

REGISTRAR: THE PTC NEWSLETTER

Friday, 21 January 2011



Editorial

By Dr Josie Jenkinson, Chair, Psychiatric Trainees Committee

What Can the College do for You?

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Happy new year and welcome to the January edition of 'The Registrar', the quarterly newsletter of the Psychiatric Trainees Committee, and my first as editor. I hope that you all had a good festive season and managed to squeeze in some rest and relaxation. I was delighted to be elected as the new Chair of the Psychiatric Trainees Committee at our last residential meeting in October, and am looking forward to the year ahead. I am fortunate to be joined by two fantastically supportive and enthusiastic fellow officers, Kamran Ahmed (Vice-chair) and Alice Lomax (Secretary). You can find out a bit more about us in our profiles below.

It is an exciting time in the College as we are about to have a new president. All member trainees should have received a ballot paper and email by now and I urge you to take the time to vote. Please read our article on the elections for more details.

We have a strong focus for 2011 on

getting back to 'grass roots' training issues – exams, assessments and curricula. We will be working closely with newly appointed associate deans Dr Gill Pinner and Dr Vicky Banks, to look at core and higher specialist training and how it can be improved, with a particular focus on MRCPsych courses and preparing trainees for the dreaded CASC.

The theme of this issue is 'What can the College do for You', and we have several articles on current services that the College provides, such as the Psychiatrists Support Service, the library service, the Centre for Quality Improvement, as well as an overview of the structure of the College and how it works. We've also included profiles of the new officers, to introduce ourselves properly.

Of course we will also continue to assist the College in its ongoing recruitment drive, and Sacha Evans our Foundation Year representative has written a piece

for us on what trainees can do to encourage foundation doctors into psychiatry – before they are lured elsewhere. You can also read about an exciting new venture for 2011, MedFest, the first national medical film festival, led by Kamran Ahmed, the new vice chair.

We are fortunate as trainees to have a relatively strong voice within the College and the PTC sends a representative to all committees within it. As ever, I urge you to get in touch with us about any training issues, either via your local elected PTC representatives or directly to us via ptc@rcpsych.ac.uk.

With all best wishes for 2011,

Josie

Dr Josie Jenkinson, Chair of the PTC
Clinical Leadership Fellow, Surrey and Borders Partnership NHS Foundation Trust

Your New PTC Officers for 2010-2011

Each year in October, the new psychiatric trainees' committee meets for the annual elections meeting, and a new chair, vice-chair and secretary are elected.

Chair - Dr Josie Jenkinson, ST4/Clinical Leadership Fellow, South Eastern Division

Josie is an ST4 in old age psychiatry, and is currently taking a year out of programme as our new PTC chair and as a Clinical Leadership Fellow at Surrey and Borders Partnership NHS Foundation Trust. Her work interests include liaison psychiatry, management and the ethics of leadership. Outside work she likes horse riding, watching ballet, live music and nice food!



Vice-Chair - Dr Kamran Ahmed, ST6, London Division

Kamran is an ST6 in general adult psychiatry in London and Vice-chair of the Psychiatric Trainees Committee. His work interests include cultural psychiatry, public education in psychiatry and medical education. Outside of work, he enjoys film and documentary-making, writing screenplays and going to music festivals (preferably abroad).

Secretary - Dr Alice Lomax, ST4, London Division

Alice is an ST4 in general adult psychiatry on the St. George's rotation, currently working in Epsom. Her work interests include the use of family work in psychosis, the health and well being of healthcare professionals and psychiatry liaison in general hospitals. In her spare time she enjoys dancing, running, and going to gigs or the cinema or theatre with friends.

Alice coordinates submissions for the newsletter (see advert below) and communications with the trainees' committee on ptc@rcpsych.ac.uk. She is very approachable and would love to hear from you with any questions or comments!



Call for Submissions For the Next PTC Newsletter!

The PTC has in recent years tried to improve the communication with trainees with the introduction of the PTC Newsletter and the dedicated website and e-mail address: ptc@rcpsych.ac.uk. We would like to expand this by asking for submissions for the PTC Newsletter, the entirely electronic Newsletter of the Psychiatric Trainees' Committee. Articles may cover any aspect relevant

to training in psychiatry. The newsletter is published on the open section of the website and may be read by anyone with access to the internet.

Submission Guidance:

Authors should aim for articles to be between 400 to 600 words. Pictures are always welcome.

Please submit your articles to: ptc@rcpsych.ac.uk

Next deadline: 30th March 2011

Have you got a creative streak?

The PTC needs your help! We are currently developing the College's careers leaflets for school leavers, undergraduates and doctors interested in psychiatry. We are looking for artwork for the leaflets.

If interested contact ptc@rcpsych.ac.uk (with an example of your work if possible!)

An Imprecise Route-map to the Royal College of Psychiatrists

By Dr Daniel M Bennett, Clinical Lecturer in Psychiatry, University of Aberdeen, Scottish Rep to the PTC

As a trainee in psychiatry my first contact with the Royal College of Psychiatrists was a request from them for money. This is probably not that unusual for trainees. There is the fee to be a, snappily titled, Pre-Membership Psychiatric Trainee (PMPT) and the fees for the various exams. It is easy, therefore, to think that the College is limited to these, quite aversive, roles. This brief article is designed to give an overview of the structure of the College. Reading this article will not provide all the information you need but should whet the appetite to explore, so you can find out how to make the most out of your College. Sadly the article itself will not help you pass those costly exams but might give you a clue as to where to look for information.

