

# West Midlands Division



October 2007

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## Editorial

Welcome to the Winter edition of the West Midlands Divisional Newsletter. Following the traumatic experience of MTAS, articles from the psychiatric trainees committee and the affiliates section dominate this newsletter. There is also a report on the Spring meeting.

The next Winter Divisional Meeting will be held on Friday 7<sup>th</sup> December 2007 in Stafford. Hope to see you there!

Gabrielle Milner, Editor

Professor Shiela Hollins, Dr Afzal Javed and Thomas Bakewell Prizewinner Rahhiel Riasat at the Spring 2007 Divisional Meeting (see inside for further details)

## Dates for your Diary

- Affiliates Meeting - Autumn 07  
1 November 2007
- Winter Divisional Meeting  
7 December 2007
- Affiliates Meeting - Spring 08  
24 April 2008



If you would like to submit an article for inclusion in the next edition of the newsletter please send it to [ndavies@wmidsdiv.rcpsych.ac.uk](mailto:ndavies@wmidsdiv.rcpsych.ac.uk) by 28 February 2008

## Chairman's Report

Welcome to the 4th issue of our Newsletter. Since I last wrote a lot has happened in the Division and I have summarised some of the recent initiatives and developments below.

### ◆BME sub-committee

The recently established BME sub-committee is continuing to look at the issues of ethnic minorities in terms of service provision and other related issues. On 13 March the Division held a thought-provoking joint conference with CSIP on 'Improving Patient Care for BME Communities across the West Midlands'. We hope to collaborate with CSIP again next year and hold a similar event. Further information about the BME sub-committee can be found on page 5.

### ◆Changes in Psychiatric Training

The Division is keen to support its trainees throughout this difficult time. Dr Clare Oakley, our PTC representative is heavily involved with the College and is currently part of a working group that is considering the future of specialty training. A comprehensive update on the current situation can be found on page 10. The Division held a number of half-day workshops across the region to inform participants about the changes to psychiatric postgraduate training and to introduce the new workplace based assessment (WPBA) tools. These were well attended and generated much interesting discussion.

### ◆PMETB Article 14

The Division is passing on updated information to its Affiliates & SAS doctors about the recent changes in the PMETB guidelines. Dr Iqbal Naeem, Affiliates Representative, is very active in this regard and held another successful one day meeting for the Affiliates and SAS doctors from our Division on 26 April 2007. Another meeting is planned for 1 November 2007

### ◆Clinical Excellence Awards

The Division will once again be considering applications for Clinical Excellence Awards to the College via the Division. The CAE nominating committee under the chairmanship of Professor Femi Oyebode will meet in early October to formulate its recommendations for the 2008 round before sending them to the College. Results of the 2007 round should be available shortly.

### ◆Nomination for Fellowship

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. The Division would like to encourage eligible members to apply for Fellowship and to contact the Divisional Office if they need any assistance.

### ◆Divisional Meetings

We are pleased that we are getting good participation from our members in our Divisional meetings. The last meeting on 11 May at the Birmingham Medical Institute was well attended and generated much positive feedback. The next meeting will be on Friday 7 December and will be held in collaboration with South Staffordshire and Shropshire Healthcare NHS Foundation Trust. The meeting will centre around psychiatric morbidity in service veterans.

I once again thank all the executive committee members for their support, and hope that we will continue to play an important role in promoting and strengthening College policies in our Division. I would encourage any interested Members to get more involved in the workings of the Division by joining one of our sub-committees. I would also request that all members keep us informed about their comments and views about the functioning of our Division. We believe that your input is essential for keeping our College and more importantly our Division on the local scene.

**Dr Afzal Javed,**  
**West Midlands Division Chair**

## Divisional Meetings and Events

### Spring Divisional Meeting, 11th May 2007

The West Midlands Spring Divisional Meeting was held at the BMI, Birmingham on 11<sup>th</sup> May 2007.

Following an introductory talk by the Divisional Chairman Dr Javed, the inaugural prize for medical students, the Thomas Bakewell prize, was presented to Miss Riasat for her essay on "Mental Illness and the Media".

The research presentation competition followed and in a closely fought competition the overall winner was Dr Sood with his illuminating and interesting presentation entitled "Dementia Classification using a neural network and their rating scale enhancement conjecture".

The theme of the meeting was based on the college president's campaign "Images of Psychiatry" and the Division was fortunate to have the opportunity to have the president of the college Professor Sheila Hollins to talk about her campaign.

