

# Thinking Together to Bridge the Paediatrics/CAMHS Gap

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Central and  
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## Background

Local CAMHS and Paediatric SpRs recently collaborated to set up structured discussion groups for complex cases that traverse paediatrics and child psychiatry.

These groups focus on discussing interesting cases that have both a physical and mental health perspective, with the goals of:

- 1) Improved understanding of clinical presentations from both perspectives leading to better management of physical and mental health disorders
- 2) Improved understanding of how our Paediatrics/Child Psychiatry colleagues think, aiding teamwork and collaboration between CAP and paediatric doctors in the local area

This was inspired by the Thinking Together scheme, set up in 2017 by a joint RCPCH/RCPsych working group to foster relations between registrars in CAMHS and paediatrics.

## Intervention

**Structure:** 3 monthly discussion group with local CAP and paediatric doctor

**Format:** Each group consists of a structured discussion with 2x45 minute case presentations from 1 CAP and 1 paediatric trainee.

The discussion is facilitated by 2 peer facilitators, with consultants contributing to the group to help guide learning.

Informal and formal presentations were invited, and trainees have used a variety of teaching methods including case presentation, problem-based learning and microteaching.

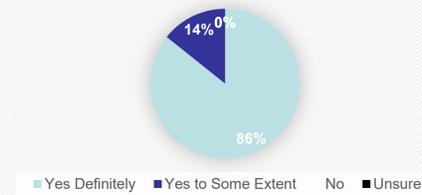
**Topic:** the Groups so far have covered a range of topics, including eating disorder admissions, extreme anxiety with physical health compromise, first episode psychosis, genetic conditions and obesity and legal frameworks for treatment.

## How we set it up

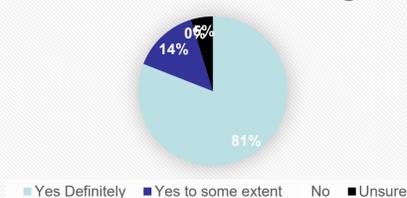
Step	Actions
1	TPD approval Establishment of core team
2	Setting a date Deciding parameters eg Hybrid/F2F/Online Deciding topic and finding trainees to present cases Finding a facilitator
3	Holding the group Providing snacks and WPBAs
4	Evaluating the group feedback Using it to inform the next session, eg broadening participation, changing the time
5	Setting the next date Continue!

## Feedback

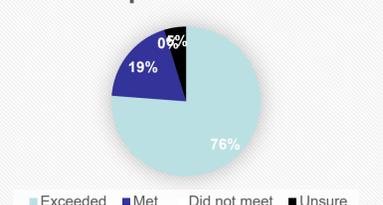
Did the sessions provide a safe environment for collaborative discussions?



Did you feel it was a valuable use of your time? Would you recommend it to a colleague?



Did the session meet your training needs and expectations?



## Results

We have held 3 discussion groups so far, and recently expanded to the region including 7 acute hospital sites.

Over 50 trainees have attended the Groups, with 21 providing feedback via Google Forms.

Positive feedback has commented on the 1) helpfulness of discussing challenging and interesting cases with the other discipline, 2) tips and tricks on approaching mental health patients in paediatrics, and 3) better understanding of local services available to CYP, eg obesity clinic, or the inpatient CAMHS pathways.

Areas for development have been to 1) provide more structure for the discussion and case presentation, 2) including an overt microteach component and 3) timekeeping in the context of significant bed pressures. We have also struggled to gather feedback, and there have been challenges in finding mutually appropriate times for CAMHS and Paediatric trainees to attend.

## Next Steps

- Next sessions – topics planned include epilepsy, chromosomal conditions, severe neurodevelopmental conditions and encephalitis.
- Scope – embed the sessions in the regional teaching programmes for Paediatrics and CAMHS, consider including other HCPs
- Resource pack – development of a resource pack with guidance on logistics, facilitation and topics, to set up a similar scheme in other regions, and consider how it might work for General Adult/Acute Medicine, or Old Age/Geriatric medicine models.



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Conflict/Declarations of Interest: None to declare

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