No article about anything would be complete without some factoids and a bit of history. I do not aim to disappoint. The Royal College of Psychiatrists is actually a very young College and was granted a Royal Charter for its current name in 1971. The College can, though, trace its roots to the Association of Medical Officers of Asylums and Hospitals for the Insane established in 1841 changing its name in 1865 to the (Royal from 1926) Medico-Psychological Association. The College is a charity and has its base in Belgrave Square, London.

Now back to explaining the College. The College has elected and employed officials. The five elected officers are the President, Dean, Registrar, Honorary Treasurer and Editor.

President: This is the highest elected office in the College. The President, currently Prof Dinesh Bhugra, is the person who sets the strategic plans for the College and Chairs its most important committee, the Council. The President is often the public face of the College. The President is elected for a fixed term, this is topical as the election for the next President is underway at present and more information on this can be found elsewhere in this newsletter.

Dean: The Dean, currently Prof Rob Howard, leads the profession on "standards". This includes training, exams, CPD and revalidation. He is assisted by a team of Associate Deans who have specific functions such as improving higher training. The Dean is also elected by the members of the College for a fixed term.

Registrar: The Registrar, currently Dr Laurence Mynors-Wallis, has the most mysterious and difficult to understand role of the officers. The Registrar is responsible for issues of membership such as ensuring the list is current, updating the AGM about any members or fellows who have passed away. The Registrar is also responsible for a number of policy areas within the College.

Treasurer: Currently Prof George Ikkos, the Treasurer is the College money person. The Treasurer is responsible for all things financial and reports on these to Council.

Editor: Prof Peter Tyrer is the Editor at present. The Editor is responsible for editing the British Journal of Psychiatry and having oversight on other College publications.

Committees

Now that we have 'met' the College officers we should now take a brief tour with a small description of the Committee structure. For a diagram of how the College is structured see the diagram on the

next page or:

<http://www.rcpsych.ac.uk/pdf/Committee%20Structure10.pdf>

For a fuller explanation see:

<http://www.rcpsych.ac.uk/systempages/aboutrcpsych/councilstructure.aspx>

Council is the trustee body of the College and has full management of the College and its affairs. This meeting is chaired by the President. Council then has three sub-committees; finance management, disciplinary and complaints and education, training and standards (ETSC).

After Council and its sub-committees the College is divided into **Divisions, Faculties and Sections**. The Divisions are geographical entities and have within them a further committee structure usually covering the various sections and faculties. The Faculties represent the clinical areas of the practice of psychiatry and advise the college on the specific issues pertaining to each clinical area. As a member of the College you will automatically become a member of a division and can choose the faculties, sections and special interest groups which you may wish to belong to. The Special Committees report to council and work on specific areas, such as ECT.

One Committee of particular relevance to trainees is the **Psychiatric trainees committee (PTC)** the PTC has representation on all of the other committees of the College and thus gives a powerful voice for trainees which should be utilised.

