.rcpsych.ac.uk)

**\*Limited places available – book early to avoid disappointment \***

*This event is eligible for CPD subject to the approval of your peer group*

## Trent Division Annual Meeting 2009 - Conference Report

The Annual General Meeting of the Trent Division of the Royal College of Psychiatrists was held at The Holiday Inn, Rotherham on the 9th October 2009. Expectations were high following the success and excitement of last year's meeting in Leicester and this year's AGM did not disappoint either. There was a significant turnout of well over a hundred participants from across the region and across all grades. The day commenced with a welcome address by the Chair of the Division, Dr D Khoosal followed by the Business Meeting and the Chair's report.



The meeting proceeded with the annual research presentations by trainees. The presentations as in previous years were of a very high standard. The 2009 Trent Division Research Prize was awarded to Dr Lena Palaniyappan from Nottinghamshire for his impressive presentation entitled 'Loss of insight in schizophrenia: All in the brain? - an MRI study of poor insight in chronic schizophrenia'.



There were a substantial number of Poster submissions competing for one of the three poster prizes. The Foundation Year Audit Prize went to Dr Teizeem Dhanji (Leicester) for the poster: "Reaudit of lithium monitoring in City East adult patients on the Lithium register". Poster co-author Dr Arshya Vahabzadeh (Leicester) also won the CT1-3 Poster Presentation Prize for a poster entitled "Cardiovascular risk factors in a community sample of patients with Bipolar disorder treated with Lithium". The ST4-6 Poster Presentation Prize was won by Dr D Shah (Rotherham) on "Monitoring of physical health in mental

illness". The newly established prize "Images of Psychiatry Photo Prize" was won by Mr Ketan Jethwa (Nottingham Medical School) for his series of thought provoking photos entitled "What Does it All Mean".

The meeting then progressed with an update on revalidation by Dr Laurence Mynors-Wallis (Associate Dean). His presentation outlined the background and principles related to relicensing and recertification with a particular focus on what revalidation would mean for psychiatrists. This was followed by the President of our College, Professor Dinesh Bhugra presenting a paper on recent developments in recruitment and retention in psychiatry. Delegates agreed that professionalism in psychiatry underpinned this process.

The annual debate is a widely anticipated event and this year the topic "Nature versus Nurture - effects on choosing psychiatry as a career" promised a lot. The Nurture team from Nottingham, consisting of Dr Gill Doody and Dr Sarah Wilson began the debate with some well formed arguments and presentations, however the convincing Nature counter argument led by Dr Deborah Chaloner and Dr Tim Milward from Leicester won over the audience and the debate.



A range of workshops were held in the afternoon with something of interest for most participants. This included Progress on Community Treatment Orders by Dr Stephen Fallow and Dr Trish Jones, Dr Heather Dipple and

## Trent Division Annual Meeting 2009 - Conference Report

trainee Dr Mizrab Abbas's discussion on Work Based Assessments and a PTC workshop on trainee issues. Other workshops covered Clinical Excellence Awards by Dr Michele Hampson, Job Planning by Carol Blampey (BMA) and Recruiting Foundation Trainees to psychiatry by Dr Daniel Kinnair.

Despite the meetings theme 'Psychiatry in Distress: Professionalism', there was a fantastic atmosphere amongst speakers, Consultants and trainees with serious dialogue being fused with appropriate light hearted discussion. We will definitely be attending next year. Will You?

By A.Vahabzadeh MRCGP (CT2), V.Delaffon MRCPsych (ST5) Leicester



### Divisional Prizes

The first ever Trent Division **Foundation Year Audit Prize** was awarded to Dr Teizeem Dhanji at the Trent Division Annual Meeting for his Re-Audit of Lithium Monitoring in City East Adult Patients on the Lithium Register. Dr Dhanji received a cheque for £100.

The **2009 Poster Presentation Prize (CT1-3)** was awarded to Dr Arshya Vahabzadeh for his entry 'Cardiovascular risk factors in a community sample of patients with bipolar disorder treated with Lithium'. He was awarded a cheque for £100. The **(ST4-6)** prize was awarded to Dr D D Shah for his entry 'Audit of physical health monitoring for people with severe mental illness, Rotherham Rehabilitation Recovery Services'. Both winners were presented with cheques for £100.

The **2009 Research Presentation Prize** was awarded to Dr Lena Palaniyappan at the Trent Division Annual Meeting. She was awarded a cheque for £200 for her presentation entitled 'Loss of insight in schizophrenia: All in the brain? An MRI study of poor insight in chronic schizophrenia'. Further details about prizes and prize winners can be obtained from the Division's web page.

'**Images of Psychiatry**' **Photo Prize** - winning entry by Mr Ketan Jethwa, 'What does it all mean?' (see overleaf)



Dr D D Shah - Poster Presentation Prize Winner (ST4-6)

Further details of all prizes can be found at  
<http://www.rcpsych.ac.uk/college/divisions/trentdivision/prizesandcompetitions.aspx>.

