

The North West MRCPsych Course 'Theory to Practice'

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Contents of this presentation

- Welcome
- Introductions (main focus of first hour)

- Overview of the MRCPsych course
- Local Academic Programme
- Regional Academic Programme
- The CT1 representative – an invitation to apply
- Beyond the course

(Endeavour to avoid repetition of introduction from 8.9.20)

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Welcome

- Introduction to the course leads and admin team
- All trainees to introduce themselves
- Introductions to cover
 - Name
 - Placement
 - 2 things about your background
(e.g. undergraduate/postgraduate training...or personal)

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“The MRCPsych Course” in HEE (NW)

Developing people
for health and
healthcare

MRCPPsych Course Principles

- Psychiatrists are medically qualified doctors with a specialism in Psychiatry
- Adult learning principles with a number of teaching methods
- Achievement of core skills for core trainees in placements:
 - Training close to patients, learning from patients, teams, supervisors and local academic programmes
- What cannot be done locally in placements and the LAP is done centrally
- Training offered on different sites are now comparable & measurable so wherever you train, the standards are the same

MRCPPsych Course Aims

- **Support trainees in connecting the four training strands:**
 - Supervision (formal and informal) in the clinical placement
 - LAP weekly sessions (half day sessions in the workplace)
 - Regional Academic Programme
 - Psychotherapy training
- **And link them to:**
 - The MRCPPsych exam syllabus
- **Achieving:**
 - Consistency of training across a large geographical area
 - A greater proportion of training delivered in the NHS workplace
 - Better prepared trainees for clinical practice and the MRCPPsych examinations