This theme was continued in the afternoon session with presentations from Dr Kate Gingell on "Work in progress - changing the school curriculum", "Addressing the Future by Engaging Scholars of Today" by Dr Andrew Ashley-Smith, and "Psychological Medicine Inspiring Medical Students" by Liza Jones, University of Birmingham.

The afternoon session highlighted the range of work in the Division which is attempting to involve young people and students to develop an understanding of psychiatry and psychological issues.

The feedback from the meeting was positive and encouraged attendees to consider how they could be involved in promoting psychiatry to young people.

Dr Gabrielle Milner  
Editor



## Divisional Prizes



The 2007 **Research Presentation Prize** was awarded to Dr Loopinder Sood at the Spring Academic Meeting on 11 May by Professor Sheila Hollins, President, RCPsych. Dr Rajashree Ray and Dr Floriana Coccia and Dr Kate Robertson were also highly commended for their entries.

The Division has recently established a new essay prize; **The Thomas Bakewell Prize**, for medical students studying within the West Midlands. It is hoped that such a prize will encourage medical students to take an interest in mental health in general as well as developing specific knowledge for a particular topic. The title for this year's prize was 'Mental Illness and the Media'. Miss Rahiel Riasat from Warwick Medical School was presented with a cheque for £200 at the Spring Divisional Meeting.

Further details about current prizes can be found overleaf or obtained from the Division's web page

<http://www.rcpsych.ac.uk/college/divisions/westmidlands.aspx>

## Annual Prize for Clinical Audit

**Entries are invited from Psychiatric Trainees (below the level of Specialist Registrar) and NCCG/SAS Doctors working in Psychiatry.**

Entrants must submit a description of a clinical audit in which they have played a significant contribution. This contribution should be at both conception and implementation phases. The description should comprise a 1,500 to 2,000 word summary setting out the background of the project, the work involved and the outcome. The audit should have begun not more than 2 years before submission. It may be conducted by an individual alone but particular consideration will be given to multidisciplinary audit. Judges will give special consideration to how the audit has affected clinical practice. The winner will be awarded with a trophy.

**The closing date for entries for 2007 will be the 31<sup>st</sup> October 2007, entries must be submitted to Dr Gabrielle Milner, Financial Officer, West Midlands Division, by this date  
(email: [ndavies@wmidsdiv.rcpsych.ac.uk](mailto:ndavies@wmidsdiv.rcpsych.ac.uk)).**

A panel of three judges will be appointed by the West Midlands Executive Committee. The judges will only take into account information provided in the summary. Entrants will be informed of the result in the last week of November. To win the trophy the participant must present their audit at the Winter Meeting of the Division, to be held in Stafford on

**Friday, 7<sup>th</sup> December 2007.**

## Thomas Bakewell Essay Prize for Medical Students

The Division has recently established a new prize for medical students who are currently attending a medical school within the West Midlands. It is hoped that such a prize will encourage medical students to take an interest in mental health in general as well as developing specific knowledge for a particular topic. The title for this year's prize is:

**'Mens Sana in Corpore Sano'**

**Discuss the relationship between Mental and Physical Health and Mental and Physical Illness**

Entrants should submit an essay of no more than 5000 words to the West Midlands Divisional Office by **1<sup>st</sup> December 2007**. The winner will receive a cheque for £100. Entrants will be informed of the result in January 2008 and will be presented with their prize at the Spring Divisional Meeting in May 2008.

## West Midlands Division: Sub-committee on BME issues

Just to recap, the BME issues subgroup committee was formed by a small group of Psychiatrists from Walsall who were finding it increasingly difficult to engage with patients from Ethnic Minority backgrounds. They felt that there needed to be greater understanding of the issues surrounding this group of people and how we, as Psychiatrists could address this. Following on from this they hosted an extremely well attended event: a joint conference with CSIP held at the Centennial centre in March 2007 which effectively catapulted the group into the forefront. This event featured many prominent speakers in this field as well as voluntary sector workers and patients which provided valuable insight into the problems encountered by this group of people.

The recent meeting of the West Midlands subgroup on BME issues held at the Divisional Office in Edgbaston on 26th July 2007 proved to be extremely successful with three main goals identified. The turnout for the meeting was good with over seven Consultants from around the region attending with a scattering of trainees as well. The first aim is to highlight the importance of research and supporting

colleagues wishing to carry out research in this field. The second aim is improving education and resources by hosting more events and conferences. The last aim identified was encouraging peer support across the region by holding regular meetings and providing a forum where active discussion can be promoted.