## Divisional Prizes (continued)

### What does it all mean?

Images of Psychiatry

Ketan D. Jethwa

University of Nottingham Medical School 2009

Becoming 'mentally ill' involves the exaggeration of normal mental processes; it is the taking of these processes to extremes that renders them pathological and their consequences alien.

Communication of ideas is paramount and requires *both* parties to take on board what the other has to say. It is through communication that one increases one's awareness of *being-in-the-world*.

A psychiatrist, the student of the human psyche, has to understand his patient, but also the effect that the patient has on him. He is challenged.

Understanding the 'broodings of the insane' are of no academic importance, they illuminate the essence of what it is to be human, to be a thinking being.



The Tempest



Anybody there?



Meditations

### 'Images of Psychiatry' Photo Prize

The Trent Division has established an 'Images of Psychiatry' prize for the best photo taken by any member of the Division, depicting mental health. A prize of £25 will be awarded. Entries should be submitted electronically with an accompanying paragraph of 150-200 words. All suitable entries will be displayed on the Division's website, in the newsletter and at the Trent Division Annual Meeting.

### **2010 Audit Prize for Foundation Trainees**

Entries are invited from Foundation trainees, who are currently registered as RCPsych Student Associates, for the Audit Prize. A prize of £100 will be awarded to the best audit relevant to any field of psychiatry. The winner will also be presented with a certificate at the Trent Division Annual General Meeting.

### **2010 Research Presentation Prize**

Entries are invited from trainees and specialty grade doctors for the Research Presentation Prize. Please note that trainees and specialty grade doctors working in any specialty or sub-specialty of psychiatry within the Trent Region are eligible to enter providing the research was conducted in the UK irrespective of whether it is/was part of another degree. This year's prize (which can be shared) will amount to £200 and will be awarded for the best presentation of a piece of research carried out by a trainee or specialty grade doctor. The winner will also be presented with a certificate at the Trent Division Annual General Meeting. Up to four entries will be selected by the Administering Committee as the most meritorious of those submitted and the entrants will be invited to present their research at the Trent Division Annual General Meeting.

### **2010 Poster Presentation Prize**

Entries are invited from trainees and specialty grade doctors for the Poster Presentation Prize. Please note that trainees and specialty grade doctors working in any specialty or sub-specialty of psychiatry within the Trent Region are eligible to enter. Prizes of £100 will be awarded to the best poster presentation by a CT1-3 trainee and the best poster presentation by a ST4-6 trainee or specialty grade doctor. The winner will also be presented with a certificate at the Trent Division Annual General Meeting.

### **2010 Medical Student Public Speaking Prize**

The Trent Division has established an annual public speaking prize for medical students from medical schools within the Division. Each Medical School will be invited to enter a team of two people. The Public Speaking competition will take place at the Trent Division Annual Meeting in October, where the winning team will receive £300 plus certificates and the two runner-up teams will receive certificates of participation.

**Entries for all of the above prizes should be sent to the Chair of the Trent Division at the Divisional Office by 31st July 2010**

### **2010 Medical Student Elective Prize**

Entries have been received from medical students studying at Medical Schools within the Trent Division who are also registered as RCPsych Student Associates. A prize of £500 and a certificate will be awarded to the best entry and there will be two runner up prizes of £250 plus certificate (1 prize for each Medical School). Electives will take place in Spring 2010 and prize winners will submit a written report on their experience for publication in the Trent Division newsletter and presentation at the Trent Annual Meeting.

## Trent Division - Current Consultations

(<http://www.rcpsych.ac.uk/college/divisions/trentdivision/currentconsultations.aspx?page=4000>)

The Division is currently seeking the views of its membership on the following:

- **Age Equality in Health and Social Care:** a consultation on preparing the NHS and social care in England for the age requirements in the Equality Bill that affect the provision of services and exercise of public  
Comments to [cchurchill@rcpsych.ac.uk](mailto:cchurchill@rcpsych.ac.uk) by 8 February 2010

If you would like to contribute to the Division's response to any of these documents please contact [Nicola Davies](#) at the Divisional Office.

## Adopt-a-book

*An opportunity to contribute towards the history of psychiatry and the College*

The Adopt-a-Book scheme is aimed at raising funds for the conservation and repair of the College's antiquarian book collection. The collection consists of rare books with some dating as far back as the 15th century. Most of the books were donated to the Medico-Psychological Association, a predecessor body of the College in 1895 as gifts or bequests towards the development of the library.



Donations mainly came from the libraries of Doctors Daniel Hack Tuke, J Lord, C Lockhart Robertson and J Whitwell. The collection also contains books written by notable authors such as John Charles Bucknill, Henry Maudsley, John Connolly, Sigmund Freud, and includes the first editions in both English and German of the complete works of Emil Kraepelin, as well as a collection of 18th century psychiatric dissertations on mental illnesses. It is an important source of information on the history of psychiatry, mental illness and learning disability.

The appeal for donations is directed at members and fellows of the College, and anyone who is interested in restoring and conserving the collection to a condition suitable for its use by researchers and historians, and in its preservation as part of our national heritage.