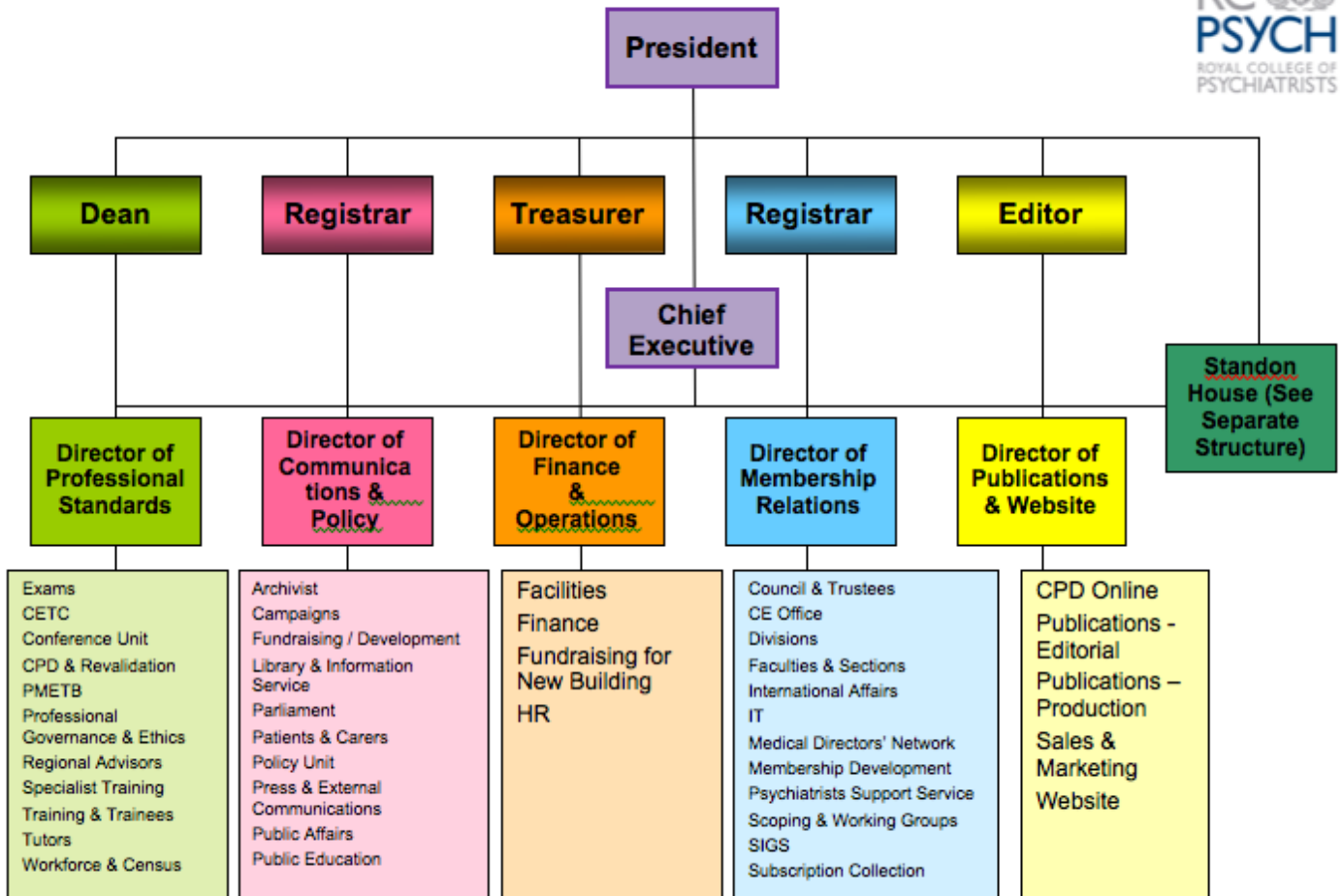
It is impossible to give a comprehensive overview of a complex organisation such as the College but I hope that this outline, if nothing else, shows that the College does a bit more than charge money for membership and exams. The faculties, divisions, sections and special interest groups also hold individual conferences and have helpful information on their sections of the College website. There are often prizes and bursaries available for trainees through these committees too so it is worth looking a bit further.

Good luck. d.m.bennett@abdn.ac.uk



The College at 17, Belgrave Square, London

It might seem like a place only known in myth, but at some point in the next couple of years, make sure you visit 17, Belgrave Square, London. It really does exist and is a beautiful building, but will have to be sold soon as the lease is running out. As psychiatrists, it is part of our history, bought in 1974 under the first president, Sir Martin Roth when the Medico-Psychological Society became the Royal College of Psychiatrists.



Who's who?

The PTC falls under the Dean (the pale green). It has representatives on each committee within the College, ensuring that your views are heard whatever is being discussed. This includes the Council, on which Josie, our chair, sits. For further information see the article by Dr Dan Bennett: 'An Imprecise Route-Map'.

Divisions of the College

Under the blue part of the diagram, you'll see 'Divisions' which are parts of the country. You can choose to belong to a division based on either where you work or where you live (as they put you in different divisions). 3 PTC representatives are elected each year from Wales, Northern Ireland and the English Divisions. A further 3 people are co-opted for London (so 6 in total) due to the large number of trainees there. Scotland has 6 representatives (2 North, 2 East, and 2 West).

Faculties and Sections

You will also in blue see 'Faculties' (which include the subspecialties of psychiatry) and 'Sections' (which are groups of specific or special interest). As a trainee you can choose which of these you belong to (can be more than one) depending on your interests, by completing the form sent or contacting the membership department.

Your College, Your President, Your Vote!

The College Presidential Elections

By Josie Jenkinson, Chair, Psychiatric Trainees Committee

As you may have heard, members are currently being asked to vote for the next President of the College, as Professor Dinesh Bhugra comes to the end of his three year term. This is an extremely important position as the President plays a major public role and steers on college policy and direction. The new President will clearly have an influence on training and education, so the more member trainees that vote the better!

The six candidates are:

- Professor Sue Bailey
- Dr Sabyasachi Bhaumik
- Professor Nick Craddock
- Professor George Ikkos
- Professor Anthony Pelosi
- Professor Chris Thompson

For the first time, members will be able to vote electronically as well as by post. If you are a full member of the college, by now you should have already received your postal ballot paper, as well as an email with instructions on how to vote electronically if you choose to do so. Unfortunately if you have only just passed the CASC in October, you can't vote as these membership applications are being processed this month, and the ballot opened in December.

If you have not receive your ballot paper by now or have problems with voting electronically, please contact Paul O'Connor in the membership data office: poconnor@rcpsych.ac.uk

The closing date for voting is 12 noon on 24 January 2011. Results announced on the 27th January 2011.

Six things you maybe didn't know about the College

1. The College is a registered charity

The College was granted charitable status in 1963 (Charity registration number: 228636). You can find information about the College, including its financial history, trustees, charity framework and accounts on the [Charity Commission](http://www.charitycommission.gov.uk) website.

2. The College Officers are not paid

College Officers give their time for free and juggle College work around their clinical and other commitments.

