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THE TRAINING PROGRAM

Welcome to Higher Specialty Training in Child and Adolescent Psychiatry. Wherever you have been placed in the East of England, we all train together. Odds are you probably will rotate to a different trust to get more specialist training during your training.

Posts are usually nine months long for full time trainees, which gives you a chance to rotate to four different placements. Try to make the most of it. You will be given the chance to discuss with your educational supervisor/ training program director what kind of placements you are interested in. To ensure you complete the competencies required, make sure you have at least one general community post and one inpatient post. The remaining posts could be in eating disorders, forensic services, drug and alcohol services or learning disabilities depending on your interests.

Every Wednesday, we have a teaching program where all child and adolescent trainees meet in Cambridge for the whole day to learn new topics given by experts in their fields. This is carefully organized to give us the required skills and knowledge, completing the competencies we need over three years. You can, if you are interested, attend your local teaching program as well if it will not affect your clinic time.

As Higher Trainees, we are expected to work within our trusts to the level of our experience. Moving from Core Training, we usually would not have much experience in Child and Adolescent Psychiatry which is why work could be slow at first while you learn. Make sure you discuss with your clinical supervisor what you feel you need to shadow/ work on before you are allocated your patients.

Each trust has different rules regarding out of hours work for Child and Adolescent Higher Trainees. Make sure you are aware of what your trust requirements are. You are also entitled to a special interest day which you should discuss with your educational supervisor to make the most of it.

Please find attached to the booklet the latest RCPsych curriculum for Child and Adolescent Specialty Training and Induction booklets from different trusts. It would be useful to read your trust's guides in addition to this one.

Child and Adolescent Trainees have always been a friendly bunch so if you feel stuck, ask your colleagues. Overall, enjoy your journey!



THE ACADEMIC PROGRAM

Our weekly teaching program is held at Brookside Family Clinic, 18a Trumpington Road, Cambridge, CB2 8AJ. There is parking available on site but the parking spots fill up fast so if you don't find a spot, there are more spots towards the back of the clinic. On your first day, ask Reception where to go for the teaching or contact one of the trainees to show you the room. You will not need an access card to get through.

Our teaching program is designed by the academic lead, Dr Anupam Bhardwaj, in a meeting with the academic representative and our Senior Administrator, Dee Robinson. This ensures that the academic representative puts forward trainees' thoughts on the program and what topics they would want to be covered in addition to the required topics. If you think a topic would be useful, feel free to share your ideas with the academic rep in the Higher Trainees Meeting.

The teaching schedule follows school terms and holidays. This is to accommodate parents in training as the commute could make it difficult for some to attend in half term for example. Make sure you check the Health Education East of England Website for the updated program to know which Wednesday's to attend.

It usually starts at 10am except for one day per term when we have an extra session from 9am to 10am with Neuro-Pediatricians. We have a morning session from 10am to 12pm, an hour for lunch and an afternoon session from 1pm to 3pm. After 3pm, you are welcome to stay and talk to your colleagues for more support. There are psychotherapy supervision sessions fortnightly where we meet with a Child Psychotherapist to discuss complex cases in a psychotherapeutic approach. This is scheduled in the lunch hour from 12:30pm till 1pm.

Once a term, we have a session with Neuro-Pediatricians. It alternates where one term, Child and Adolescent trainees would volunteer to present a case they saw in their clinical work that has a neurological aspect. This could include ADHD, Tourette's syndrome or psychosomatic presentations. The following term, the Neuro-Pediatricians would volunteer to present a case which has psychological presentations. You will be asked ahead of time by the senior administrator if you have a case to present when it is our turn.

We have two slots each term for trainees to present journal club or case presentations. Make sure you present at least one journal club presentation per year to fulfill your competencies.

You will be asked ahead of time by the senior administrator if you want to present this term. It is your responsibility to volunteer according to your curriculum needs as we are aware that you could be giving presentations elsewhere, in local teachings for example. If we have more than two volunteers per term, the academic representative will make sure we could accommodate this by slightly modifying the schedule. Make sure you invite your clinical supervisor to attend and chair as he/she would be the one to fill out the WPBA for you.

Higher trainees meet to discuss their issues once a month. This could include the teaching program and topic preferences. It could also include feedback from meetings, issues within the program or development of the training program.

There is also a joint teaching day each term between pediatric trainees and child and adolescent psychiatry trainees. We have presentations from both in that day to further develop our skills.

We also provide refreshments and snacks for the day which is made possible by a collection pot from trainees and we volunteer amongst each other to shop for it. We keep our purchases in the storage cupboard in Brookside along with the equipment needed for the day (laptop, projector). If you want to get to the storage cupboard, you would have to ask reception for the key. If you need any more equipment for your presentation that is not available, please discuss it with the senior administrator. You would also need to ask reception as that side of the building requires an access card or someone to let you through.

Even though it is a long day full of learning, it is enjoyable and trainees find it supportive to meet up with other trainees going through the same path.



THE CLINICAL WORK

Your day to day work will differ according to your placement and the trust you are allocated to. Overall you week includes one day of teaching and one special interest day if you are a full time trainee. This gives you three days for clinical work.