To obtain a full list of books to be adopted and a donation form, please go to [www.rcpsych.ac.uk/college/archives/adopt-a-book](http://www.rcpsych.ac.uk/college/archives/adopt-a-book) or contact Francis Maunze, The Archivist, Tel: 020 7235 2351  
E-mail: [archives@rcpsych.ac.uk](mailto:archives@rcpsych.ac.uk)

## Assessors for the College on Advisory Appointment Committees

If you have been a consultant for more than three years, would you be interested in representing the College as an Assessor on Advisory Appointment Committees (AACs)? Assessors are crucial to ensure good practice is maintained at all AACs and to provide a constructive assessment of applicants' expertise for the post. We urgently need representatives in all psychiatric specialties and in all regions. For full details on the role and how to become an Assessor, please contact Miss Charlotte Cox at the Department of Postgraduate Educational Services, The Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG. Alternatively, please see the College website by following the link <http://www.rcpsych.ac.uk/training/collegeassessor.aspx>. We do hope that you will join our team of Assessors and look forward to hearing from you.

**DEBATE SECTION - an opportunity to express *your* views**

'New Ways of Working: A Pragmatic Way Forward?'

click for

**YES**

click for

**NO**

Votes received so far = 50% Yes / 50% No

Please write to the editor, c/o the Divisional Office with any additional comments, views and opinions on this topic by the end of May 2010

**2010 Elections, Appointments and Vacancies****\*ELECTIONS\***

Members of the Division are reminded of the forthcoming election for:

1 x Executive Committee Member

Anyone wishing to stand for election should return a nomination form to Sue Duncan, Divisions Administrator, Royal College of Psychiatrists, 17 Belgrave Square, London, SW1X 8PG. The closing date for return of nomination forms is **Friday, 26 March 2010**

**\*VACANCIES\***

Affiliates' and SAS Members' Representative

**\*APPOINTMENTS\***

Dr Subodh Dave - Workforce Committee Representative

Dr Darran Bloye - Forensic Psychiatry Faculty Regional Representative

Dr Anshuman Pant - Addictions Faculty Regional Representative

**\*FAREWELLS\***

Dr Adarsh Kaul - Forensic Psychiatry Regional Representative

Please contact Nicola Davies in the Divisional Office for further details

'What do Members want from their Division?'

click here to e-mail your response:

**RESPONSE!**

or write to the editorial board, c/o the Divisional Office with any additional comments, views and opinions on this topic for inclusion in the next edition of the newsletter.

## Member of the Division—interview with Professor Palmer

**Bob Palmer** is Professor of Psychiatry at Leicester University. He was brought up in the territory of the Great Western Railway (GWR - God's Wonderful Railway; sadly then just a region of BR) for which his father worked and moved about eight times during childhood. He trained at University College London and the St Georges Hospital Medical School. His special interests include Eating Disorders and most things to do with human mind ... which is most things really.

### Tell us something about yourself that most people don't know?

I was brought up a Methodist and strictly tee-total and we did not have a television until my late teens. A favourite occupation now is slopping in front of Newsnight sipping a malt whisky. Might there be a connection? Well, there might or might not be - I guess that is the kind of question I like pondering.

### What trait do you deplore in others?

Jumping to conclusions, unjustified certainty and closed minds (Of course, I *never* do that myself)

### Tell us about either a film or a book that left an impression on you?

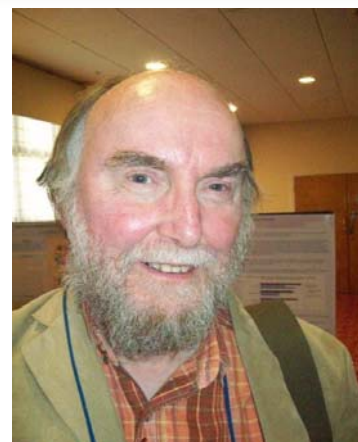
How about two books? One book would be "Psychiatry Today" by David Stafford Clarke (the Anthony Clare or Raj Persaud of his day) which I read as a school boy and decided to be a psychiatrist. A recent book that made an impression was Kazuo Ishiguro's novel "Never let me go". And a film - the quirky "Straight Story" which was directed by David Lynch but is not much like his other movies.

### When not being a psychiatrist, what do you enjoy?

I have already said slopping in front of the television and sipping malt whisky - oh and good company, travelling and reading. My secret vice is trying to write "creatively".

### Which people have influenced you the most?

Psychiatrically, my mentor was the late Arthur Crisp. I caught my interest in eating disorders from him. In the 1970s and 1980s, Arthur and Gerald Russell were the leaders of the field, certainly in the UK and indeed arguably the world. Both were humane clinicians, broad thinkers and nice people. (Happily Gerald is still very much alive.) They were different and I sometimes think that it would be good to be some sort of hybrid of the two of them.



### If you were not a psychiatrist what other profession would you chose?

In medicine perhaps a haematologist - my idea is of a mix of clinical and laboratory work which may be inaccurate. But outside of medicine, perhaps some sort of academic. Economics is fascinating and there is or should be quite a lot of psychology in it - that would be OK but my maths would need a lot of development. History might be good or philosophy but would I miss the "hands on" nature of medicine, probably. Perhaps medicine and psychiatry was about right for me.