3. The annual cost of a prestigious address in Belgrave Square is £500

The College moved to 17 Belgrave Square in 1974. The leasehold to the building was purchased for £725,000, with major improvement carried out in 1980s, costing the College additional £550,000. The College pays £500 ground rent for the building each year. However, the lease is due to expire in 2034 and one of the College's biggest challenges is finding money to fund new premises.

4. 17 Belgrave Square has 4 public meeting rooms:

The Dining Room and linked Members Room on the ground floor, the Council Room on the first floor, and the Warren Suite in the basement. [All these rooms are available for hire](#). Most of the rooms at Number 17 are taken up by staff – 84 of the College's 167 staff are based here. If you visit the College you are welcome to ask for a tour.

5. The College has 8 offices across the UK

Belgrave Square is the College's HQ but there is a second large office in Aldgate, east London called Standon House. A further 12 staff are located in [Divisional Offices](#) in Belfast, Birmingham, Cardiff, Edinburgh, Leeds and North Somerset.



6. The Privy Council must approve changes to the College's bye-laws

The College's governing documents (reflecting its status as a Royal Medical College) are its [Supplemental Charter, Bye-Laws and Regulations](#). Any changes must be approved by a meeting of the Privy Council with Her Majesty the Queen actually present. Any changes to the Bye-Laws must be approved by a meeting of the Privy Council too, but can be effected by an "order of Council" rather than "in Council". Before these steps, proposals are sent to Council and to the College's AGM. Changes to Regulations, in contrast, can be approved just by Council.



The Psychiatrists' Support Service (PSS)

By Dr Alice Lomax, Secretary to the PTC and Diana Chan, PSS Service Manager

Training in psychiatry, though usually exciting and rewarding, can be a challenging career. You may not be aware that you can contact The Psychiatrists' Support Service for advice. It is a free, confidential support and advice service for members, trainee members and associates of the Royal College of Psychiatrists who find themselves in difficulty over issues such as:

- * bullying and harassment
- * training
- * exams
- * mental health
- * physical health
- * serious clinical incidents
- * internal and external reviews and inquiries
- * difficult working relationships
- * whistle-blowing
- * the career pathway
- * GMC/NCAS assessments
- * exclusion

Contact us

Telephone (direct line):

020 7245 0412

Email:

psychiatristssupportservice@rcpsych.ac.uk

Address:

Manager, Psychiatrists' Support Service
Royal College of Psychiatrists
17 Belgrave Square
London
SW1X 8PG

The dedicated phone line is only open during office hours, however support and advice may be given outside of these hours by doctor advisors at mutually agreed times.

Confidentiality

Calls to the service are not recorded. Your call will reach the Service Manager on a direct line not connected to the College's switchboard. She will then pass on your details to a nominated doctor advisor, who will be a member of the College.

Any data held about you will adhere to the principles of data protection. Please refer to the college website at www.rcpsych.ac.uk/dataprotection for more information.

Information Guides

Click on the links below to directly access our information guides. They can be printed out as PDFs. You can also contact the service to receive printed copies.



[1 On being excluded from work](#)

[2 On coping with complaints](#)

[3 On whistle-blowing and passing on concerns](#)

[4 On coaching and mentoring](#)

[5 On probity](#)

[6 On bullying and harassment](#)

[7 On reviews, investigations and inquiries](#)

[8 On transition from trainee to consultant](#)

[9 On planning a portfolio career](#)

[10 On dealing with exams](#)

[11. On stalking](#)

[12. On a career in medical management](#)

What's new?

We are currently writing a guide for new CT1s, and hope this will be ready this year.

Frequently Asked Questions

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

No. The Psychiatrists' Support Service currently operates as a telephone-based service and does not offer face-to-face meetings.

Does the service offer treatment?

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 that can help with this.

Useful Links

Pages on the RCPsych website

[Trainees' Section](#)

[Postgraduate Education and Training](#)

[Membership Examinations](#)

[Publications](#)

[One to One coaching](#)

External websites (The Royal College of Psychiatrists takes no responsibility for the contents of external sites)

Peer support and/or counselling

[BMA Counselling and Doctors for](#)

[Doctors service](#)

[Doctors' Support Network](#)

[MedNet \(London\)](#)

[Suspended Doctors Group](#)

[British Doctors' and Dentists'](#)

[Group](#)

[British International Doctors'](#)

[Association](#)

Careers advice and support

[NHS Medical Careers](#)

[Medical Forum](#)

[Support4Doctors](#)

Medical/financial support

[Sick Doctors Trust](#)

[Practitioner Health Programme](#)

[\(London\)](#)

[Royal Medical Benevolent Fund](#)

Mentoring/coaching

[The Doctors Coach](#)

[London Deanery Mentoring](#)

[Service](#)

Professional trade unions

[British Medical Association](#)

[Hospital Consultants and](#)

[Specialists Association](#)

Defence organisations

[Medical Defence Union](#)

[Medical Protection Society](#)

[Medical and Dental Defence](#)

[Union of Scotland](#)

The College Library and Information Service

The home of information for members of the College

By Sally Blake, College Librarian with introduction by Dr Alice Lomax, PTC Secretary

On the 1st floor of the College, next door to the Council Room is a haven of peace and tranquility - the College Library. As a trainee, you are more than welcome to come and use the books, journals, space, computers and most importantly the knowledgeable staff.

