



# RCPsych International

The International eNewsletter

## Welcome



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Dear member

As summer comes to a close, many of us are left heavy hearted due to the unfolding of tragic world events; wildfires across continents, the thousands bereaved due to coronavirus, the despairing news from Afghanistan, and sadly the list goes on.

Please know that the RCPsych stands with you and is here to support you through this time. I'd like to call your attention to our [information leaflets](#) that are readily available online on a variety of topics. I find them helpful to consult when I'm supporting close friends and family.

On a lighter note, I'd like to mention some of summer's happier memories. The first ever virtual RCPsych International Congress (held June 2021) was a great success, with over 3,000 attendees globally. The on-demand feature allowed everyone to catch-up on content regardless of time zones and work commitments.

One of the most anticipated occasions at Congress is getting a chance to meet overseas members face-to-face. To substitute some of this interaction virtually, the RCPsych international team organised six international roundtables: European, Pan-American, South Asian, Middle Eastern, Western Pacific and African. The team had the pleasure of hosting participants including World Psychiatric Association zonal representatives, RCPsych international division chairs, members of diaspora groups in the UK, several partner organisations, and local psychiatric membership organisations. With our College President Dr Adrian James, I had the privilege of co-chairing these meetings

and found the experience to be truly humbling. Discussions centred around the challenges of the past year, innovations in global mental health and opportunities for collaboration. Several common themes emerged from the roundtables, such as the need to interest early career psychiatrists in academic psychiatry as well as the prevalence of eating disorders during the pandemic across the globe.

I'm proud to note that our International Divisions contributed to Congress bursaries for thirteen early career colleagues. You'll have a chance to read two testimonials in this newsletter, one recipient from Kenya and one from the Russian Federation. You'll find further updates from our international divisions below.

Please see the latest [issue of RCPsych Insight magazine](#), featured on page three. This issue includes articles on the mental health impact of climate change, the College's proposed action plan following our membership survey, and much more.

I'd like to thank all who contributed to this quarter's newsletter and would like to encourage you to come forward and email Sarah Eldridge [sarah.eldridge@rcpsych.ac.uk](mailto:sarah.eldridge@rcpsych.ac.uk) if you have any upcoming events, news or activities that you'd like to share.

I am delighted to have interacted with several of you during Congress and to have shared learning and experiences, despite the challenges of this last year. I Look forward to future opportunities to interact with you.

Kind regards  
**Professor Mohammed Al-Uzri**  
Presidential Lead for International Affairs



Professor Mohammed Al-Uzri

RCPsych, Presidential Lead for International Affairs



## International Divisions

### Featuring Dr Ovais Wadoo and Professor Kenneth Kaufman

In this section we will be introducing the RCPsych International Division Chairs. This summer we welcomed new executive committee members, including the Chairs of the Middle Eastern and the Pan-American International Divisions. Our following issues will feature the African, European, South Asian and Western Pacific Divisions. We look forward to continuing and developing our work with all our global executive.

If you would like to link up with Officers in your region, don't hesitate to contact them. You can find details and further information in the [International Divisions section of the College website](#).

#### Middle Eastern International Division



Dr Ovais Wadoo, Chair of Middle Eastern International Division

**Dr Ovias Wadoo** FRCPsych worked as a consultant psychiatrist in the National Health Service in England before joining Hamad Medical Corporation in 2017. He is currently working as a senior consultant in the community mental health services in Doha. He is the director of the fellowship program and chair of various hospital committees. He is involved in clinical service, education, research and service development initiatives and has been involved in producing national guidelines for mental disorders in the State of Qatar.

Dr Wadoo trained in Sheffield and Liverpool, completed his basic psychiatry training in 2008 and higher specialist training in general adult psychiatry and rehabilitation psychiatry in 2011. He also holds a masters in healthcare management and was awarded Fellowship of the College in 2021, as a mark of distinction and recognition of his contributions to psychiatry. Dr Wadoo's priorities as Chair of the Middle Eastern Division are delivery of education and training relevant to the needs of mental health professionals in the region and improving the standard of care.