### How would you like to be remembered?

Vaguely as an OK bloke who did a reasonable job. And who surprised everyone when he won the Man Booker Prize at the age of seventy.

PS - What do I find most irritating? Just now word processing systems that fight back when one tries to make or preserve a numbered list!

Read all about Dr Neil Holden in the next issue...

## Clinical Excellence Awards

Congratulations to Professor Panos Vostanis and Professor Richard Morriss on obtaining silver awards in the 2009 round and to Dr Gill Doody and Dr Karen Bretherton on obtaining bronze awards. The Trent Division CEA nominating committee met on Thursday, 15 October 2009 to discuss 2010 bronze, silver and gold applications. Nominations were forwarded to the College. Details of Trent Division rankings can be found at <http://www.rcpsych.ac.uk/college/divisions/trentdivision/cearankings.aspx?page=3900> (member login required)

Members wishing to be considered for the 2011 round should submit their CVQ and the College's covering sheet to Sue Duncan, College Awards Administrator, [sduncan@rcpsych.ac.uk](mailto:sduncan@rcpsych.ac.uk), by 26th July 2010. Further details about the College's CEA procedures be found on the College website.

## Call for entries: RCPsych Awards 2010

- Core Psychiatric Trainee of the Year (CT1–CT3)
- Psychiatric Academic of the Year
- Specialist Child and Adolescent Mental Health Services Provider of the Year
- Psychiatric Team of the Year
- Advanced Psychiatric Trainee of the Year (ST4–ST6 and SpR)
- Public Educator of the Year
- Mental Health Services Provider of the Year
- Medical Manager/Leader of the Year

**Closing date for Award entries is Monday, 22 February 2010**

Further details can be found at  
[www.rcpsych.ac.uk/members/currentissues/rcpsychawards2010.aspx](http://www.rcpsych.ac.uk/members/currentissues/rcpsychawards2010.aspx)

## Trent Division CPD Events for 2010

### Dates for your diary!

Three CPD afternoon sessions are being organised by the RCPsych Trent Division CPD Committee on the following dates:

**Friday, 19th March 2010** - Leicester  
2pm - 5pm

**Friday, 18th June 2010** - Derby  
2pm - 5pm

**Friday, 19th November 2010** - Doncaster  
2pm - 5pm

The registration fee has been set at £20 per event. The invitation flyers with programme details for each CPD afternoon will be sent out nearer the time.

In the meantime please contact Sue Corfield ([scorfield@trentdiv.rcpsych.ac.uk](mailto:scorfield@trentdiv.rcpsych.ac.uk)) should you have any queries or need further information.

Dr Asit Biswas, Regional CPD Coordinator,  
Trent Division, RCPsych ([asitbiswas@yahoo.co.uk](mailto:asitbiswas@yahoo.co.uk))

## Advance Notice

### International Congress of the Royal College Of Psychiatrists

'ADVANCING SCIENCE'

21st - 24th June 2010 at the EICC, Edinburgh

For further information please visit

<http://www.rcpsych.ac.uk/events/annualmeeting2010.aspx>

or contact [conference@rcpsych.ac.uk](mailto:conference@rcpsych.ac.uk)

#### Local News - Nisha Dogra awarded University Fellowship

The University of Leicester celebrated the achievements and success of its academic staff during the week of the degree ceremonies in July 2009. Six members of staff including Dr Nisha Dogra (Senior Lecturer and Honorary Consultant in Child and Adolescent Psychiatry) were awarded University Teaching Fellowships in recognition of their outstanding and inspiring contributions to teaching and curriculum innovation and development.



Vice-Chancellor Professor Robert Burgess said: "The University of Leicester is a leading international research and teaching University. Our reputation for teaching excellence stems from the quality of our academic staff and the support systems that are in place for our students...All our Teaching Fellows have achieved great distinction in their respective fields and this recognition reflects the importance this University attaches to teaching and learning".

Nisha's award was in recognition of her remarkable and internationally-recognised contribution to developing innovative approaches to the teaching of child psychiatry and human diversity". Her work in human diversity also led to Nisha developing an on line educational programme in diversity for the Royal College of Psychiatrists. Nisha also led the Royal College of Psychiatrists' Scoping Group on Undergraduate Education in Psychiatry which included the development of a core curriculum for psychiatry. She has just finished co-editing "Ten Teachers in Psychiatry" (publisher Hodder Stoughton and due April 2009) with Stephen Cooper and Brian Lunn. She continues to be an active teacher and educational researcher.

#### \*MEDIA ALERTS\*

The Divisional Office receives daily press alerts of issues relating to psychiatry that have appeared in the media. If there are any issues or particular articles that you would like us to look out for please contact us and we will arrange for alerts to be forwarded to you.