Below, Sally Blake, College Librarian speaks about what the Information Service can offer you.

We're dedicated to using our knowledge and know-how to provide you with precise and reliable information. Along with use of the library, your entitlement to free, professional services is an important benefit of RCPsych membership.

You can ask us to conduct literature searches or find articles for you, for free.

Other services available free to members:

- register your email to receive the tables of contents for new journal issues
- training to undertake literature searches using Medline and other databases



Early for a College meeting?

Why not come in and relax in a fireside chair, read the daily newspapers or latest journals, internet access, print, scan and fax documents, check your emails, browse the library shelves and enjoy a cup of tea or coffee.



Visit us at the College, or contact us by telephone, fax, or email:

Telephone: 020 7235 2351 x 6138 or x 6152

Fax: 020 7259 6303

Email: infoservices@rcpsych.ac.uk
www.rcpsych.ac.uk/college/libraryandinformation.aspx

Located at the College, 17 Belgrave Square, London, SW1X 8PG

What's on our shelves?

- Texts covering all areas of psychiatry
- All College publications
- Documentation, guidelines and strategies from government departments, NICE and other major organisations
- Over 120 healthcare journals available, including various international titles
- An antiquarian collection of over 300 monographs reflecting the history of mental illness and psychiatry from the 15th century onwards



From a Faraway Land

By Dr Malarvizhi Sandilyan, ST4 in Old age psychiatry, Cambridge and Peterborough NHS Foundation Trust

I am writing this on behalf of several hundreds of overseas doctors who have left their family and friends in different countries to come and work/train in the UK. I have tried to capture some of the moments in our life especially as trainees, when we struggle between exams and not being able to take time off to visit our homeland. I also wanted to share my feelings regarding the way we feel out of context when we do visit as we seem to have lost track of what happened over the years. I would like to dedicate this poem to all overseas trainees.

Flew across oceans and time zone...
I left my country, the near and dear
My mother asks over the phone
"When will you come next year?"

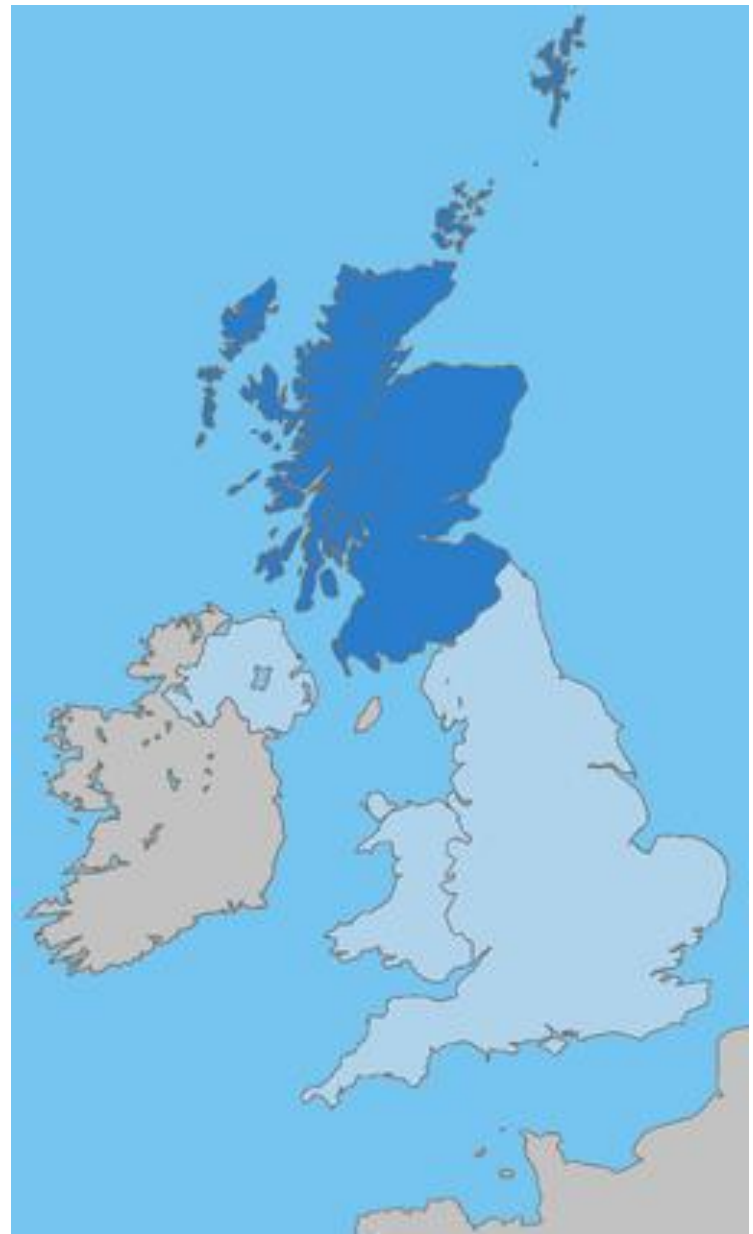
I wish I could make her understand,
The string of exams I have to take
Somehow seems to always stand
Between me and the journey to make.