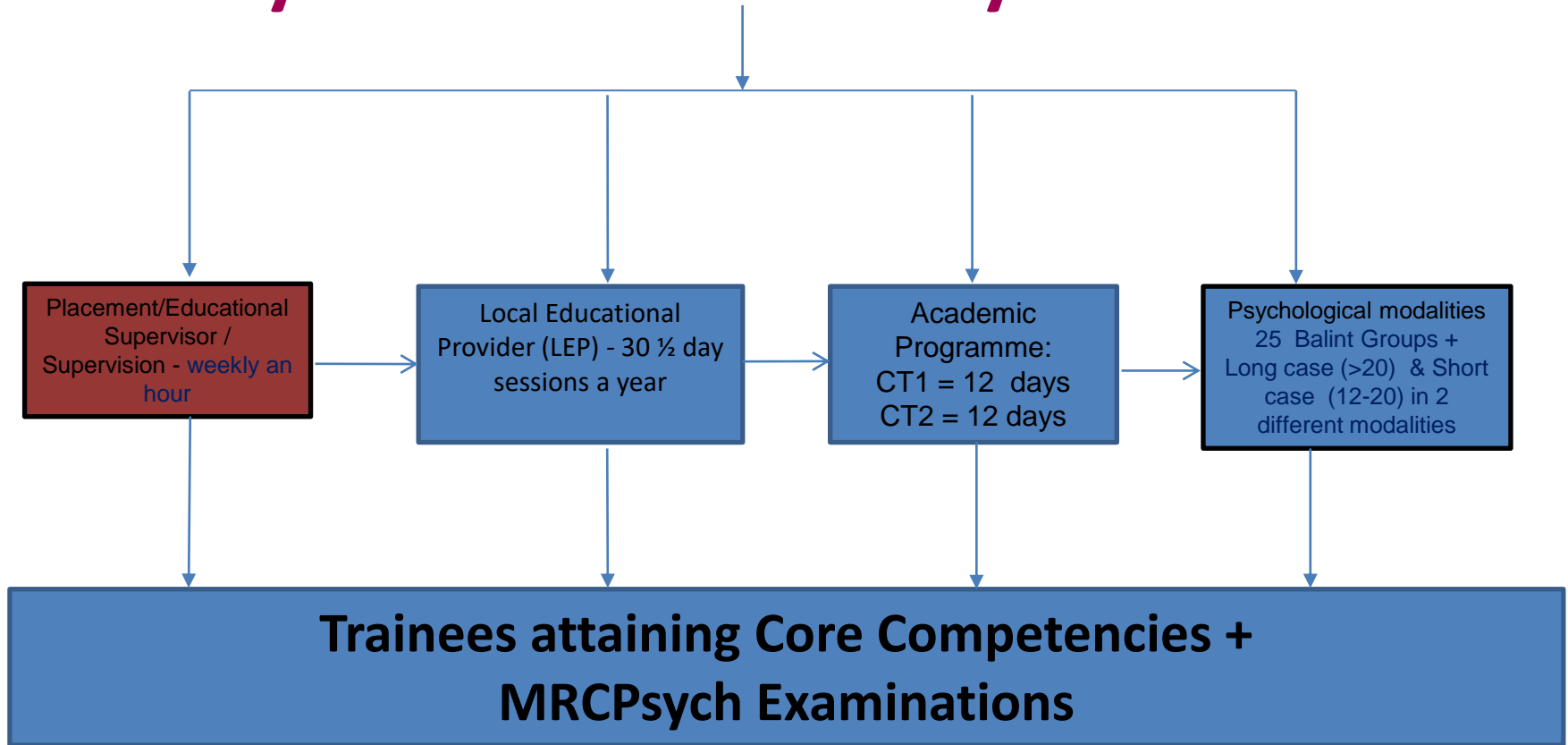
Core skills

- Successful outcome at CT3:

ARCP Outcome 1 + Pass the MRCPsych Examination

- Both required to move to Higher Specialist Training (ST)
- *Common Fallacy – Pass the exam first at any cost! This is not correct...*

MRCPPsych Course – “Theory to Practice”



Some parallels to

- PBL for Medical students in Manchester
 - Run on different sites with the same format with PBL trained doctors
 - Have handbooks prepared by a committee that PBL tutors follow – handbook for tutors and handbook for students
 - Students do have some lectures centrally – e.g. statistics during their Project Option etc ...

Funding

- 2 PA for CD
- 1 PA for Deputy CD (job share 2019)
- 2 Sessions of Band 7
- 1 WTE of Band 4
- Consumables
- Clinical Skills Test

- No control over Study Leave issues!

- “Medicine is learned by the bedside and not in the classroom. Let not your conception of disease come from the words heard in the lecture room or read from the books. See, and then reason and compare.
- But see first”
- ***William Osler (1849-1919, Physician***

- ***Be very curious and ask questions, look for answers all the time as we are still exploring the cause of disease in Psychiatry***

The MRCPPsych course “is & not”

- RCPsych has mandated HEE that “every Psychiatry Core training programme in the UK provides a mandatory Course”
- Every trainee has to attend this course to gain competencies – Mandatory 70% attendance for both Local and Regional training programme
- MRCPPsych course is not about passing exams only
- MRCPPsych course is providing evidence that you have gained certain amount of academic knowledge to practice
- MRCPPsych course is a part of your training to become a ***Member of the Royal College of Psychiatrists, UK***

The MRCPsych Course

The Local Academic Programme (LAP)

- All of the information for the LAP programmes are contained in centrally developed handbooks
- The handbooks contain:
 - Clear learning outcomes for each LAP
 - Advice / suggestions for the Case Presentation
 - Peer reviewed journals to choose from
 - Titles for the 555 Presentations
 - Multiple Choice Questions
 - Additional reading resources for the trainees
- All these handbooks are available online (www.schoolofpsychiatry.net)

The MRCPsych Course

Regional Academic Programme: 24 days over 24 months

- **First six months (six days) Sept-Dec 2020**
 - Introduction to the MRCPsych including Philosophy of Psychiatry
 - Basic Psychology
 - Human Development
 - Neurosciences
 - Psychopharmacology