## **Developing a Regional Recruitment Strategy: A Partnership between Postgraduate Specialty Schools and Regional Divisions of the Royal College of Psychiatrists**

### **Introduction**

There are approximately 500 CT1 posts in psychiatry in the UK each year to be filled. The Dean of the Royal College of Psychiatrists has established a Recruitment into Psychiatry Group to develop a national strategy to address recruitment challenges. Recent achievements of this group include the establishment of the Maudsley summer school in 2009.

The Student Associateship established by the College has attracted a membership of a significant number of undergraduates and foundation year doctors. It is essential that there is also local ownership of the strategic direction of the recruitment crisis.

Postgraduate specialty schools are responsible for recruitment into core training posts. Heads of specialty schools identify a need to market their specialty locally and are keen to improve recruitment among UK graduates and recognise the importance of showcasing careers in psychiatry. Many doctors at the end of final MB and indeed at the end of foundation training have uncertain career intentions. This is reflected by the large number of doctors that apply not only for core training in psychiatry but also for core training in medicine, paediatrics and general practice. Heads of specialty schools are joint Deanery and College appointments. They are well placed to be aware of the strategic priorities of local Postgraduate Deaneries and to influence decision making at that level.

Divisional chairs see education and training as one of their primary responsibilities. Divisional chairs will have well established local networks and contacts.

Partnership working between these two key stakeholders on a regional level would be a helpful development in outreaching on a more local level to influence recruitment.

East Midlands South School of Psychiatry and the Royal College of Psychiatrists have developed a Recruitment Strategy Group. Membership of this group includes representation from Leicester Medical School, Head of Specialty School, a number of trainees from within the Core Specialty training scheme in East Midlands South, the Regional Advisor for Leicestershire, Northamptonshire and Rutland, the Directors of Medical Education in the two Trusts within the Specialty School and undergraduate medical student representation. The group have identified shared aims and have scoped the current position locally regarding any areas of good practice that already exist.

There would be potential advantages if a network of recruitment strategy groups were developed nationally. These groups could be co-chaired by the Divisional Chair and the Head of Schools. Such groups would provide opportunities to share good practice, develop initiatives locally to attract students and strengthen links between the Specialty and the Postgraduate Deanery and the college. These groups could also work at drawing together any involved stakeholders to develop and influence an undergraduate special interest group within each medical school. A national recruitment network could also strengthen the links between undergraduate special interest groups in psychiatry, the Royal College of Psychiatrists and specialty schools in psychiatry.

## **Developing a Regional Recruitment Strategy: A Partnership between Postgraduate Specialty Schools and Regional Divisions of the Royal College of Psychiatrists**

### **Outline of Achievements and Future Developments East Midlands South School Psychiatry / Trent Division**

#### **A. Entrants to Medical School**

- Involvement of local psychiatrists at interview stage at Leicester Medical School.
- Outreach to local 6<sup>th</sup> formers about careers in Psychiatry.
- Development of Mental Health shadowing placements within Leicestershire Partnership NHS Trusts for 6<sup>th</sup> formers applying for Medical School.
- Aim to increase the involvement of local specialty trainees with 6<sup>th</sup> formers to promote a career in psychiatry.
- Begin to recognise the potential of GEM (Graduate Entrants to Medicine) for psychiatry, specifically those with previous psychology qualifications (A Level/Degree)
- Participation at Leicester Medical School Careers Fair. A short film has been produced by a group of core trainees locally about careers in Psychiatry which has been shown at this event.

#### **B. Undergraduate Medical Students**

- East Midlands South School of Psychiatry and the Royal College of Psychiatrists jointly developed a National Recruitment conference in Leicester in June 2009. Funding was provided by East Midlands Deanery. The event showcased careers in Psychiatry and an undergraduate reflective writing prize awarded at the event was provided by AOTP (Association of University Teachers of Psychiatry) an establishment of an Undergraduate Elective Prize and Public Speaking Competition by Trent Division of the Royal College of Psychiatrists (from 2010).
- The School of Psychiatry have developed 2 Clinical Teaching Fellow posts at ST4 from August 2010. These posts will support the future development of a local undergraduate teaching strategy actively involving Core specialty trainees, and will aim to provide a peer support network and mentoring for those students who have expressed an interest in Psychiatry as a career. Evaluation of this project will occur.
- The development of an Undergraduate Special Interest Group in 2009 at Leicester Medical School. Not all medical schools in the UK have established such a group and the Recruitment Strategy Group intend to develop events of interest to future potential psychiatrists. The chair of this group sits on the Recruitment Strategy Group.
- Future identification of undergraduates at Leicester Medical School expressing an interest in Psychiatry early in training to target this group as 'elite' by the Recruitment Strategy Group to foster this interest throughout clinical training.
- Development of an Undergraduate Elective Prize by Trent Division of the Royal College of Psychiatrists from 2010 open to students who attend one of the 3 medical schools in Trent Division.

