
A Guide to Advanced Training in General Adult Psychiatry At Severn Postgraduate Medical Education

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Contents

1) Welcome from Training Programme Director (TPD) – Dr Sian Hughes	2
2) Placements within the scheme	2
3) Local NHS Trusts	3
4) Clinical Special Interest Opportunities	4
5) Non-clinical Special Interest Opportunities	5
6) Academic Opportunities	5
7) Example Trainee Timetable	6
8) On-call work	6
9) Support, Supervision, Quality Assurance and Trainee Representation	6
10) How to arrange a visit	6

1) Welcome from Training Programme Director (TPD) – Dr Sian Hughes

Welcome to General Adult Psychiatry Advanced Training in the Severn School of Psychiatry. We are a highly ranked training scheme in Psychiatry. The scheme covers 3 mental health trusts along with posts in general hospital trusts. We have a wide range of opportunities in core and specialist placements, and a huge potential for clinical and non-clinical special interests to suit all interests.

This guide is designed to provide specific information about General Adult Psychiatry training for new and potential advanced trainees. It supplements the 'Guide to Advanced Training in Psychiatry in Severn Postgraduate Medical Education', which includes a wide range of information such as: opportunities in teaching, research, leadership and management; and processes for study leave, acting up and out of programme experiences.

2) Placements within the scheme

This scheme affords a good range of choice of placements. There is an expectation that trainees will work in more than one trust, as this allows the trainee to experience a range of different managerial styles and systems, which will be helpful for consultant interviews and practice.

Trainees are placed in posts to address their learning needs, where possible taking into account their preferences. There is a choice exercise each year, with confirmation of placements in May/June. At any stage trainees are encouraged to get in touch with the TPD if they have questions or need support or advice. Whenever possible trainees will be given one of their choices of post. If a post is highly desirable, interviews may be held to ensure fairness and transparency of allocation ([see endorsement policy](#)).

There are a total of 12 funded GA (general adult), 5 OA (older adult) and 2 GA academic funded posts in Avon and Wiltshire Mental Health NHS Partnership Trust (AWP), with posts in Bristol, Bath, Devizes and Weston Super Mare. There are also 5 GA and 3 OA funded posts in 2gether Trust (2GT) in Gloucester and Cheltenham, and 3 GA and 2 OA posts in Somerset Partnership Trust (Sompar) in Bridgewater, Taunton and Yeovil. See information on Trusts below.

The Core Year:

The General Adult Psychiatry curriculum for advanced training requires that trainees spend a year in a core placement. This must include a mix of inpatient and community general adult psychiatry. Specialist placements such as: forensic psychiatry inpatients; eating disorders or perinatal

psychiatry would not count towards the core year. Posts in community mental health teams, recovery teams and intensive teams count towards the community aspect of the core year. Where there is a lack of clarity regarding a post, this can be discussed with the TPD.

A wide variety of non-core posts are available in the region, including: Neuropsychiatry; Liaison Psychiatry; Addictions; Rehabilitation; Psychotherapy and Eating Disorders. Please see the post descriptions on the School of Psychiatry website for more information

(<http://psychiatry.severn deanery.nhs.uk/about-us/advanced-specialist-training/general-adult-psychiatry/>). This includes posts that allow trainees to obtain endorsements in Addiction Psychiatry, Liaison Psychiatry or Rehabilitation Psychiatry as per the RCPsych and GMC regulations.

3) Local NHS Trusts

²gether Trust (<http://www.2gether.nhs.uk>)

Training within this trust provides trainees with the experience of working within a cohesive trust that is innovative yet small enough that trainees feel very much part of the senior medical team.

²gether is still a united health and social care trust.

The posts for Severn Postgraduate Medical Education trainees are within the services based around Gloucester, Stroud and Cirencester. The inpatient unit is Wotton Lawn Hospital with a purpose built Psychiatric Intensive Care Unit (Greyfriars PICU). The Postgraduate Medical Education meeting is a half day rolling programme which is specialty integrated (LD, Child and Adolescent Psychiatry, OA and GA). There is Psychoanalytical training available for half days including the session with a patient, supervision and a reading group.

Avon and Wiltshire Mental Health Partnership NHS Trust (AWP) (<http://www.awp.nhs.uk>)

This large mental health trust provides a wide range of services for Bath and North East Somerset (B&NES), Bristol, North Somerset, South Gloucestershire, Swindon and Wiltshire. AWP has had significant changes in its ethos and direction with a new dynamic management structure in place since 2012. Bristol services have recently been retendered and the services under development have been commissioned following an exciting period of consultation with patients, families, clinicians, third sector providers and stakeholders. Mental health and social care now operate separately.

Adult mental health services are split into three areas within Bristol (North, Central and South) and South Gloucestershire (the north fringe of Bristol stretching out to Thornbury and surround). Community services are spread around various sites and the inpatient services are based at Callington Road Hospital and Southmead Hospital. Forensic services are based at the Blackberry Hill site. There are also services based in local prisons.