At last I get bestowed upon the degree
I rush to catch the plane very soon.
After what feels like a million centuries,
Here I come, stay there monsoon!

Our house, the street and the trees
Were not the same last September.
My father's face has an extra crease
He seems older than I remember.

I feel as if stuck in the distant past
The memories I have, don't match
With the world that had gone so fast,
With so little time and so much to catch.

Of course then it is time to come back
Bags are filled with sweet and snack.
I see sad faces across the airport bay
I wish to myself, "If only I could stay..."



'I would like to dedicate this poem to all overseas trainees'

MedFest 2011

By Dr Kamran Ahmed, MedFest Founder and 2011 Lead

As you know, psychiatry has been facing a recruitment crisis in recent years. The Royal College of Psychiatrists' Psychiatric Trainee's Committee (PTC) has helped to establish psychiatry societies at universities around the country as part of the recruitment drive. These societies have been doing fantastic work in raising the profile of psychiatry and helping to change attitudes to our specialty. It is hoped that their activities will foster enthusiasm amongst medical students and turn the tide of the dreaded recruitment crisis.

One of the major obstacles to recruitment is the image of psychiatry and psychiatrists, both in the eyes of the public and other medical specialties. This prejudice clearly rubs off on students. How might we challenge



these preconceptions? Well, many psychiatrists (and potential psychiatrists) have a creative streak, which I think we should embrace and encourage. I think there is a strong artistic element to psychiatry; the patient interview, making observations to perform a mental state examination and writing up an assessment invoke some of the same skills employed by journalists, photographers and writers.

Personally, I think there are striking similarities between film and psychiatry. Both are concerned with observing people, exploring personal relationships and incredible stories, often gripping and tragic. More broadly, the worlds of medicine and film have a long and complicated relationship. Films such as 'One Flew Over the Cuckoo's Nest' and 'My Left Foot' have produced profound cinematic moments, but have also portrayed healthcare professionals and patients in controversial ways.

Given these connections, the PTC is now organising a national medical film festival; 'MedFest 2011', consisting of free events aimed at medical students, run by Psychsocs at universities around the country. Supported by the Royal College of Psychiatrists, MedFest will be the first film festival of its kind. If the Psychsoc at a medical school is leading on a national film

festival, students there may see psychiatry in a different, more positive light. Instead of falling prey to the surgeons' unfounded allegations (psychiatry is a waste of time, psychiatrists are all odd, blah blah) students may start to view psychiatry as the specialty for creative doctors who have a genuine interest in people.

There will be a single event at each of the participating universities in May 2011, each one consisting of an evening of short film screenings relating to the festival theme; 'The Image of Doctors'. Invited panelists including comedians, authors, film-makers, actors and eminent doctors will attend events. Through discussion and debate, we hope to examine the relationship between medicine and cinema, the depiction of doctors on screen and how this affects public opinion of the medical profession.

Rather than making this a mental health film festival, we have decided to explore medical films in general in the hope of keeping psychiatry within the fold of medicine. How many times have you been asked if you had to complete a medical degree to become a psychiatrist? Having psychiatrists and psychsocs lead on a medical event such as this may help to shift some of that thinking (although naturally, psychiatry will feature quite heavily in the programme).

I hope local psychiatric trainees will get involved in MedFest and help their Psychsoc in staging the event. In addition to your presence as role models, your assistance would help to make the festival a success, which might bring us closer to dispelling the myths that plague our specialty. Who knows...one day, psychiatry might even be considered cool.

Here is a list of participating universities:

- Cardiff University
- Edinburgh University
- King's College London School of Medicine
- St. George's Medical School, London
- University College London
- University of Aberdeen
- University of Bristol
- University of Cambridge
- University of Manchester

Please contact the relevant Psychsoc if you would like to get involved.



Encouraging Foundation Trainees to get involved in psychiatry



By Dr Sacha Evans, Foundation Trainee Representative to the PTC

Earlier this year, I was elected onto the PTC as the first foundation trainee student associate member. The Royal College student associate membership has become well-established, with a successful day at the International Congress, the quarterly newsletter and the burgeoning psychsocs. Part of my remit is to broaden the student associate membership to encourage more foundation trainee participation, with the wider aim of encouraging more medical graduates into psychiatry.

There are many ways that core- and higher-trainees can help with this. As a start point, please encourage foundation doctors to become student associate members of the College. There are many enticements, including free access to journals and discounts on Royal College publications. It is also an opportunity for foundation doctors to write for the quarterly newsletter, which is peer-reviewed and aimed at students and foundation trainees. We also have some webpages dedicated to foundation trainees and are keen to both maintain and increase the content with relevant information. To date, the pages have been written by foundation trainees but we would welcome articles from higher trainees, particularly around the anxiety-provoking MRCPsych and CASC exams, the application and interview process and what life is like as a core- or higher trainee.

If you are organising conferences or events, we can advertise these on both the Facebook site and the student associate pages.