The meeting concluded on a positive note with two further meetings planned for November 2007 and February 2008. There is also a future joint event with the Royal College of Psychiatrists and Delivering Racial Equality (DRE) in the pipeline which will showcase the progress of work that is currently being delivered to the region.

Despite the recent successful BME issues subgroup meeting and Joint CSIP event, we are keen to expand on this. If you have an interest in BME issues and would like to join the Royal College of Psychiatrists, West Midlands Division subgroup on BME issues then please email [ndavies@wmidsdiv.rcpsych.ac.uk](mailto:ndavies@wmidsdiv.rcpsych.ac.uk). We hope to see you at the next meeting!

**Dr Nina Champaneri**

**(ST3 Trainee BME Sub-committee)**

## 2007 Elections Results

Education, Training and Standards Committee Representative - Dr Stephen Edwards  
Executive Committee Member - Dr Iftikhar Ahmed

### **\*VACANCY\***

There is currently a vacancy within the Division for an Academic Secretary. The Academic Secretary will be responsible for all aspects of the academic programme for Divisional Meetings and for ensuring that programmes are successful and attractive to Division members. A job description for this post can be obtained from the Divisional Office, [ndavies@wmidsdiv.rcpsych.ac.uk](mailto:ndavies@wmidsdiv.rcpsych.ac.uk).

## Affiliates' Affairs

### Educational Event for Affiliates & SAS - 26 April 2007

The last meeting held on 26 April 2007 in Birmingham. The event was very well attended showing the enthusiasm and interest of the participants. General consensus of the group reflected the view that this event being held twice a year is helping to look after CPD needs of the SAS psychiatrists.

The day began with welcome and an introduction of the programme by Dr Naeem. It was hoped that continuous efforts to include topics of multiple dimensions would benefit the wider interest of the participants. Dr Afzal Javed, the division chair, emphasised the importance of continuing work done by this group of doctors in terms of service delivery and further developments in NHS. He reassured that the Royal College of Psychiatrists will continue to support Affiliates and leave no stone unturned to give due consideration to this hardworking group of psychiatrists.

Dr Renju Joseph elaborated the medicolegal aspects of treating Schizophrenia and other psychotic illnesses. He beautifully explained his view point with the examples from his clinical practice.



The talk on 360° assessment was delivered by Robert Jackson, head postgraduate education at the college. ACP 360° assessment system set up by the Royal College is a support for psychiatrists' appraisals process, he said. Dr Shahid Quraishi gave his account on seeking specialist registration under new legislation. PMETB has been displaying helpful material on its website, but a discussion on the practical aspects of planning and preparing applications under article 14 was eagerly awaited by the potential candidates. The talk dovetailed well into an interactive discussion on discretionary points application procedure by Jane Campbell an industrial relations officer (IRO) of BMA. Overall feedback from the participants was rated highly.

### Affiliates' Central Committee

The Committee met in Birmingham on 26 April 2007, first time ever outside London. This was a valuable experience and definitely boosted the morale of the Affiliates and SAS psychiatrists in the region. It was attended by Affiliates Representatives from other Divisions including Scotland and Ireland. Robert Jackson and Marion Palmer Jones were the college officials to participate.

Professor Greg O'Brien Associate Dean in the college took over his role as to lead the Affiliates of the College.

**Dr Iqbal Naeem, Affiliates and SAS  
Representative, West Midlands Division, RCPsych**

## Future Affiliates events...

**1st November 2007**

**24th April 2008**

**6th November 2008**

## The Psychiatrists' Support Service

This year's Annual Meeting saw the launch of an innovative service for members of the Royal College of Psychiatrists; the Psychiatrists' Support Service.

This is a confidential support and advice telephone service for our member psychiatrists who find themselves in difficulty over issues such as:

- Bullying and harassment
- Training
- Examinations
- Health
- Serious clinical incidents
- Internal and external reviews
- Inquiries
- Whistle-blowing
- The career pathway
- GMC/NCAS involvement
- Exclusion

This is not an exhaustive list.

### How does the service operate?

Your phone call into the service will be received by the Psychiatrists' Support Service Manager who will listen to the details of your situation and review your case individually with the Associate Registrar leading the service.

After this review, you will either be directed to an appropriate organisation to provide the necessary support, or you will be referred to a senior member of the College for focused advice and/or mentoring.

If support is to be provided by a psychiatrist within the College, a contract will be agreed and the appropriate level and type of support given.

The phone lines will only operate during office hours, but support and advice may be given by members of the College outside of these hours at a mutually convenient time.