There are two on call rotas covering adults of working age and older adults within Bristol, South Gloucestershire and Weston-Super-Mare. Separate rotas cover Bath and Swindon areas, and there is a Learning Disability specific rota which covers B&NES, Bristol, South Gloucestershire and North Somerset and a specific Forensic Psychiatry rota. All the senior on call rotas are non residential.

Bath services for adults of working age and older adults are based at the Royal United Hospital and St Martins Hospital sites. There is a supportive group of consultants who can facilitate cross team experience (Inpatient, Intensive Team, Early Intervention Team).

North Somerset provides a full range of older adult and working age adult community and inpatient services, based at Weston Super Mare and Clevedon.

Somerset Partnership Trust (<http://www.sompar.nhs.uk>)

Training in Somerset is within a mainly rural Trust. The Trust operates in a more 'traditional' way and the teams are stable and established. Interfaces between teams tend to be easy, giving trainees opportunities to work across different teams (Early Intervention, Intensive/Crisis teams) to provide continuity of care for patients.

There are 3 main bases in Bridgwater (community base), Taunton (including inpatient services) and Yeovil (including inpatient services). There is a weekly Postgraduate Medical Education half day meeting in Taunton, and quarterly trust audit meetings, with a supportive unit. As one of the Academies for the University of Bristol, there are opportunities for trainees to be Educational Supervisors for undergraduate medical students. Psychotherapy training is based in Yeovil with CBT, Family Therapy and CAT Training all available. Leadership opportunities are readily available at an individual level and more formalised schemes in management and leadership are under development. Finally, the on call system means trainees are only on call until midnight!

4) Clinical Special Interest Opportunities

All advanced training posts in Severn Postgraduate Medical Education School of Psychiatry include time for clinical special interest sessions (2 sessions per week if full time in a non-academic

post). A large range of opportunities are available within the region, for example: neuropsychiatry; adult ADHD; adult autism assessment; forensic psychiatry; substance misuse; eating disorders; perinatal psychiatry; criminal justice liaison service; learning disability psychiatry; prison psychiatry; older adult psychiatry and ECT. Advanced trainees are encouraged to seek out and develop new opportunities to meet their learning objectives. They do not even have to be in psychiatry – if it would be useful to your consultant role to have knowledge and experience in, for example, neurology or acute medicine, discuss this with your educational supervisor and it can usually be arranged.

<http://www.psychiatry.severn deanery.nhs.uk/assets/Psych/Advanced-Specialist-Training/Special-Interest-session-opportunities.doc>

5) Non-clinical Special Interest Opportunities

All advanced psychiatry trainees also have time ringfenced for further developing their skills in teaching, research and leadership and management, and are encouraged to use this to the full. For full time trainees this is 2 sessions per week. There are many local opportunities in these areas including structured schemes to aid trainees in developing specific skills and gaining experience. These opportunities are detailed in the main 'Guide to Advanced Training in Psychiatry in Severn Postgraduate Medical Education' on the School of Psychiatry website.

6) Academic Opportunities

Each local area has its own psychiatry academic programme, and a specific regional general adult psychiatry academic programme for advanced trainees is currently under development. There is also an active advanced trainee peer group across the psychiatry subspecialties, who meet several times a year for educational presentations, peer support and discussion.

Trainees are encouraged to use all their study leave allocation and there are lot of local courses, including a Professional and Generic Skills Programme, teaching and research courses run by the University of Bristol and a variety of training events run by South West Division Training of the RCPsych. Please see the main 'Guide to Advanced Training in Psychiatry in Severn Postgraduate Medical Education' on the School of Psychiatry website for further details.

7) Example Trainee Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Supervision	Clinical Special interest	Admin	Outpatient appointments / Home visits	Non-Clinical Special interest (Teaching, research and management)
Admin		Academic Programme		
Clinical work		Clinical work	Admin / Clinical work	

8) On-call work

All posts have non-residential on-call work with consultant cover. The details of individual rotas vary depending on the location of the post. All receive appropriate payment via banding. Hours monitoring processes are completed twice a year.

9) Support, Supervision, Quality Assurance and Trainee Representation

All posts are approved by the TPD and School of Psychiatry with considerable trainee input. For approval, a post must have appropriate levels of supervision and support. Clinical and educational supervision are provided by the individual advanced trainee's consultant, with oversight by the TPD. Any difficulties with supervision should be raised with the TPD as early as possible. The main 'Guide to Advanced Training in Psychiatry in Severn Postgraduate Medical Education' on the School of Psychiatry website includes guidance on supervision. It also includes information on the multiple mechanisms for quality assurance, including: quality panels; trainee surveys (including one run by trainees); and requests for feedback from trainees for each post. There are regular School of Psychiatry meetings between trainee representatives, TPDs and the Head of School.

The current general adult advanced trainee representative to the Severn School of Psychiatry is Dr Chris Lucchese (christopher.lucchese@nhs.net), and the advanced trainee chair is Dr Dane Rayment (danerayment@nhs.net), who is a dual training general adult/older adult psychiatry advanced trainee.

10) How to arrange a visit

We are happy to be contacted for further information and can arrange face to face visits and contact with current advanced trainees. If you are interested in General Adult Psychiatry training in this region we encourage you to contact the TPD Dr Sian Hughes (sian.hughes2@nhs.net).

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