This is a good way to generate interest and subsidised or free places are also a good way to encourage both foundation trainees and medical students to attend. As there are so few foundation places in psychiatry, taster sessions (3-5 days work experience in a chosen specialty) are another way to allow foundation doctors to gain a positive experience of the specialty. These are a great opportunity to generate enthusiasm in foundation doctors and can have a huge impact on career choice.

"...taster sessions (3-5 days work experience in a chosen specialty) are another way to allow foundation doctors to gain a positive experience of the specialty..."

Finally, we have lots of exciting projects in the future: work on updating the website has begun, e-learning modules specifically aimed at foundation trainees are in the pipeline and we are trying to develop new essay prizes. We hope that you will get involved with some of these projects and start inspiring the future generation of psychiatrists.

For more information, please contact Sacha Evans at sachao1@doctors.org.uk

Useful Links

Details on foundation trainee and student associate membership can be found here:

<https://www.rcpsych.ac.uk/training/studentassociates.aspx>

Foundation trainee pages:

<https://www.rcpsych.ac.uk/training/foundationtrainees.aspx>

Facebook pages:

<http://www.facebook.com/group.php?gid=25867666543>

For more information about organising tasters see the Foundation Programme Reference Guide Appendix F:

Embedded taster experiences

Downloads available from:

http://www.foundationprogramme.nhs.uk/download.asp?file=Reference_Guide_WEB.PDF

Quality Improvement at the College and the AIMS project

By Dr Larissa Ryan ST4 Old Age Psychiatry, Reading



A priority for most of us working in mental health is to provide the best possible service for our patients and their carers. But how can we tell if our own particular service is 'good enough' compared to similar services nationwide? This kind of objective, national standardisation is the focus of the College Centre for Quality Improvement.

The College Centre for Quality Improvement (CCQI) has an important role in working with clinicians to raise standards of care across the country. It does this by first establishing a set of standards for a particular type of mental health service, and then encouraging individual services to register to be accredited against these standards. There is a financial cost involved which services need to pay at this stage. If services meet the standards set, they are rewarded with the status of having been accredited. The CCQI runs a comprehensive variety of accreditation projects including Forensic, Perinatal, CAMHS, Memory Clinics, ECT, and inpatient services. They also run the National Audits for Dementia, Schizophrenia and Psychological Therapies for Anxiety and Depression; and the Prescribing Observatory for Mental Health-UK (POMH-UK).

I had some direct experience of the work that the CCQI does when I went as an observer on an accreditation visit for an inpatient adult ward in London. This visit was carried out as part of the Accreditation for Inpatient Mental Health Services (AIMS) project. AIMS work with working age adult, older people, rehab and learning disability wards as well as psychiatric intensive care units. The working age adult ward we visited had already looked at the AIMS checklist of standards, and tried to ensure they were meeting all of them. The job of the review team was to independently evaluate how the ward compared to the standards. The team I visited with consisted of a Consultant Psychiatrist, a Ward Manager, a Modern Matron and a Service User Representative, all from other areas of the country.



This is a reciprocal arrangement, such that an inpatient ward which signs up to AIMS is asked to send some volunteers to visit another ward. The team leader offered guidance to the ward on the day as suggested 'Action Points', and then later submitted a report to AIMS. The final decision about accreditation is made by the Special Committee on Professional Governance and Ethics (SCPGE) at The Royal College of Psychiatrists.

My feeling was that this experience was a very positive one. The project is set up in such a way that it does not feel judgmental. The ward staff were engaged with the process, and were keen to show the things they were proud of in their ward. Because feedback was given by peers, in a constructive manner, this felt very non-threatening. It was also useful for the visiting team to see the way in which another ward functions, and to take away ideas for their own practice.

I would encourage any trainees to look into the valuable and interesting work of the CCQI, and consider getting involved with any local services that are carrying out accreditation work in the future. More information on the CCQI can be found at:

<http://www.rcpsych.ac.uk/quality/quality,accreditationaudit.aspx>

The International Congress 2011, Brighton

Hilton Metropole, Brighton 28 June - 1 July 2011

By Dr Jon van Niekerk, 2009-2010 Chair of the PTC



This year the international congress will be held in Brighton. It is always an interesting event and we again this year will have a specific 'trainees' day'. During lunch there will be an opportunity to meet the Chief Examiner, Professor Anthony Bateman, in the lounge to ask any questions relating to the MRCPsych exams.

The cost of the conference per day (including for the trainees' day) is only £95 for CT1-3 trainees and £165 for ST4-6 trainees. Click here for the [Programme overview](#) and the [Programme in detail](#).

The trainees' day will be followed by a **Trainees' Dinner** supported by the College (details to follow). Please email Rebecca Cove at rcove@rcpsych.ac.uk if you would like to attend. Allocation will be first come, first served and it is always overbooked!

