

Assessing the interest of GP registrars in gaining experience of outpatient child and adolescent mental health services (CAMHS) in Edinburgh

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Introduction and aims

Introduction

We are interested in improving links between general practice (GP) and CAMHS. We hypothesise that creating a new opportunity to attend taster days within outpatient Tier 3 CAMHS in Edinburgh will help final year GP registrars (GPRs) meet their training requirements and improve knowledge of secondary care triage, diagnosis, and treatment processes.

Background

- 8,838 children and young people were referred to CAMHS in Scotland in Q4 2024.
- 58.9% of referrals originated in GP → 30% not accepted.
- There are 101 psychiatry training posts available to GPRs in Scotland – 4 of these are fully or partially CAMHS based.

Aims

- To assess interest and willingness in participating in taster days during GP specialty training.
- To gather information about which aspects of CAMHS are most educationally beneficial to GPRs.

Methodology

172 GPRs in years 1-3 of GP training based in South East Scotland were identified as not having a 6 month psychiatry post as part of their specialty training.

A brief online survey was sent to 52 GPRs due to begin their final year of training. Data was collected over 1 month and a survey reminder was sent at the midpoint.

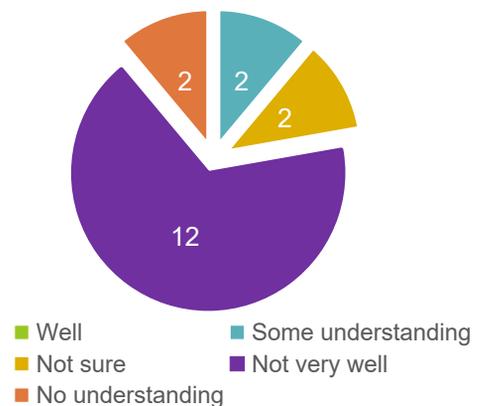
The region surveyed includes doctors working in NHS health boards in Lothian, Fife, and the Borders.

Results

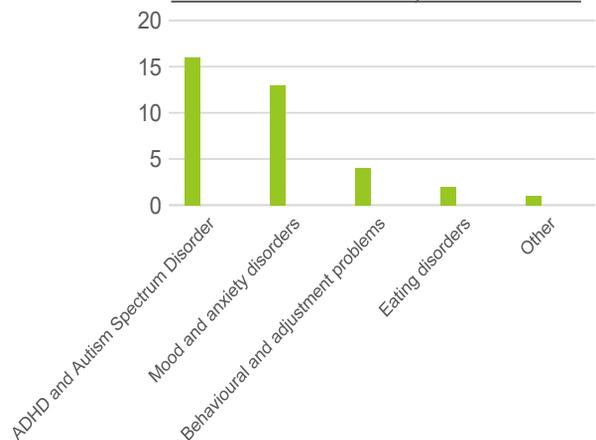
18 respondents replied to the survey (34.6% return):

- All respondents were interested in gaining CAMHS experience from taster days, 17/18 were willing to participate in a pilot.
- 15/18 felt that a brief taster experience in CAMHS would make it easier to complete relevant Clinical Learning Logs (a required part of MRCGP assessment).

How well do you feel you understand how outpatient CAMHS operates in Edinburgh?



What area of outpatient CAMHS do you feel would be most useful for your future work?



Strengths and limitations

All eligible GPRs were contacted for this study. A high level of respondent interest was recorded but without a corresponding high survey return rate. This raises the possibility of a non-response bias.

Conclusions

There is interest amongst GPRs in gaining Tier 3 CAMHS experience during the final year of GP specialty training. The next steps are to develop a pilot programme and gather feedback from participants thereafter.