#### Pan-American International Division

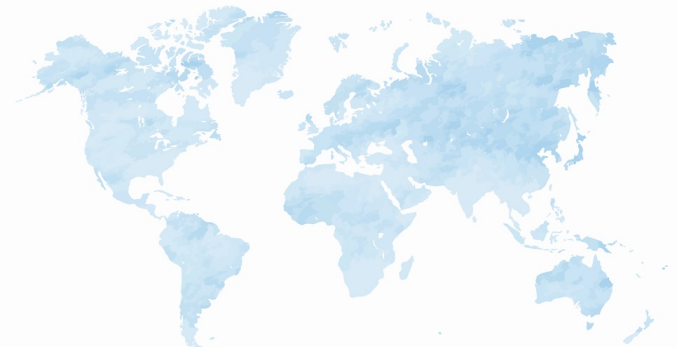
**Kenneth R. Kaufman**, AM, MD, FRCPsych, DLFAPA, FAES is Professor of Psychiatry (tenured), Neurology, and Anesthaesiology at Rutgers Robert Wood Johnson Medical School (New Brunswick, NJ), where he has been in residence for 25+ years, and Visiting Professor of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London.



Professor Kenneth Kaufman, Chair of Pan-American International Division

Professor Kaufman is Editor-in-Chief for BJPsych Open and serves on numerous RCPsych Committees. Professor Kaufman is an active academic clinician with > 200 publications and > 150 national/international presentations focusing on mood disorders, psychiatric aspects of epilepsy, psychopharmacology, psychosomatic medicine, ethics, and stigma. Professor Kaufman's background includes academic psychiatry as well as extensive private practice psychiatry enabling the effective span across both worlds.

As chair of the Pan-American International Division, desired goals include increased collaborative activities amongst the International Divisions; biennial/triennial Virtual Pan-American Division Scientific meetings; increased presence/recognition within The College/meetings/committees; maximizing what the College can do for Pan-American members.





## Featured International Project Medical Training Initiative

Many of you will be aware of the College's Medical Training Initiative (MTI). The MTI scheme enables a small number of International Psychiatry Graduates from low- and middle-income countries, to train in the NHS for up to two years, before returning to their home country. The scheme opens for applications once a year and successful applicants have come from a range of countries including Egypt, India, Nepal, Nigeria, Pakistan, Sri Lanka and Sudan.

***"I am extremely grateful for the MTI training and invaluable experience throughout last two years. My approach towards mental health practice has changed and I would like to believe that this has been an excellent learning opportunity"***

*RCPsych MTI Fellow, 2018 –2020*

Applicants in training grades are given preference and most successful MTIs have three to five years of psychiatric experience prior to joining the scheme. Popular reasons for doctors applying include subspecialty training opportunities, improved job prospects and benefitting from the RCPsych network. Once in post, MTIs enjoy the chance to work in the UK and to work within a multidisciplinary team.

The team will open applications on 25 October for posts starting in August 2022. To read more about the scheme please visit the [MTI section of the College website](#).

### An MTI's personal account

*It's invaluable to receive feedback from MTI doctors and to learn from their experiences. One of our current MTIs, Dr Basanta Sapkota, describes travelling from Nepal to the UK during the pandemic and how their MTI post is going so far.*

During the 2020 RCPsych MTI recruitment process, the world was slowly coming to terms with the COVID-19 pandemic and in many parts coming to a standstill. Despite all of this, our MTI applications were processed due to the relentless hard work of the MTI team.

Everything proceeded in time, but varying lockdowns and restrictions due to COVID-19 made the travelling uncertain. Consequently, I was worried that I might not be able to take up my post on the scheduled date. However, that anxiety was soon allayed as my trust (Isle of Wight, NHS Trust) agreed to change the joining date to my convenience.

Finally, I arrived in the UK in mid-November 2020 with mixed emotion - happiness and excitement but a little bit of fear. Settling into a completely new system was challenging at the beginning because I hadn't received a formal induction from the Trust. However, I was given enough time for shadowing, which helped me adapt to the new work environment and slowly gain confidence. In addition, having an understanding supervisor, supportive colleagues and continuous support from the Royal College helped me survive the first few months of the NHS.

I am just on my ninth month of fellowship, but I have already learned a lot. I am hoping for further professional as well as personal growth, making the experience as an MTI fellow truly fulfilling. I will translate this experience to provide quality care to my patients back home.

Despite COVID-19-induced uncertainty, I am thankful to the MTI team for bringing my dream of training and working in the NHS true.

