

Poster Presentations

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Education and Training

Perception of Doctors Attending Association of Black Psychiatrists-UK Led CASC Preparatory Course

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Aims. Within the United Kingdom, there has been differential attainment in academic performance and career progression between International Medical graduates (IMG) and UK medical school graduates. Reasons reported for these differences include; poor relationships with trainers, cultural differences, and inadequate support. To close this differential attainment, effective interventions to support IMGs are indicated. This need for diversity led to the creation of the Association of Black Psychiatrists-UK Tutorial group (The-Tutors). The Tutors is a free online CASC preparatory group that started about 2-years ago and is tailored to meet the specific needs of black doctors sitting the Royal College of Psychiatrists examination. over 100-black Doctors have benefited from the group. This study was conducted to evaluate the experience of these doctors.

Methods. The sampling frame was the population of doctors who attended The-Tutors before sitting the CASC examination. Data were collected on socio-demographic characteristics, past psychiatry training experiences, and participants' experience toward preparation and passing CASC.

An online questionnaire was completed and this was distributed through social media (closed WhatsApp groups).

Responses were anonymous.

Results. Total participants were 33, out of which 20 (60.6%) had passed the CASC examination while 13 (39.4%) are still awaiting results.

The majority (51.5%) of the participants had only international training in Psychiatry, 27.3% had their training in the UK, and 12.1% had both, while 9.1% had no formal-psychiatric training.

Most 21(63.6%) participants indicated that the group was 'extremely useful' for CASC preparation.

In terms of comparing experience in this group with other CASC preparatory groups, all the respondents found The Tutors group more helpful; 16(48.5%) indicated that the group was 'extremely helpful', 14(42.4%) 'very helpful' and 9.1% "moderately helpful".

Most of the participants (75.8%) indicated that they were "extremely likely" to recommend the group to others.

The majority (>65%) of respondents reported that The-Tutors helped in improving their knowledge, communication skills,

confidence approaching the examination, and motivation to study.

Close to half (48.5%) of participants who had passed the CASC examination indicated that The-Tutor was "extremely helpful" toward their success.

Conclusion. This study has shown positive experiences of IMG especially of Black ethnic group attending an all- Black-led CASC preparatory group. This could be an indication that support groups specifically targeted toward the needs of IMG could help lead to an increase in success rates in UK examinations.

A Perinatal Mental Health Education Programme for Maternity, Neonatal and Other Allied Multidisciplinary Teams in NHS Lothian: Why, How, and What's Next

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Aims. Throughout the development of the NHS Lothian Perinatal Mental Health Service, their goals alongside maternity and neonatal teams, family nurse and health visiting services have been to strengthen interdisciplinary working and improve the quality of perinatal mental health care delivered to birthing people. The aims of developing a programme of multidisciplinary education sessions were to develop the knowledge and confidence of non-mental health professionals in caring for birthing people experiencing mental health difficulties, and aid understanding of available services and referral pathways to facilitate appropriate care. **Methods.** The programme has been delivered by a Perinatal Psychiatrist and Clinical Midwifery Educators in bimonthly sessions lasting two hours. Sessions have included scenario-based learning, education regarding illnesses and disorders, and promotion of infant mental health and trauma-informed care.

Participants have attended virtually via Microsoft Teams or in person. Sessions have been recorded and accessed following teaching. Confidentiality is upheld throughout. A standard operating procedure utilising multi-modal methods has been designed to maximise staff engagement with sessions. Feedback accessed via a QR code has been collated via a Microsoft Forms questionnaire comprising of Likert scale and free-text answer questions. Feedback has guided programme development and topic selection.

Initially, sessions were open to inpatient maternity services, but now outpatient maternity services, neonatology, and health visiting and family nursing colleagues are invited to maximise the reach of the staff delivering sessions.

Results. Sessions have been well accessed by a variety of professionals, with increasing attendance at each session. Feedback has been obtained from 43% of those attending. Results have been very positive: 100% of respondents strongly agreed or agreed that the format of the session worked well with 92% of respondents strongly agreeing or agreeing that the session content was pitched at the appropriate level. 100% of respondents felt that the content covered was useful in their clinical role which supports the emphasis of the sessions on linking knowledge to clinical application to build confidence. 100% of respondents would recommend these education sessions to a colleague.

