## Description of ACF Programme:

**Title:** Old Age Psychiatry  
**Duration:** 3 years (ST 1-3)

## Lead NHS Hospital/Trust and contact details:

University Hospital Southampton NHS Foundation Trust  
Tremona Road  
Southampton SO16 6YD  
02380 777222  

Southern Health (clinical training)  
Tatchbury Mount  
Calmore  
Southampton  
SO40 2RZ  
02380 874000

## Research Institution in which training will take place:

University of Southampton  
Southampton General Hospital  
Tremona Rd  
Southampton,  
SO16 6YD  
02380 777222

## Arrangements for protected research time:

The ACF will have a single six month block release at the end of ST2 training. Following this period if the ACF has not been appointed to a doctoral fellowship they will have a half-time 6-month research post in the clinical trials unit (M.A.R.C.) in the second six months of Year 3.

## Research Objectives:

1. To undertake the equivalent of 2 years 3 months full time training in Core Psychiatry in accredited posts on the Wessex Rotation.  
2. To undertake generic research methods training through a programme run by the School of Medicine’s Postgraduate School.  
3. To gain relevant training and experience in research design, methods and data interpretation.  
4. To expose the trainee to laboratory based research.
5. To pilot a research project (clinical or laboratory-based) in order to generate preliminary data for development of a proposal for a research training fellowship.

6. To submit a competitive application for a research training fellowship.

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<th>Description of research component of programme (up to 500 words):</th>
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| The Old Age Psychiatry ACF has a focus on the development of trainees to equip them to be able to make successful fellowship applications in the area of translational research with a focus on the role of inflammation in chronic neurodegenerative diseases principally Alzheimer’s Disease. The ACF will have a core six month block that will follow a six month clinical attachment in Old Age Psychiatry. This core six month block will be in basic sciences in Prof Hugh Perrys laboratory in order for the candidate to become familiar with generic laboratory techniques. Here the ACF will become familiar with basic methodologies in neuroscience research including real time PCR; confocal microscopy; digital microscopy image analysis, protein immunodetection (including Western Blotting and Elisa techniques), cell counting and immunohistochemistry. These techniques are part of ongoing research in these laboratories and training will be supervised by an appropriate post doctoral research scientist. The focus of training will be on techniques that are likely to become the core component of any future fellowship application. During the 6 month period the ACF will be expected to attend appropriate courses in research methodology and in basic statistical methods based at the Research Development Support Unit, Southampton General Hospital. The clinical trials unit at MA.R.C is also the South Coast Centre for the Dementia and Neurodegenerative diseases network and is able to support any additional training for the ACF in clinical trials methodology. During this time the ACF will complete an application for a training fellowship based on an assessment of the competencies of the candidate and local opportunities. If the trainee has not been awarded a doctoral fellowship by the end of ST2 they will be attached to a half-time 6-month research post in the clinical trials unit (M.A.R.C.) in the second six months of Year 3, under the supervision of Prof Clive Holmes, to allow them to apply for further doctoral fellowships.

All ACFs in Southampton have access to a formal taught postgraduate research training programme which includes Statistics, Trial design, Epidemiology, Ethics, Research governance, and Project design. In addition, Roberts funded transferable skills courses are available to ACFs including GCP, Time management, Leadership, Grant writing, and Presentation skills.

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<th>Description of clinical component of programme (up to 500 words):</th>
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| The Wessex training scheme in psychiatry is nationally renowned and has provided excellent training for more than 25 years with an emphasis on academic competencies as well as clinical skills. The training programme is approved by the Royal College of Psychiatrists. The scheme includes a range of adult general and community psychiatry posts based in Southampton, Winchester, Basingstoke, Poole, Portsmouth and the Isle of Wight, as well as posts in other psychiatric specialties such as old age psychiatry, substance misuse and forensic psychiatry. Clinical work in Southampton will be hosted within the Southern Health NHS Foundation Trust. Southern Health has a formal partnership agreement with the University, and is strongly supportive of research and training for health professionals.

The rotation of the ACF through clinical training posts would be determined by training needs, identified through regular clinical and educational supervision and at annual ARCP reviews.
ACF would gain experience of inpatient, outpatient and community psychiatry; and would participate in the local on-call rota. Depending on training needs, the ACF could undertake special interest sessions in one or more psychiatric specialities. In addition, the ACF would have sufficient protected time to attend both the local MRCPsych course based in the post-graduate centre at the RSH Hospital, which has recently been reorganised, and to gain sufficient experience of psychological treatments (principally cognitive behaviour therapy). Detailed job descriptions for each of the training posts within the rotational scheme are available.