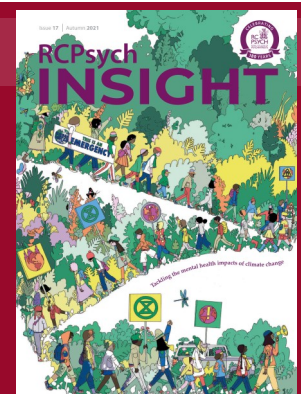
Dr Basanta Sapkota, MTI Fellow  
2020 cohort



## RCPsych Insight magazine

The Autumn issue of RCPsych Insight magazine is now available on the [College website](#)-you can also access it via the image on the right. It includes articles on the following topics, and many more:

- The College prepares to make its voice heard at COP26, with the message that the climate emergency is a mental health crisis.
- The College proposes an action plan following its first membership survey results.
- Exploring an initiative to increase awareness of non-pharmaceutical insomnia interventions.







## RCPsych International Congress Poster Presentation Bursaries

We are delighted that our International Divisions contributed to thirteen Congress bursaries for early career psychiatrists this year. All bursary recipients delivered rapid fire poster presentations of their research projects during Congress. Below you can read how Dr Sayed Shah, from Kenya, and Dr Valentin Skryabin, from the Russian Federation, found the experience of presenting virtually.

### African Division bursary winner

As a junior doctor fresh out of medical school it was incredible getting to present my research at the RCPsych International Congress. I was able to do so thanks to a bursary from the RCPsych African Division.

The conference was wonderfully organised and the various sessions exposed me to insightful and impactful research being conducted globally. I was even pleasantly surprised to see research from my own country (Kenya) that I otherwise would have been unaware of. It was my first time presenting but the organisers made it very simple and the other presenters in my session were friendly and welcoming.

Seeing the interest by the RCPsych team in our study: 'Depression, Perceived Stress, Social Support, Substance Use and Related Sociodemographic Risk Factors in Medical School Residents in Nairobi, Kenya' was highly motivating. The population of medical school residents we studied had significant levels of stress, depression and substance use. They also had surprisingly high levels of social support which I found very interesting. I felt and still feel that it is important their mental well being is studied so that improvements can be made to prevent depression amongst residents. Often this population is understudied and neglected so I found the opportunity to share our findings very valuable.

The rapid-fire format worked well for our study as I felt that I had just enough time to communicate our findings. The questions and interest expressed by the session chair and the audience were quite encouraging. I hope to present here again!



Dr Sayed Shah

### European Division bursary winner

This year I had the honour and pleasure to participate in the first virtual RCPsych International Congress with an oral rapid-fire poster presentation on a case of olanzapine-associated rhabdomyolysis.

I have reported a case of a 20-year-old male patient who had been admitted to the psychiatric department with the symptoms of paranoid schizophrenia. Four days after oral olanzapine monotherapy at a dose of 10 mg per day, he had complained about fatigue and weakness in the lower extremities along with myalgia. Blood chemistry showed serum creatine kinase and serum lactate dehydrogenase of 9,725 U/L and 843 U/L, respectively, on day four of the therapy. A diagnosis of drug-induced rhabdomyolysis had been established. Olanzapine had been immediately withdrawn, and the patient had been referred to the intensive care unit. The pharmacogenetic test revealed that the patient was a homozygous mutant for CYP2D6\*4, which corresponds to the CYP2D6 poor metabolizer phenotype. Thus, trifluoperazine was prescribed at a daily dose of 10 mg instead of olanzapine as recent data indicate that trifluoperazine is metabolized by CYP1A2 and UGT1A4 instead of CYP2D6. Subsequently, the patient recovered and was discharged without any nephrological sequelae.

My presentation was followed by an interesting discussion with colleagues. In general, I was impressed by the multiple possibilities the virtual Congress offered, and it was a really fruitful time of various positive impressions. The Congress was really well-organized, all speakers were internationally recognized in their areas, and the social events were great. I hope I can repeat this experience very soon."



Dr Valentin Skryabin



## Featured International Event

### Child and Adolescent Mental Health Workshop, South Africa

*This issue's featured event is a South African research training workshop for Child and Adolescent Psychiatrists. Dr Liezl Schlebusch of the University of Cape Town, coordinated the successful training day and provided the following review.*

This year the South African Association for Child and Adolescent Psychiatrists and Allied Professionals (SA-ACAPAP) hosted, yet again, a one-day research training workshop for early career researchers, thanks to funding support from the Royal College of Psychiatrists.

Eleven early career child and adolescent mental health researchers were recognized for their outstanding research contributions. The theme for the workshop was

building bridges (through making meaningful connections) and invest in your future (through sharing wisdom from mentors and peers).