Conclusion. Feedback to date has shown that participants have found the sessions to be accessible and the content appropriately pitched and clinically valuable. Despite launching the programme amidst the challenges of COVID-19, participants have found the delivery of the sessions to be supportive and collaborative.

The next phase in the development of the programme will be to understand in more detail what participants are learning and the impact on their practice.

A Survey of Long Case Psychotherapy Experiences of Psychiatric Trainees Working in South London and Maudsley NHS Trust

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Aims. Psychotherapy is a mandatory component of the Royal College of Psychiatrists training curriculum. The long-term benefits of psychotherapeutically-informed practice to both patients and doctors are well recognised. In the face of regular service configurations, there was a wish to gather evidence to ensure continued provision of this training experience to a high quality. The purpose of this survey was to obtain feedback from trainees regarding their experience of the psychodynamic psychotherapy long case to evidence the relevance and value of this component of the training programme.

Methods. The anonymous survey, including questions, numerical rating scales and free text boxes, was sent to 294 trainees on a combined mailing list. This number may be slightly inaccurate due to incorrect email addresses and duplicates. A reminder email was sent one week later to encourage a higher fill rate.

Results. There were 35 responses: a fill rate of approximately 12%. The largest group of respondents were Core Trainees (3rd year) of whom just over half had completed the long case.

92% of respondents found the long case to be at least 'slightly useful', of whom almost a third found it 'extremely useful'. 94% of trainees found the experience to be at least 'slightly helpful' in understanding psychodynamic concepts and 75% found supervision 'very' or 'extremely useful'.

Qualitative responses described it as a unique experience not offered elsewhere in the curriculum that provided important transferable skills.

Difficulties mentioned were similar to those found by previous studies, including practical concerns relating to patient and service factors. There were suggestions for more in-depth training and suggested reading to increase trainees' confidence. An email was sent signposting trainees to further support in response to some specific concerns.

Conclusion. Overall, the responses suggest that the majority of trainees find the long case a valuable training opportunity. These data are useful to evaluate and improve trainees' experience within the trust, and could be helpful for other training programmes nationally.

Due to the nature of psychotherapy, there is inevitable variation in trainee experiences but attempts to clarify and/or standardise some elements may result in greater trainee satisfaction. Trainees suggested improvements including addressing practical issues, patient factors, supervision content, and educational resources. A future survey following implementation of some suggested improvements would be helpful; the impact of the COVID-19 pandemic and the switch to remote working is another area that may be useful to explore.

Are Single Doctors More Focussed in Career Progression?

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Aims. It is commonly assumed that single doctors are more focused on career progression than doctors in a relationship/ or having dependents. In this study, we tried to find out if it's true. We measured this among doctors in Psychiatry (from training – to consultants' level) across Wales.

Methods. We designed an anonymized online survey and distributed it among Psychiatry doctors.

We categorized the relationship status as

- Single
- In a relationship – committed, engaged, married, living together
- Separated, Divorced, Widowed
- Others

We measured the career progression on the basis of the following criteria:

- Why they were interested in Psychiatry
- Number of years taken to complete or intending to complete training.
- Having met the portfolio criteria for their level.
- Undertaking RCPsych Exams
- Having missed any opportunities related to career.

We analysed the data from the survey using an online tool.

The survey included questions that measured the link between career progression/choices and relationship Status/responsibilities. We used the Likert Scale, yes or no questions, and free text boxes.

Results. We received 66 responses and we divided them into three groups according to their relationship status which are the single group, relationship group, Divorced/ Separated/ Widowed group, and compared the results between them. We got some interesting results as follows.

- Single participants seem to be less limited in choosing the specialty, Exam Preparation, and overall career progression.
- A significant proportion of people in relationships felt limited in choosing the Specialty and workplace. Had less time for Exam preparation and have missed career opportunities.
- Females in Relationships were more restricted.
- The divorced / Separated / Widowed group did not feel limited, however, affected their exams, and have missed opportunities.

Conclusion. Single doctors seems to have overall better opportunities in career progression compared to people in relationship. However, our sample size was small especially in single group. A bigger study is needed to conclude the impact of relationship in career progression.

Educational Supervision – Backbone of Training: How Do We Make It Effective?

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Aims. Assess and improve the educational supervision for the core psychiatry trainees (CT) in the west midlands.