The MRCPsych Course

The Regional Academic Programme

- **Second six months**
 - February to June 2021: 4 days for Psychotherapy,
 - 1 day each for GA and OA
- **Third six months**
 - September to December 2021: 2 days GA, 2 days OA (inc Physical health), 1 day for Statistics & research methodology, 1 day for Neuropsychiatry
- **Fourth six months**
 - Feb to May 2022: 1 day each GA, CAP, ID, Forensic, Substance Misuse & 1 for review – *we will use this differently depending on need (previously Careers & Exam practice)*

The MRCPsych Course

The Regional Academic Programme

Typical session:

Human Development in CT1

9.30 -11.00 Brain Development (Dr Coldman)

11.30 -12.30 Motor Development (Dr Neelo Aslam)

1.30 - 2.30 Human Development - psychological theories (Dr Katharina Junejo)

3.00 - 4.15 Family Development and Parenting (Dr Alison Dunkerley)

4.15 - 4.30 MCQ's, Reflective Practice and feedback

Attendance standards

- For ARCP you must have 70% attendance at both local and regional training sessions
- An email is sent to you at the end of every 6 months
- If a trainee is not able to gain 70% in the 12 months at ARCP/6 months review – they must correct the following year by attending more sessions
- Attendance generally good though outliers
- Usually more of an issue in the first year: on call + annual leave + sick leave
- If we identify concerns we will try to meet with you
- However you are responsible for your attendance

Feedback

- Weekly feedback from LAP programme
- Feedback from the Regional Academic Teaching Programme after each session (currently online)
- Feedback gathered each semester all aspects of training
- Generally extremely positive
- Few recommendations
- Some cancellations – some sites have had more challenges recently

Governance of the MRCPsych Course

- Oversight committee:- Margaret Campbell Head of School, Dr Gareth Thomas DME rep, Course director and deputy director, course administrators, Ct1, Ct2, Ct3 trainee representatives
- Meets twice a year; reports are submitted
- **We need a trainee representative**
- Feedback from trainees after every session
- Meeting with trainees if requested or required
- Regular meetings with Module and Trust Leads
- Biannual MRPsych course review - recently completed

Trainee Representative

- Feedback from trainees in your year to the MRCPsych team and Oversight Committee
- Help identify any areas of need with the MRCPsych team to improve trainee educational experience
- Mentoring from previous representatives arranged
- More detail regarding the role available
- Expressions of interest by the end of today to:
dushyanthan.mahadevan@elht.nhs.uk

Neurosciences development

- The new syllabus was introduced in July 2018
- Development of online resources (Tron)
- We have a subgroup reviewing in the implementation of additional neuroscience teaching
- Opportunities (RCPsych Neuroscience champions)
- Neuroscience lead: Dr. Matthew Dewsbery
- Ongoing development in regional and local academic programmes

Beyond the MRCPsych course

Further information regarding structure of NW School of Psychiatry given on 8.9.20

- NW School of Psychiatry:
www.schoolofpsychiatry.net

Watch for national updates on training and examinations

- Royal College of Psychiatrists:
www.rcpsych.ac.uk/training

Educational and Clinical Supervisors

- Pivotal in training of trainees,
- Know the curriculum and know what the exam is about
- Clear about competencies and training requirements of core trainees in their placement
- Educational supervision – to achieve consistency across the region - clinical and educational supervisor
- ES being able **to link** the trainees learning – clinical practice, LAP, RAP, Psychotherapy etc in educational supervision
- We have developed a handbooks for supervisors and trainees (on School website)

Who you need to know

- Clinical Supervisor
 - Educational Supervisor

 - Psychotherapy tutor for the Trust
 - Director of Medical Education
 - Medical Education Manager
 - Training Programme Director
- (Details of individuals at end of presentation - check website)
- Employer – St. Helens and Knowsley
 - School of Psychiatry Specialty Manager and team

Supporting trainees pass exams

- Early orientation
- Planning and identifying resources
- Asking for help
- Peer support – forming learning sets
- Practice and preparation
- Clinical Skills Test
- Feedback

Challenges & Opportunities

- Managing competing demands
- Finding your feet, Covid impacts, reluctance to ask, ...
- But we are here to support
- School website – www.schoolofpsychiatry.net

- Orientate to training requirements (RCPsych and School of Psychiatry websites)
- Identify resources (local, regional, national)
- Take ownership of your training

A thought.....