The emerging researchers had the opportunity to meet fellow researchers, share their research, and build lasting connections. A highlight of the day was an informal conversation where researchers asked questions to a panel of experienced international mentors. Meaningful discussions flowed from questions such as 'What is your best advice for emerging researchers?' and 'Looking back, what would you have done differently?'. The day ended with insightful reflections and renewed energy to make a positive difference in child and adolescent mental health in Africa.

#### The mentors and researchers during the workshop:

Mentors: Prof Petrus de Vries, Prof Shakila Dada, Prof Linda Theron, Prof Daniel Fung, Dr Naoufel Gaddour

Emerging Researchers: Dr Pamela Dawson, Dr Simphiwe Simelane, Ms Sarosha Pillay, Ms Mariette Joubert, Dr Tigist Zerihun (Ethiopia), Ms Marisa Viljoen, Ms Louise Smith, Dr Sashmi Moodley, Dr Linda Nyamute (Kenya), Ms Fatima Haffeej, Dr Gbotemi Aloro

Coordinator: Dr Liezl Schlebusch



Zoom screen shot of the event



## Resources

### Library Services and Journals

#### Library Services

We wanted to let you know about the resources and benefits you have access to through the College Library, regardless of where in the world you are practising.

We offer College OpenAthens accounts to members, which allow access to a wide range of databases and journals:

**Databases** – the College provides access for members to three top databases of medical research: Medline, PsychINFO and Embase.

**Journals** - we subscribe to a wide range of journals on your behalf, including: Lancet Psychiatry and the American Journal of Psychiatry. Please see the [full list of journals](#).

**eBooks** - we only have a few ebooks at present, including the BNF and the Maudsley Prescribing Guidelines but in light of the global lockdowns we want to expand

All our collections are built on member recommendations, so if you cannot find something you need, just let the library team know.

The library also offer a free and unlimited literature searching service for those who do not have the confidence or simply the time to search through the medical databases. This can also be combined with training for anyone who wants to refresh their skills.

You can find all the library [resources on the College website](#) or you can get in touch with the team directly at [infoservices@rcpsych.ac.uk](mailto:infoservices@rcpsych.ac.uk)

#### BJPsych International

The [BJPsych International](#) journal is an entirely open access peer-reviewed journal exploring policy and practice in psychiatry around the world. Their mission is to provide a forum in which mental health practitioners, particularly from low- and middle-income countries, can share their ideas and new approaches to policy and practice in their region and learn from one another.

If you choose to publish with the journal, your work will be entirely open access at no charge to you and will benefit patients and mental health professionals globally. BJPsych International is listed in the Directory of Open Access Journals and indexed in Scopus and PubMed. Your article will be promoted through a variety of resources available from their partner, Cambridge University Press. You can browse their [online collections](#) for updated information on specific countries/regions. If you are a trainee or junior doctor, share your experiences by submitting to the [Global Echoes](#) section of the journal. BJPsych International intend to highlight more digital content, such as [videos and podcasts](#) to accompany published articles. If you have any questions, you can get in contact via [BJPInternational@rcpsych.ac.uk](mailto:BJPInternational@rcpsych.ac.uk)

You can access the latest edition of [BJPsych International here](#) or via the journal image on the right:





## Events

Upcoming events you may be interested in:

### **Online Course: Mental Health of Asylum Seekers National Training Day 2021**

**Date:** 7 October (9.15 - 17.15)  
Join live or watch on demand

**Chair:** Dr Sarah Majid  
**Description:** To introduce participants to the concept of Complex Trauma in a population of refugees and asylum seekers.

[Find out more >](#)

### **Online Course: Annual ECT and Neuromodulation Conference 2021**

**Date:** 18 November & 19 November (13.00 – 17.30 each day)

**Organisers:** Dr Girish Kunigiri & Dr Sudheer Lankappa  
**Description:** The annual, international ECT and Neuromodulation conference welcomes all practitioners involved in the provision of electroconvulsive therapy (ECT) and other neuromodulation techniques.

[Find out more >](#)

## Keep In Contact



## Submissions for Winter 2021 issue

Please contact Sarah Eldridge at [sarah.eldridge@rcpsych.ac.uk](mailto:sarah.eldridge@rcpsych.ac.uk) with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the Winter 2021 edition is 21 November 2021.

*The Royal College of Psychiatrists is the professional body responsible for education and training, and setting and raising standards in psychiatry.*

*Our International members are represented by six International Divisions; African, European, Middle Eastern, Pan-American, South Asian and Western Pacific.*

*Any opinions expressed by individuals in this newsletter do not necessarily represent the views of the Royal College of Psychiatrists*