## **Developing a Regional Recruitment Strategy: A Partnership between Postgraduate Specialty Schools and Regional Divisions of the Royal College of Psychiatrists**

### **C. Foundation Programme**

- There has been a Psychiatrist actively involved as a Training Programme Director (TPD) for the Specialty within the governance structure of Leicestershire, Northamptonshire and Rutland (LNR) Foundation School since its inception in 2004. This has ensured psychiatry has a high profile in the Foundation Programme. The Foundation programme TPD and Head of Specialty School are working together to ensure innovative posts are developed in anticipation of the expansion of the Foundation Programme in 2011. Innovative posts which will be developed in partnership with other specialties who are also experiencing recruitment problems include child health (Paediatrics and Child Psychiatry) and Perinatal health (Obstetrics and Gynaecology and Perinatal Psychiatry).
- Development of an Audit Prize for Foundation doctors by Trent Division of the Royal College of Psychiatrists awarded at the Annual meeting from 2009.
- Building on the evaluation of the National Recruitment Day in 2009, a half day programme to showcase careers in Psychiatry aimed at the University of Leicester Final year MB students prior to making application in the Foundation Programme will be delivered in 2010. Many students still have uncertain career intentions at the end of Final MB and may be positively influenced to select a psychiatry post in the Foundation Programme.
- East Midlands South School of Psychiatry is currently involved in a qualitative survey into the push and pull factors which have influenced career choice of all doctors who have completed a psychiatry post in the Foundation Programme across the two Foundation Schools in East Midlands Deanery.
- Future Development of a Foundation Year case based discussion BALINT group at LNR Foundation School.

From a regional perspective the first step would be to establish a Trent Regional Network of Recruitment Strategy Groups relating to the 3 medical and Speciality Schools within the Division. If there is any interest in expanding this innovation to other parts of the Region please contact Deenesh and I with your proposals. I believe a proactive and innovative approach to attracting medical students and marketing psychiatry as a career require the immediate attention of all members of the Division.

I look forward to hearing from you.

**Ann Boyle**

**ETSC representative-Trent Division RCPsych**

**Head of School -Psychiatry**

**East Midlands Healthcare Workforce Deanery (South Centre)**

## Psychiatric Trainees' Committee - top 10 tips for passing the College Exams

The most recent MRCPsych exam results at the end of 2009 brought alarming news for trainees and disappointment to some of our colleagues. However, the New Year brings a fresh start and further opportunities for success. These tips are based on distilled experiences and memories shared with previous exam peers and study buddies I have trekked alongside whilst going through the old style exam, the new written formats and CASC, as well as exams from other Royal Colleges, meeting both failure and success. I hope that these tips may be of some help in lessening the height of this much dreaded hurdle, for those of you who have yet to make this successful leap.

### 1. Plan well in advance - that's before you start any revision

Have a good idea when you will sit each component of the exam. Bear in mind when each diet is being held, make room for important events (there may be weddings and births to work around), consider where you are in your core training in terms of job experience relevant to the exam and College eligibility criteria, against the need to progress in time for higher training. Whilst it is sensible not to pressurise yourself with sitting too many papers in one go, this has to be balanced against the possibility that you may not get through on the first attempt. Avoid any delays in sending in the application form, and check the College website regularly for the closing date. Don't forget to put aside enough funds to cover fees for the exam, courses and revision aids, and leave enough time to get the right signatures for your application.

### 2. Know the exam - particularly the mark scheme

Know which parts of the curriculum are being tested in the component of the exam you are sitting (check the College website as it can be subject to change). Know the type and format of questions that will be asked and look at the sample questions on the College website. Know the breakdown of question types, e.g. single best answer MCQ vs. EMI and the weighting of topics asked in the paper, e.g. clinical vs. critical appraisal, psychopathology vs. psychology. All of this information is available on the College website. For the CASC, familiarise yourself with the information issued by College on the pass mark, blueprint, grade descriptors and areas of concerns shown on the website. Use this knowledge to guide your revision plan, timetable and how you will tackle the exam on the day.

### 3. Know how you work and revise best

Some people are morning larks, some are night owls, and some are hummingbirds. We all have different times of the day when we are at our most productive. Know when this time is for you and channel your revision times, as far as possible, to these parts of the day.

Some people work best in groups, finding it helpful to have others to keep the motivation and momentum going, as well as to keep track of, and monitor progress. Others may find group work distracting, particularly for written papers, and prefer to revise on their own. Whichever type you are, it is essential that CASC preparation is done within a group. Choose your group well though. Try to include those you know you can work with: people with whom you feel comfortable in making a fool of yourself in front of (the CASC often does this, especially with acting out vignettes); who will give you honest but constructive feedback and can work at a pace that fits well with you.

### 4. Know your strengths and weaknesses - be honest with yourself

Just because you may have done a post in a subspecialty, does not necessarily mean you will have been equipped with the kind of information needed to pass a MCQ/EMI/CASC station in that

## Psychiatric Trainees' Committee - top 10 tips for passing the College Exams (continued)

subject area. Conversely, just because you don't have experience in an area, doesn't mean you can't pass related parts of the exam cleanly. Be guided by feedback from your seniors / peers/questions you do, so you can focus your efforts and set some goals. Keep track of these goals.