- To acquire knowledge, one must study; but to acquire wisdom, one must observe.

Marilyn vos Savant

Any questions?

Mrcpsych@gmmh.nhs.uk

Claire.McNally@hee.nhs.uk

Q&A to follow at 1pm

'Who's who' below

TPDs and regional roles

Core Training Programme Directors

- Dr Matt Appleyard (LSCFT), Dr Cherry Lewin (GMMH)
- Dr Roshelle Ramkisson (Pennine care, ACF & MFT), Dr Mark Theophanous (Mersey, CWP), Dr Rachel Elvins (NWBP)

Psychotherapy core training tutor – Dr Adam Dierckx

Higher Specialty Training Programme Directors

- General Adult – Dr Catrin Evans, Dr. Tarun Khanna & Dr John Stevens
- Old age – Dr Jay Palle & Dr Anna Richman
- Psychotherapy – Dr. Swapna Kongara
- Child and Adolescent Psychiatry – Dr Neelo Aslam
- Forensic: Dr Simon Plunkett
- Intellectual Disability – Dr Mischa Mockett

Directors of Medical Education

- Pennine Care: Dr. Roshelle Ramkisson (acting)
- GMMH: Dr Taseer Kazmi
- LSCFT: Dr Gareth Thomas
- NWB: Dr Ashley Baldwin
- Mersey Care: Dr Indira Vinjamuri
- CWP: Dr Geraldine Swift

CAMHS placements in CMFT, Alder Hey and ELHT

Medical Education Managers

- CWP: Jonathan Ruffler
- LSCFT: Jacqui Welding
- GMMH: Sam Abbott
- Mersey Care: Helen Bickerton
- NWB: Carol Douglas/Ian Bithell
- Pennine Care: Kim McDowell/Sara Higgins