The service will guide you through the issue you are having difficulty with and will not attempt to make judgements about whether you are in the 'right' or 'wrong'. It is expected that doctors experiencing difficulties will have followed the correct policies and procedures within their own organisations in the first instance.

If you give your consent, you will be sent an evaluation form for feedback on your experience of using the service.

### Who is the service for?

The service is available to Members and Associates of the College only. Doctors contacting the service who are not Members or Associates of the College will be given general advice during the initial phone call. They will be referred thereafter to our Membership Section to discuss whether there is a grade of association with the College for which they would be eligible, before any further advice is provided.

## The Psychiatrists' Support Service - continued

### How much does this service cost?

Access to this service is included in annual membership of the College, no other charges apply.

### Confidentiality and data protection

The confidential nature of this service means that telephone calls will not be recorded. Your call will reach the Service Manager on a direct line not connected to the College's switchboard. Any data held about you will adhere to the principles of data protection. Please refer to the College website (<http://www.rcpsych.ac.uk/dataprotection>) for more information.

Dr Pete Snowden                      Associate Registrar, Psychiatrists Support Service

Diana Chan                              Psychiatrists' Support Service Manager

### Frequently asked questions

#### ***I'd like to discuss my problems face-to-face – can I visit the College to use this service?***

The Support Service is a telephone-only service in the first instance. Depending on the type of third-party support that is offered, meetings might be arranged. We do not currently offer a 'walk in' service on College premises.

#### ***Can I get advice and support without being treated like a patient?***

The Support Service is your gateway to specialist advice, peer support and mentoring; it does not offer counselling or treatment.

#### ***Will the service be able to provide advocacy or representation at an employment tribunal?***

The Support Service is not an advocacy service; it will not act as a trade union or offer representation at an employment tribunal, but can direct you to agencies to help with this.

#### ***How can I contact the service?***

Telephone helpline: 0207 245 0412

Email: [psychiatristssupportservice@rcpsych.ac.uk](mailto:psychiatristssupportservice@rcpsych.ac.uk)

Write to: Psychiatrists' Support Service Manager, 17 Belgrave Square, London. SW1X 8PG

## Advance Notice

### Annual Meeting of the Royal College Of Psychiatrists

**'Psychiatry without Frontiers: integrating mental health practice'**

**1st - 4th July 2008 at the Imperial College, London**

For further information please visit <http://www.rcpsych.ac.uk/pdf/Call.pdf>  
or contact [conference@rcpsych.ac.uk](mailto:conference@rcpsych.ac.uk)

## CPD Update

Since I last wrote there have been a number of changes to the College CPD Committee. Joe Bouche has moved to become Editor of *Advances in Psychiatric Treatment* and Dr J S Bamrah has taken over as chair. JS has instigated a number of changes to the committee structure. There is now an elected Executive to which I have been elected.

This Elected Executive replaces a number of sub committees. The main CPD committee remains and Dr Patel is now the elected vice chair. A function of the Executive Committee is still being defined but in essence its main functions will centre around policy review and "dealing with difficult issues with colleagues". As members may be aware changes are imminent as a result of the *White Paper* (Trust, Assurance and Safety - The Regulation of Health Professionals). As a result there is now a recertification group in the college which will undoubtedly work closely with the CPD committee. Both committees report to the Professionals Governance Committee and there are links with the Education and Training Standards Committee.

Overall the Executive is looking to develop a new CPD policy by 2008. It is likely that this policy will mirror the tenets of good medical practice. It is noted that the Royal College of Psychiatrists is the only college

that organises CPD via peer groups. There is a suggestion that there may be a harmonisation of CPD structures across the colleges. This may or may not be the end of peer development groups. Interestingly the Royal College of Surgeons have expressed an interest in this mechanism. **However, in essence the whole policy is up for discussion and anyone with strong views should represent them to me for further discussion at the college.**

The College is also looking to extend links with European CPD structure as well as the American structure. The downside of this is that courses may incur onerous recognition charges. Apparently the European Union can charge up to £2,000 to recognise a course. However, one advantage from the college's perspective, is that Americans and Europeans may be more likely to attend the Annual Meeting if it is recognised by the appropriate body for CME activity.

The College is also considering credentialing courses and has recently one pilot in the West Midlands looking at credentialing for educational supervision. Such courses may be costly and labour intensive.