With these goals in mind, have a think about how you can reach them within the time you have. How much information can you take in one go, and how much repetition do you need? How will you review and mark your progress? Try and see how aspects of your daily work are relevant to the exam.

Be aware of your optimum way of learning: do you need certain environments? Do you have a dominant learning style? Are you a visual, auditory or kinaesthetic learner (VARK model), or could you be an Activist, Reflector, Theorist or Pragmatist (Honey and Mumford model)? There are various free online questionnaires that can help you identify and work towards your style. Give them a go - at the very least, they can be part of a fun break from the books.

### 5. Plan your revision - make a timetable

This may sound incredibly rigid, but can really help you structure your time so you can actually have more freedom from the exam by making the most of revision and having time off. Do this with the other tips in mind, so that you can regularly adjust your schedule to allow for flexibility. A short term adjustable timetable for weekly revision tasks can work alongside a longer term timetable that oversees a plan to cover tasks for the whole exam.

Book annual and study leave in advance and plan how you can use this most effectively.

### 6. Know where you can get help - and make the most of these sources

Know where you can access the best revision sources by speaking to those who have recently done the exams. There are many standard textbooks recommended for more in depth learning, as well as focused revision books, some with key facts and others with practice questions or vignettes suitable for the CASC. You will need a mix to maximise on optimum learning. There are also many revision courses available with good notes and practice stations or questions, both to attend in person, as well as online. Bear in mind tips 3 and 4 when making your choices. Money and time spent wisely here could save you from a costly resit. Try and pool revision material with your exam peers who may attend other courses.

Make your daily work relevant to the exam by letting colleagues know that you are sitting the exam and allowing them to quiz you in ward rounds, clinics, during an ECT list, etc, and ask for feedback whenever you see patients or present cases to others. Some consultants or higher trainees will be prepared to help set up a mock CASC after work for a group of interested and motivated candidates sitting the exam. There are also many consultants in your area who are College CASC examiners and can be valuable in helping with preparation - find out who they are and get them on board (in the politest possible way).

### 7. Use revision aids - tailor make your own

As above, there is a lot of exam preparation material available. However, your needs will be specific to you, and it can always be helpful to make short notes/ aide memoires that will help you fill those gaps and get you through. These can take the shape of mnemonics, study cards, colour coding, folders, files, etc. Whatever suits you, allows you to add things easily, caters for your strengths and weaknesses, and helps keep the information ticking over, to be accessed readily for the big day.

## Psychiatric Trainees' Committee - top 10 tips for passing the College Exams (continued)

### 8. The 3 Ps for Passing - Practice, Practice, Practice!!!

In the run up to the exam, do a bit of revision consistently on as many days of the working week as possible and pace yourself as far as you can (being flexible with on call commitments and other demands). By then, you will have decided if the working week will need to include part of the weekends. Do bear in mind that, similarly to preparing for a marathon, it is essential that you have regular breaks and a rest day a week, where you can switch off, enjoy a change of scenery to recharge your mental and physical fitness and commitment for the long run. Don't cram revision into the last few weeks: sprinting in a marathon doesn't usually get you comfortably past the finish line.

Ensure you practice as many questions as possible in the same format as the actual exam you are sitting, on top of reading the theory. This is particularly important in the final few weeks. Many fail from spending too much time reading new material, going through chapter upon chapter from various books on recommended lists. There is little point if the information you have learned cannot be applied to the question format posed by the College. Do mocks under exam conditions with feedback whenever possible to help focus further practice. This applies to both the written and clinical components of the exams. And don't be complacent: you can never know or practice too much for an exam, and to follow a succession of previous Trent trainees, there's always the College Laughlin prize to aim for!

### 9. The Big Day

Know when and where you need to be, what you need to bring and how you will get there in good time. Dress for the occasion: something comfortable for the written papers; for the CASC something smart yet comfortable enough to allow you to look the respectable and confident higher trainee you will soon be. Know your tools as it's never a good idea to learn how to work a calculator when you're also trying to work out the answer to a tricky paper 3 EMI statistics question. Read the question and the instructions.

Pace yourself very carefully in the exam, and decide how you will tackle the written papers in advance from how you fared best in mocks. Decide on a strategy and stick to it on the day: you may want to go as fast as you can in a written paper and leave questions you are unsure of until the end. Conversely, you may want to take a little longer and work through a tricky question, rather than return later. Do what you know works best for you and gets you those marks. Have a good idea where you should be at half time; regularly clock watch (the invigilator's clock), and try and save some spare time to go through the paper at the end. Do not leave any blanks in the written MCQ papers, even if it means blindly filling something in during the final 10 second countdown. You still have a 20% chance of getting that all important extra mark.