Trainees' Day 1st July 2011 Programme

9.45-11.00: Leadership

Chair: Professor Sue Bailey, Greater Manchester West Mental Health NHS Foundation Trust

The future role of the Consultant Psychiatrist

- Professor Dinesh Bhugra, Institute of Psychiatry

How to achieve leadership competencies

- Dr Andrew Brittlebank, Royal College of Psychiatrists

How to survive your first year as a consultant

- Dr Jon van Niekerk, Royal Bolton Hospital

11.30-12.45 Teaching

Chair: Professor Robert Howard, Dean, Royal College of Psychiatrists

Presentation skills: the good, the bad and the ugly

- Dr Ross Overshott, Royal Oldham Hospital

Recruitment into Psychiatry : everybody's business

- Dr Jude Harrison

European perspective on psychiatry training

- Dr Clare Oakley, Institute of Psychiatry (IOP), London

14.30-15.45: Research

Chair: Professor Nick Craddock, Cardiff University

How to get research done as a trainee psychiatrist

- Professor Robert Howard, Dean, Royal College of Psychiatrists

How not to write an article

- Dr Joe Bouch, University of Glasgow

New trends in psychiatry research

- Dr Hamish McAllister-Williams, University of Newcastle

16.15-17.30: Teaching

Chair: Professor Linda Gask, National Primary Care Research and Development Centre (NPCRDC), University of Manchester

Understanding suicide – Connecting with people.

- Dr Alys Cole-King, Wrexham Maelor Hospital

Frontier psychiatry: international experiences/opportunities for Trainees

- Dr Peter Hughes, South West London and St George's Mental Health NHS Trust, London

Treating anorexia nervosa

- Professor Simon Gowers, University of Liverpool

[On-line registration](#) (register on-line for secure credit card payments and immediate confirmation)

[Registration form](#) (use this form for cheque, BACS, or credit card payments and send by email, post or fax)

[Accommodation](#) reduced rates are only guaranteed until 25th May; book early to avoid disappointment

For more information contact: +44 (0)20 7235 2351 x6129 or email

conference@rcpsych.ac.uk

UPCOMING EVENTS



See your local division's website for further RCPsych Events coming somewhere near you.

Click here to access it:

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

Until 27 February 2011: High Society, The Wellcome Collection

"With the illicit drug trade estimated by the UN at \$320 billion (£200bn) a year and new drugs constantly appearing on the streets and the internet, it can seem as if we are in the grip of an unprecedented level of addiction. Yet the use of psychoactive drugs is nothing new, and indeed our most familiar ones - alcohol, coffee and tobacco - have all been illegal in the past. 'High Society' will explore the paths by which these drugs were first discovered - from apothecaries' workshops to state-of-the-art laboratories - and how they came to be simultaneously fetishised and demonised in today's culture."

<http://www.wellcomecollection.org/whats-on/exhibitions/high-society.aspx>

28 June - 1 July 2011

(Trainees Day 1st July)

International Congress of
the

Royal College of
Psychiatrists

Hilton Metropole,
Brighton

See

<http://www.rcpsych.ac.uk/events/collegediary.aspx> for all RCPsych events

2ND-4TH FEBRUARY 2011	2ND-4TH MARCH 2011	16TH-18TH MARCH 2011	25TH MARCH 2011	1ST APRIL 2011
RCPsych Faculty of Forensic Psychiatry Annual Meeting, Radisson Blu Hotel, BERLIN	RCPsych Joint Conference of the Faculty of Liaison Psychiatry and Faculty of Psychotherapy Annual Meeting, Grand Central Hotel, Glasgow	Faculty of Old Age Psychiatry Annual Meeting, Stratford Manor, Stratford-Upon-Avon	RCPsych Northern & Yorkshire Division Spring Academic Conference, Darlington	Learning Disability Spring Meeting, London

Coming Soon:

- * Frequently asked questions on MRCPsych exam costs - Questions to Professor Anthony Bateman, Chief Examiner
- * Please do email us with ideas for new articles, and original submissions. Deadline for the next newsletter is 30th March 2011. Contact: ptc@rcpsych.ac.uk

Prizes and Bursaries

The College offers various prizes and bursaries for attending events. Details can be found at:

<http://www.rcpsych.ac.uk/rollof/honour/prizes,bursarieslectures.aspx>

RCPsych Awards 2011: Call for entries

Following on from the great success of the RCPsych Awards 2010, the College has just announced the Call for Entries for the RCPsych Awards 2011. The quality of entries for the 2010 Awards showed how much talent, dedication and enthusiasm there is within mental health services. The prizes were presented at a prestigious ceremony, held at the Royal Society of Medicine.

The search for the stars of 2011 has begun! The categories are:

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

The closing date for Awards entries is Monday, 21st February 2011. As a trainee, you too can nominate outstanding teams and individuals making a real difference to mental health. To enter the RCPsych Awards 2011, please download the following PDF documents:

[RCPsych Awards 2011 - Category Criteria](#)
[RCPsych Awards 2011 - Entry Forms](#)
[RCPsych Awards 2011 - Rules of Entry](#)

Newsletter Editorial Board:

Dr Josie Jenkinson (Co-Editor and Chair)
Dr Kamran Ahmed (Vice-Chair)
Dr Alice Lomax (Co-Editor and Secretary)
Dr Larissa Ryan
Dr Daniel Bennett

Thanks to:
Dr Chris Pell (for original Newsletter Design)

Comments and feedback to ptc@rcpsych.ac.uk

You might also be interested in...

thenetwork
networkwithnoname.net

An online community and network for medical students and junior doctors with an interest in clinical leadership and medical management.

Lots of training and networking events up and down the country, go to the website to join for **free** now!