

Advanced Specialty training

Old Age Psychiatry

School of Psychiatry, Health Education South
West, Severn

A Guide

Dear Advanced Trainee

Congratulations on your appointment to the Advanced Training Grade and welcome to your Advanced Specialty training in Old Age Psychiatry in the School of Psychiatry, Severn Postgraduate Medical Education.

Dual OA/GA trainees should read this in conjunction with the Advanced Trainee Handbook for General Adult Psychiatry.

This guide has been created in an effort to ease your transition from Core Training into Advanced Training and to help you make the most of your 3 (for single CCT) or 4 (for dual CCT) years at ST level. The purpose of the guide is to make sure you are aware of all the learning opportunities that you can consider undertaking during your training, with the aim of making you successfully appointable when the time comes to apply for your Consultant post.

It is not intended to be a proscriptive guide, and indeed is not exhaustive. You may find opportunities to undertake other relevant training not included here, and this is to be encouraged. However, it does include some advice on which training opportunities it would be worth considering when you are thinking about your CV, and also some information about the necessary competencies you need to develop to progress smoothly through your training.

As always, the best resource is your colleagues and I would encourage you to make and keep in contact with each other, but there is a wealth of experience around at both Trust, University, School and LETB level, so if you cannot find the answer to a particular query please ask (some useful contact numbers are included on the last page). This is the first year we have introduced a Handbook, so I would value any feedback from you. My aim is to update the handbook annually, so there is plenty of scope to include any changes you think would be useful for your successors.

Enough said! Once again, welcome to Severn. I hope you enjoy your training and that you find the next 3 or 4 years engaging, interesting and productive and emerge successfully at the end of it with your CCT.

With best wishes

Dr Shân Williams
Consultant Old Age Psychiatrist and Training Programme Director Old Age
Psychiatry

INTRODUCTION

The Old Age Training Scheme in Psychiatry offers 10 Advanced Trainee National Training Numbers which includes trainees undertaking both single and dual CCTs.

Trainees rotate each year at the beginning of August. Trainees have considerable choice in their clinical placements which are distributed throughout the Severn area covering Somerset, Gloucestershire, North Somerset, Bristol, Wiltshire and Bath and North East Somerset. This area is covered by three Trusts – Avon and Wiltshire Partnership, 2Gether and Somerset Partnership. Most trainees get their first or second choice post following a preference exercise which is held each year around April and which is managed by the Training Programme Director for General Adult psychiatry.

The clinical experience in the Advanced Training Programme in Old Age psychiatry will consist of the equivalent of three years full time experience of which two years must be spent in designated Old Age Psychiatry. The three years will be made up as follows:

1. Twelve months in an Old Age placement i.e. a placement that can offer both inpatient and community experience, and two six-month placements in inpatient and community settings. The inpatient experience must include managing detained patients under supervision.
2. Twelve months in another old age psychiatry setting
3. A third twelve months may be spent in general psychiatry (or one of its subspecialties) or in any other psychiatric specialty where the training is available e.g. forensic psychiatry, old age psychiatry, medical psychotherapy, learning disability psychiatry, liaison psychiatry

The trainee will be expected to rotate between their choices of posts during their training and gain a balance of community and inpatient experience.

Trainees undertaking dual Old Age and General Adult Psychiatry will spend 2 years in each specialty comprising 24 months in Old Age Psychiatry (points 1 and 2 above), one year in a Core General Adult post and one year in an additional General Adult post (which may include endorseable posts in rehabilitation psychiatry, substance misuse psychiatry or liaison psychiatry).

As well as consolidating your core knowledge and skills, you should make sure you get experience in :

- The knowledge of the special feature of psychiatric disorders presenting in old age
- Knowledge of the impact of increasing age on the effects of treatment in the elderly, both physical and psychological
- Knowledge of the specialist range of support services available for the elderly mentally ill
- Knowledge of the relevant legal issues for the elderly and in particular the Court of Protection

- Knowledge of geriatric medicine, neurology, neuroimaging and sensory disorders as necessary for the practice of old age psychiatry.

There is particular emphasis on multidisciplinary working and a global approach to management – spanning psychological, medical and social issues.

PARTICULAR FEATURES OF CLINICAL WORK IN OLD AGE PSYCHIATRY

You should try to obtain the following experiences:

Clinical (settings)

- Inpatient wards for the treatment of functional illness (both ageless and age appropriate where available)
- Assessment wards for the treatment of dementia
- Sheltered housing and very sheltered housing
- Residential and nursing care in various settings – both long term and respite
- Home assessment and treatment
- Outpatient clinics (where available)
- Day hospitals (where available)
- Joint psychiatric/geriatric services (where available)
- Memory assessment services (where available)

Clinical (experience)

- Assess and manage
 - Affective psychosis
 - Paraphrenia
 - Hallucinatory states
 - Neurotic disorders
 - Personality disorder in old age
 -
- Assess and manage acute confusional states and psychiatric complications of physical illness including Parkinson's disease
- Assess and manage dementia of all kinds in all age groups
- Experience of interviewing mentally impaired elderly subjects and those with sensory deficits
- Experience of obtaining collateral information
- Manage treatment with ECT and a range of psychotropic drugs, including their iatrogenic complications

- Use psychotherapeutic techniques with elderly patients, paying regard to the special developmental tasks of old age, and the need to work with dependency and loss in the individual and the family
- Ensure that the needs of psychiatric and medical treatment are properly balanced and covered
- Assess and manage self-poisoning and self harm
- Assess and manage substance misuse in the elderly
- Be familiar with assessment of cognitive impairment and its differential diagnosis
- Experience of working in close liaison with other providers of services, including families, social services, the primary care team, acute hospital trusts and voluntary agencies
- Assess the psychological component and psychiatric complications in medical illness, including delirium
- Be familiar with techniques of neuropsychological testing
- Have experience of rehabilitation and the management of challenging behaviour in old age
- Have experience in the formulation and management of behavioural and psychological symptoms of dementia
- Have experience in specialist risk assessment in the older adult population
- Be familiar with the range of community resources which can be deployed to support those with brain failure, and those with mental illness and concurrent physical disability
- Experience of training other disciplines in the detection and management of psychiatric disorder in old age

- Experience and if possible training in end of life care issues

USEFUL COURSES/EVENTS

Cambridge Dementia course

Held annually in Cambridge usually in December, 3 day conference covering all aspects of dementia
Contact : secretary@cambridgedementiacourse.com

Dementias

Held annually in London
Contact : www.mahealthcareevents.co.uk/dementias2014; (0) 20 7501 6762 (booking line)

BAP – Prescribing in Old Age Psychiatry

British Association of Psychopharmacology- on line modules also available

Old Age Advanced Trainees Conference- annual conference run by trainees for trainees

Severn Advanced Trainee Old Age workshop

Held three times per year; takes the form of two master classes on aspects of Old Age psychiatry relevant to Advanced Trainee and consultant practice and one research forum (facilitated by Dr Tarun Kuruvilla); restricted to single and dual OA advanced trainees within Severn area; facilitated by Dr Shan Williams

Diploma in Geriatric Medicine Revision course - Cardiff

National Medicine for Old Age Psychiatrists Conference

Contact : register@exantemanagement.co.uk

CONTACT DETAILS

Dr Shan Williams – TPD for Old Age Psychiatry - 0117 9195800; shan.williams@nhs.net

Old Age Advanced Rep – Dr Alison Lerant – 0117 9195800; Alison.Lerant@nhs.net