You should discuss with your clinical supervisor what these days would look like. In your first post, volunteer to shadow as much as you can initially. Shadowing all team members, not only consultant psychiatrists, gives you an idea of what is available for the patients. It also gives you a more rounded picture of the young people's difficulties. Team meetings offer a valuable insight into the system functioning. As you feel that your skills are increasing, discuss with your clinical supervisor your role within the team. You could be managing cases initially, liaising with schools and social services if needed. This is your chance to be hands on as you won't have the time to see that side when you're a consultant. You could take part in new assessments. You could also shadow different kinds of therapy and if you have the skills deliver them under supervision. It is very useful to get an understanding of family therapy and CBT in young people during your training.

Meetings with clinical supervisors should be one hour per week. Go prepared, make sure you have the cases you want to discuss with you. Spread your work place based assessments over the placements and ask your clinical supervisor to complete them as you go along. It is your responsibility to make sure you are ready for the ARCP.

If you have any issues with the training post, discuss it with your clinical supervisor and/or your educational supervisor. Ideally, the three of you could meet to look into improving the training experience for that post.



OUT OF HOURS WORK

Being part of the out of hours rota depends on the trust you work in. For CPFT, Child and Adolescent Psychiatry Trainees are not required to be part of the rota but could volunteer if they want to. For NSFT, EPUT and Hertfordshire, they are required to be part of a non-resident Tier 2 rota. In Dunstable, they are required to be part of a resident on-call rota. The frequency of on calls differs so make sure you have your schedule from your trust. The requirements of the doctor on call also differ between trusts. In some trusts like NSFT and HPFT, the Tier 2 doctor is expected to complete any Mental Health Act Assessment out of hours, in addition to responding to emergencies within wards that are flagged up by the Tier 1 doctor. In other trusts like CPFT, it is not expected to complete Mental Health Act Assessments and you can volunteer as you see fit.

If you do not take part in the on call rota, find a way to get the competencies required for emergency cases. Some placements offer a day CAMHS on-call system where the on-call doctor would respond to emergencies. Ask your clinical supervisor and volunteer if you could as it is a valuable learning experience.



SPECIAL INTEREST DAY

You have one day a week to pursue your special interest. The should be discussed with your educational supervisor. You could use the whole day for one interest or divide it into two sessions and pursue more than one goal. Remember, you have three years of training and you can shape it the way you want.

In CAMHS, you have several options to consider. Some trainees gain therapeutic skills in their special interest day. This could include psychotherapy or CAT. Ask your educational supervisor or your colleagues who to contact if you are interested in this. Other trainees take this time to complete a postgraduate degree. This day could help shape your career path. If you are interested in medical education, you can attend the one-day course called tomorrow's teachers offered by HEEoE. HEEoE also occasionally offers bursaries to help you get a postgraduate certificate. Check their website regularly for opportunities.

This day could also be used to help you master the competencies required. HEEoE offers a program called LeAP to create future leaders. Check out the website to see the dates of the next LeAP program if you are interested. You could use it to shadow in a community pediatrics clinic to gain the physical examination competencies required. Research competencies are also another area you could pursue to the extent that you are interested in. Discuss with your educational supervisor what you want to do regarding research. You could be interested in developing your career into a more academic route and devoting your day for research. You could be interested in other areas and just want to cover the basics required. We also have a research supervisor, Dr Paul Wilkinson, who is based at Brookside and can help guide you if you are unsure.

It could also be used to further your clinical skills. You could use this day to attend other services like a substance use service, forensic service, youth offending, early intervention in psychosis, crisis team, liaison or eating disorders. If you decide on an area of interest, ask if it is available in your trust. If not and you are willing to commute, talk to your educational supervisor or ask your colleagues from different trusts to find out where it is available.



IMPORTANT CONTACTS

- Training Program Director:

 Dr Anna Conway Morris anna.conway-morris@cpft.nhs.uk
- Head of School:

 Dr Chris O' Loughlin christopher.o'loughlin@cpft.nhs.uk
- Academic lead of teaching program:

 Dr Anupam Bhardwaj <u>Anupam.Bhardwaj@cpft.nhs.uk</u>
- Research Supervisor: Dr Paul Wilkinson - pow12@cam.ac.uk
- Regional East of England Higher Trainees CAMHS Representative: Dr Sadaf Mufti sadaf.mufti@elft.nhs.uk
- Senior Trainee Representative for East of England School of Psychiatry: Dr Lesley Cousins lesley.cousins@cpft.nhs.uk
- Senior Administrator: Dee Robinson - <u>dee.robinson@cpft.nhs.uk</u>
- Academic Representative:

 Dr Rana Moharam rana.moharam@nsft.nhs.uk
- CPFT CAMHS Junior Doctors Committee Representative: Dr Anna Winter a.moore@ucl.ac.uk

APPENDICES

- RCPsych Child and Adolescent Specialty Training Curriculum
- Induction Handouts CPFT
- Junior Doctor Handbook NSFT
- Current Academic Program Schedule