Timing is also of the essence in the CASC. Read the vignette carefully, gather your thoughts for what kind of scenario may unfold, and do what the task asks of you. Be mindful in the linked stations of the information you will need to elicit in the first station, in order to help you in the link. No matter how badly you may feel a station has gone, clear your head and focus on the task at hand when you rotate onto the next station. Being able to do this quick mental set shifting to refocus is vital in the CASC as you may be thinking intensely in a forensic setting, which could then be followed by CAMHS, old age, a physical examination or then psychotherapy, all in matter of minutes, which you will rarely encounter in daily practice. However, try to be yourself and not let nerves get the

## Psychiatric Trainees' Committee - top 10 tips for passing the College Exams (continued)

better of you. By the time you have done nearly three years of core training, you will have picked up more than enough skills to competently manage the scenarios that will be thrown at you. Advice I found helpful to keep in mind, was to try and manage each scenario and present oneself to the examiners as a good, higher trainee would. And don't take too many fluids on board: there isn't enough time to relieve your bladder, without having to trade off potentially crucial marks.

### 10. The Aftermath

Reward yourself and celebrate the end of the slog - you will have deserved it!

Something that can be helpful is to very quickly jot down thoughts from the exam you will have just gone through, provided that this does not become an extensive or soul destroying post mortem. There may be questions and scenarios that you may have found particularly taxing. A brief personal reflective note on some of these aspects of the exam can then be filed away, allowing you to offload before you celebrate properly in style. When the results come out, this note can either be thankfully discarded, or can help refocus and guide any work, if needed, for a resit.

To avoid needing to resit the exams, please remember the three themes that recur in these ten tips that summarise the key to passing exams: Knowledge, Timing and Practice.

However... If at first you don't succeed...

Failure happens to many of us; you will be in good company! Don't be disheartened, give yourself a break and remember why you are doing the exam in the first place: to be better at doing what you enjoy in the career you have chosen, to improve on how you make a worthwhile and rewarding difference in peoples' lives, and to become a member of the College.

Please do let me, or the other local PTC representatives know if you encounter any difficulties with the exams that you would like to have addressed with the College.

All the very best to those of you sitting exams this year.

Dr Val Yeung, PTC Representative, Trent Division, RCPsych

## The Royal College of Psychiatrists on Facebook [www.facebook.com](http://www.facebook.com)

The official Facebook group of the Royal College of Psychiatrists is used to sign-post information on the medical students pages of the Royal College of Psychiatrists website such as details of College competitions, conferences and psychiatry electives. Medical School Psychiatry Societies can use the page to share information about their local seminars and events. Details of the student associateship will also appear here.

### In the news...

Stephen Fry's *The Secret Life of the Manic Depressive* - Winner: Best Documentary - International Emmy Awards. Nominated: Best Factual Series - BAFTAS. Featuring interviews with: Carrie Fisher, Richard Dreyfuss, Jo Brand, Griff Rhys Jones, Rick Stein, Tony Slattery.

## Membership of the Executive Committee

Dr Deenesh Khoosal	Chair (E)
Dr Deborah Chaloner	Honorary Secretary (E) Public Education
Dr Gillian Pinner	Finance Officer (E)
Dr Harry Andrews	Rehab & Social Psychiatry Faculty
Dr Jon Arcelus Alonso	Eating Disorders Section
Dr Sabyasachi Bhaumik	Immediate Past Chair
Dr Asit Biswas	CPDRC
Dr Darran Bloye	Forensic Psychiatry Faculty
Dr Paul Boston	Faculty of Old Age
Dr Ann Boyle	ETSC Representative (E)
Dr Debasis Das	Committee Member (E)
Dr Subodh Dave	Workforce Committee Representative
Dr Gillian Doody	Regional Adviser
Dr Trevor Friedman	Liaison Faculty
Dr Danitza Jadresic	Policy Committee Representative
Dr Richard Lansdall-Welfare	Learning Disability Psychiatry Faculty
Dr Mangesh Marudkar	Committee Member (E) Service User/Carer Involvement
Dr Anshuman Pant	Addictions Faculty
Dr Rudresh Pathak	Committee Member (Lincoln Representative)
Dr Anandamandiram Ramakrishnan	Committee Member (E)
Dr Rhona Sargeant	Psychotherapy Faculty
Dr Mohan Thomas	Child & Adolescent Psychiatry Faculty
Dr Christopher Wallbridge	General & Community/ Regional Adviser
Dr Jane Warrington	Regional Adviser
Professor Peter Woodruff	Academic Faculty
Dr Val Yeung	PTC Representative

The Trent Division Executive Committee meets four times a year to discuss both College and local issues. Members of the Committee can be contacted through the Divisional Office.

### 2010 Meetings:

27th January 2010

28th April 2010

14th July 2010

12th November 2010

Please refer to the Division's website for a full colour version of this newsletter in PDF format.

Disclaimer: The opinions expressed in this newsletter are those of individual authors and do not necessarily represent the views of the Royal College of Psychiatrists

## Royal College of Psychiatrists

Trent & West Midlands Divisional Office  
Halifax House  
14/15 Frederick Road  
Edgbaston  
Birmingham  
B15 1JD

Phone: 0121 410 2655

Fax: 0121 410 2656

E-mail: [ndavies@trentdiv.rcpsych.ac.uk](mailto:ndavies@trentdiv.rcpsych.ac.uk)  
[scorfield@trentdiv.rcpsych.ac.uk](mailto:scorfield@trentdiv.rcpsych.ac.uk)