Personalised Psychiatry Training

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What are we working on?

- Parental Leave guidance
- Mentoring guidance
- Psychotherapy Training survey
- Cost Of Training Transparency document
- IMG guide
- Exams
- E-Portfolio
- Supporting Trainees through COVID
- Social Media Platform
- Welcome Events
- Trainees Conference
- Well being podcasts
Launching today!

RCPsych
PTC-TSG
IMG Guide
The Trainee Conveyor Belt
What do we have to do?
Follow the curriculum
Complete the ePortfolio
Pass the ARCP
Sit and pass exams
Be awarded a CCT
The Trainee Conveyor Belt
Understanding career choices in psychiatry

Final Report

31st March 2020

Prepared for the Royal College of Psychiatrists (RCPsych) and Health Education England (HEE)

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LRMP data: Year of qualification to Specialist Register

UKMED data: Psychiatry training

14.8% of trainees progress through training as expected

62.6% of trainees progress through core training without delays

53.9% progress through specialty training without delays

The largest drop in trainee numbers is between CT3 and ST4, where 41.8% of trainees that made it to CT3 as expected continue to progress as expected to ST4.

On average, 75 trainees complete their training programme as expected each year.

Supported and valued?

A trainee-led review into morale and training within psychiatry
What changes will improve work life and training?

Facilities
24-hour appropriate provision of working and rest facilities, including hot food and drink

Clinical support
Appropriate provision and access to phlebotomy, electrocardiography, pharmacy and physical healthcare support

Career autonomy
Greater equity and access to flexibility in training, study leave and considerate placement allocation, providing trainees greater autonomy over their careers

Information technology
Appropriate support, access and availability of IT, including mobile working and pathology services

Non-clinical support
Integrated secretarial support and timely remuneration of salaries, expenses, study leave and locum fees

RC Psych and PTC support
Increased engagement, transparency and communications

Rota management
Ergonomic rotas co-designed with trainees that are issued in a timely fashion (minimum 12 weeks notice) and accommodate pre-existing leave arrangements

Training requirements
Access to and availability of all training requirements, including clear ARCP support

Investment
Pay of esteem and improved investment in health and social care

Source: Till, A., Milward, K., Tovey, M., Bailey, A., Evans, C., Howson, S. and Thom, V. (2017) *Supported and valued? A trainee-led review into morale and training within psychiatry.* Psychiatric Trainees' Committee, Royal College of Psychiatrists, UK.
Core Recommendations

Supervision

- 23% of trainees do not receive regular weekly supervision
- All trainees must receive their minimum of 1 h supervision per week with their psychiatric supervisor as stipulated in the curriculum

Protected teaching

- Only 80% of trainees receive weekly protected educational time
- All trainees must receive a minimum of one teaching session per week provided through a local programme or on a recognised MRCPsych course

Psychotherapy

- 24% of trainees do not receive protected time for psychotherapy, and only 53% feel they receive timely allocation of a psychotherapy case
- All trainees, where applicable, must receive timely allocation of psychotherapy cases with protected time for clinical sessions and supervision
All trainees should receive clear RCP guidance at the start of each training year which is standardised across the UK.

All trainees should be supported to have autonomy over their careers through consideration of their personal circumstances and career intentions.

All trainees should have access to an enhanced junior doctor forum with senior management that expands beyond contractual issues and feeds into continual improvement of training, working life and patient care.

**Desired commitments**
Supported and valued? A trainee-led review into morale and training within psychiatry. Psychiatric Trainees’ Committee, Royal College of Psychiatrists, UK.

Source: Till, A., Milward, K., Tovey, M., Bailey, A., Evans, C., Howson, S. and Thom, V. (2017)
What to do once those exams are over and you have a higher training post?
Special Interest Sessions

• Postgraduate training
• Psychotherapy
• Education
• Leadership / Management
• QI projects
• Research / Audit
• Experiencing different teams or subspecialties
COVID Influence

• 52% of psychiatry trainees reported heavier workload (Source: GMC NTS)
• Majority of trainees reported concerns about their training and progression (Source: RCPsych Trainee survey)
• Some positive influences on training reported (technology, demonstrate new skills, improved team working)
• Some negative influences on training reported (reduced opportunities, impact on self, poor communication, loss of usual supports)
The End

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