**Dr Richard Hodgson, Regional CPD Coordinator, West Midlands Division, RCPsych**

[RichardE.Hodgson@northstaffs.nhs.uk](mailto:RichardE.Hodgson@northstaffs.nhs.uk)

## West Midlands Division: Patients and Carers sub-committee

The West Midlands Division would like to set up a 'patients and carers group' for psychiatrists that are interested in involving patients and carers in the activities of the Division. If you would like to become a member of this group, which will be led by Peter Woodhams, the Division's Carer Representative, please contact the Divisional Office, [ndavies@wmidsdiv.rcpsych.ac.uk](mailto:ndavies@wmidsdiv.rcpsych.ac.uk). It is hoped that this group will work in close collaboration with CSIP West Midlands and will feedback via Peter to the Executive Committee.

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

'New ways of working for consultants-better for consultants or patients?'

click for

[PATIENTS](#)

click for

[CONSULTANTS](#)

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

## Psychiatric Trainees' Committee

The Psychiatric Trainees' Committee (formerly called the Collegiate Trainees' Committee) is an active committee at the College. It is involved in discussions and decision making within the College about issues that affect trainees. A PTC representative sits on all other College committees to ensure that training issues are considered in all forums within the College. The West Midlands division has three representatives on the PTC who are elected every two years. The current representatives for the West Midlands are:

Floriana Coccia - ST4

Clare Oakley - ST3

Erin Turner - SpR

They can be contacted via [kholliday@rcpsych.ac.uk](mailto:kholliday@rcpsych.ac.uk).

It continues to be a very difficult time for trainees. Many trainees have not secured the job of their choice and others are awaiting news of the outcome of Round 2. However, those who have obtained training jobs are to be congratulated and I would like to take this opportunity to welcome all trainees who are new to the West Midlands. I hope you will enjoy training in the West Midlands and that you will be made to feel extremely welcome.

The PTC feel that it is vital that lessons are learnt from the MTAS fiasco. To this end we recently wrote a letter to the Dean of the College, Professor Bhugra, highlighting the problems with this year's selection

process and making suggestions for improvements in the future. As a result of this I will shortly be involved in a working group at the College to consider the future of specialty selection. Please contact me with any views you have about the changes that are required.

The PTC are also very concerned about the new quality assurance framework under the Postgraduate Medical Education and Training Board. It is essential that training standards are maintained with the Modernising Medical Careers reforms. There are examples nationally of ST4 trainees undertaking tasks that were traditionally performed by more junior trainees and being on the first on call rota, which limits their opportunities to obtain supervisory experience. The PMETB trainees' survey and limited deanery visits in the last two years have failed to provide a robust external review of the educational process at local levels to the standards that were previously achieved by the College. Without a change to the current quality assurance framework we believe there is a real danger that psychiatric postgraduate training will become increasingly devalued, resulting in the loss of respect of the psychiatric profession as a whole. Again, we have written to the Dean outlining our concerns about this issue and asking the College to consider this matter urgently.

**Clare Oakley, PTC Representative, West Midlands Division, RCPsych**

## 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.

## Membership of the Executive Committee

Dr Afzal Javed	Chair
Dr Derrett Watts	Honorary Secretary
Dr Gabrielle Milner	Financial Officer/ Deputy Regional Adviser
Dr Iftikhar Ahmad	Committee Member
Dr Andrew Ashley-Smith	Rehab & Social Psychiatry Faculty
Dr Claire Barkley	Forensic Psychiatry Faculty
Dr Joanne Barton	Child & Adolescent Psychiatry Faculty
Dr Nicholas Brown	Committee Member
Dr Neil Deuchar	Committee Member
Dr Stephen Edwards	Regional Adviser/ ETSC Representative
Prof Anthony Elliott	Faculty of Old Age
Dr Katherine Gingell	Committee Member
Dr Richard Hodgson	CPDRC
Dr Martin Humphreys	Committee Member
Dr Jonathan Lovett	Committee Member
Dr Lisetta Lovett	Public Education Officer (or PEO)
Dr Christopher Mace	Psychotherapy Faculty
Dr Arshad Mahmood	Committee Member/ General & Community
Dr Geoffrey Marston	Learning Disability Psychiatry Faculty
Dr Vijaya Murali	Faculty of Addictions
Dr Iqbal Naeem	Affiliate representative
Dr Clare Oakley	PTC Representative
Dr Adel Sobeih	Committee Member
Professor Scott Weich	Academic Faculty
Dr Alfred White	Liaison Faculty
Mr Peter Woodhams	Carers Representative

The West Midlands 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.

### 2008 Meetings:

18th January 2008

28th March 2008

27th June 2008

26th September 2008

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

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