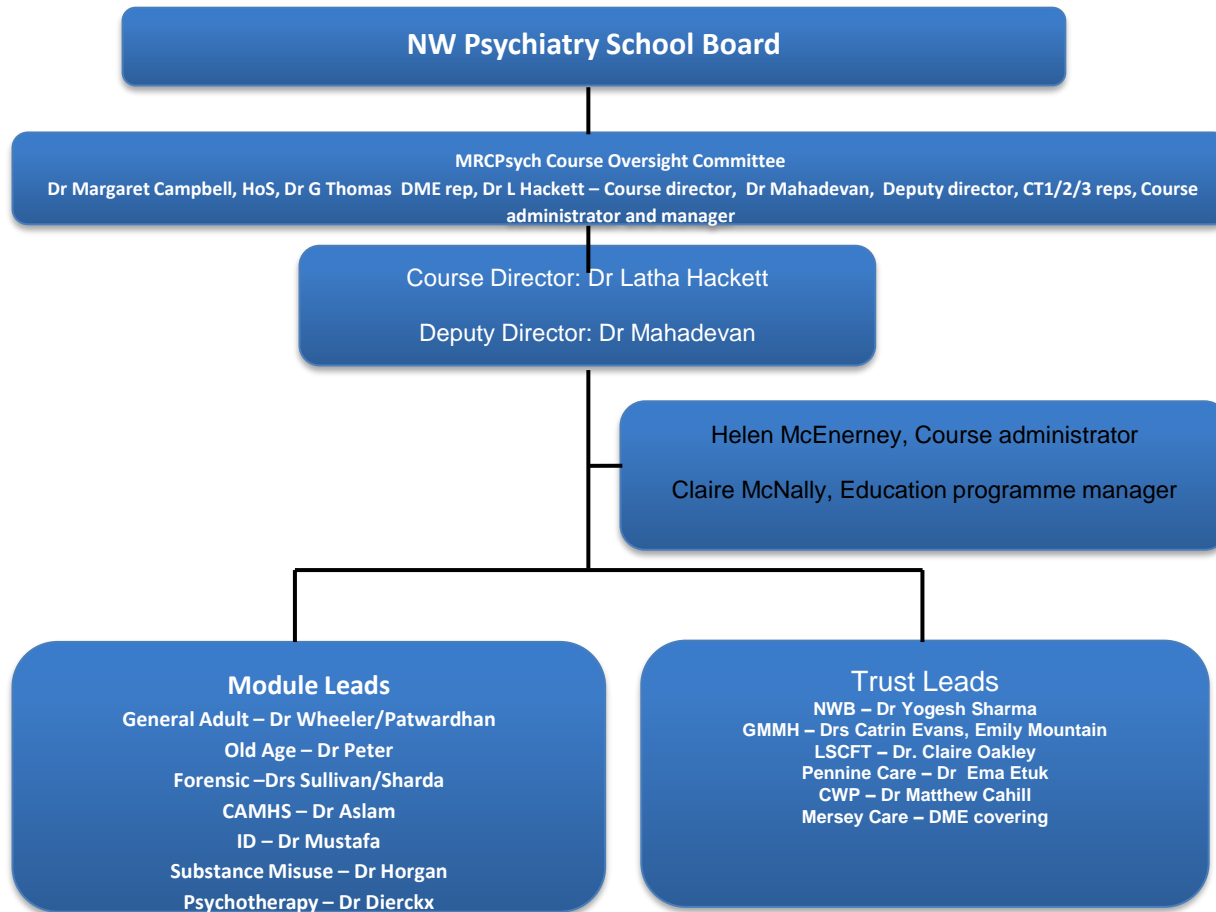
Psychotherapy Tutors

- Pennine Care Dr Mustafa Alachkar
- GMMH Dr Adam Dierckx & Dr Rosie Clarke
- LSCFT Dr Swapna Kongara
- NWB Dr Helen Sowden
- Mersey Care Dr Simon Graham
- CWP Dr Alec Pembleton & Dr Linda Banner

School Board membership

- Head of School
- Specialty Manager
- Associate Dean
- Core and Specialist training TPDs
- Core and Specialist and ACF trainee reps
- DMEs
- MRCPsych Course director
- Lead employer
- Lay Representative
- Academic representative

Meets twice a year



Module Leads

- **General Adult** – Dr Sally Wheeler/Dr Swan Patwardhan, GMMH
- **Old Age** – Dr Anthony Peter, LSCFT
- **Child & Adolescent Psychiatry** – Dr Neelo Aslam, CMFT
- **Intellectual Disability** – Dr Sol Mustafa, Pennine Care
- **Forensic** – Dr Vicky Sullivan GMMH, Dr Sharda LSCFT
- **Substance Misuse** – Dr Patrick Horgan, GMMH
- **Psychotherapy** – Dr Adam Dierckx, GMMH
- **Neuroscience** – Dr. Matthew Dewsbery, LSCFT
- **Liaison Psychiatry:** Dr Ankush Singhal, Pennine Care

Trust Leads

- **NWB** – Dr. Yogesh Sharma
- **GMMH** – Dr Catrin Evans/Dr Emily Mountain
- **LSCFT** – Dr. Claire Oakley
- **Pennine Care** - Dr Ema Etuk
- **Mersey Care** – DME covering
- **CWP** - Dr Matthew Cahill

- **Acute Trusts** - Trainees based in other Trusts (CAMHS) tend to join local mental health trusts

Local Educator Providers

LAP currently delivered through a range of online platforms

Trust/LEP	LAP Sessions formerly at:
NWBP	Hollins Park
Central Manchester University Hospital	Trainees join GMMH site 1/2
LSCFT	Blackburn Blackpool (The Harbour) Preston
GMMH site (1)	Prestwich
GMMH site (2)	NMGH
Pennine Care	1 site in Oldham
Mersey Care	Ashworth/Alder Hey
CWP	Countess of Chester