The ACF would be expected to attend the local educational programme of case conferences and journal clubs, to complete the number and range of work-place based assessments (case-based discussions, assessed clinical encounters, etc) needed for career progression within psychiatry, and to take the initial MRCPsych examinations. In addition, the ACF would gain experience of undergraduate teaching, of University of Southampton medical students undertaking Third and Final Year Mental Health attachments.

During the academic term there is a fortnightly Core Psychiatry course in Southampton. This is a process- and research-based course with learning objectives and modules for each specialty. Sessions are mapped to the Royal College curriculum and supported by the syllabus and cover all subspecialties within Psychiatry. Trainees work together in small geographically based learning sets which are established for trainees at the start of the year to facilitate learning. They use their clinical practice to inform their learning, hence linking work with knowledge. They will create their own portfolio with reflections on their learning and other resources and information.

Appraisals are provided by an educational supervisor at induction, three and six monthly with the trainee to form an educational agreement and ensure the trainee is meeting their learning objectives. It is envisaged that the trainee will rotate to be close to Southampton in the ST3 period following the 6 month ACF block to enable them to make a competitive application for a training fellowship.

The trainee will rotate within the Wessex StR1-3 Programme in Psychiatry, supported by the Wessex School of Psychiatry, and under the guidance and supervision of the Wessex Specialist Training Committee. All posts offer the opportunity to acquire all ST2-3 competencies in adult psychiatry with a weekly one hour supervision provided by a consultant psychiatrist/supervisor in addition to clinical supervision and including appropriate emergency and out of hours experience.

Specific support provided to trainee

The ACF will receive clinical research training in a dementia clinical trials unit (M.A.R.C.) under the supervision of Prof Clive Holmes. This will include core competencies in basic trial design; research diagnostic criteria; the use of standardised clinical assessments; trial recruitment; good clinical practice; consent and capacity issues; ethics and research and development submissions.

Milestones and timing of achievement of academic and clinical competencies

The following milestones will be applied:
### Year 1

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<td><strong>1</strong></td>
<td>Initial training in General Psychiatry and Old Age Psychiatry</td>
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<td><strong>2</strong></td>
<td>Attendance at autumn introductory course provided by University of Southampton Postgraduate School of Medicine</td>
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<td><strong>3</strong></td>
<td>Identification of topic of interest for research project and initial literature review</td>
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<td><strong>4</strong></td>
<td>Identification of research questions to be addressed in pilot study through an iterative process of discussion and planning with the academic supervisors</td>
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<td><strong>5</strong></td>
<td>Identification of specific learning needs for the project and appropriate courses</td>
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### Year 2

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<td><strong>1</strong></td>
<td>Continuing clinical training in Psychiatry</td>
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<td><strong>2</strong></td>
<td>Obtaining ethical committee and NHS Research &amp; Development approval for exploratory project as appropriate</td>
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<td><strong>3</strong></td>
<td>Attendance at relevant internal and external training courses and attendance at annual national/international conferences of relevance to the project</td>
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<td><strong>4</strong></td>
<td>Data collection for pilot study</td>
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### Year 3

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<tr>
<td><strong>1</strong></td>
<td>Continuation of core Psychiatry training programme</td>
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<td><strong>2</strong></td>
<td>Completion of data collection and writing up of pilot research project and presentation at national/international conference(s)</td>
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<td><strong>3</strong></td>
<td>Submission of clinical research fellowship application to external funding agencies</td>
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The passing of the MRCPsych examination is also a requisite of trainees by the end of ST3.

**How post links in to the NIHR approved Research Training Programme at your locality:**

It is envisaged that a successful fellowship application will lead to a further three years in full-time clinical research, culminating in a PhD. There would then be a natural progression to a lecturer position within the Medical School. In the event of failure to obtain clinical research fellowship funding for the full-time three year research period culminating in a PhD, the research fellow could return to the Old Age Psychiatry specialist training programme within the Wessex rotation.

**Trainee centredness:**

The training will be centred on the trainees’ own needs, identified early during the first year, and by dedicated supervision during the post. The fellowship will be tailored towards achievement of successful external funding.

**Quality assurance of the programme:**

The research methods training will be provided through the established Postgraduate School at the University of Southampton Faculty of Medicine. The academic supervisors have completed the postgraduate research supervision training provided by the University.
Mentoring Arrangements:

Mentorship will be provided by the academic and clinical supervisors to the fellow. This will be co-ordinated by Professor Eugene Healy (academic lead). Further mentorship and supervision can be undertaken through the normal governance arrangements for postgraduate research at the University of Southampton Faculty of Medicine. This will include mentorship through supervision of the emerging PhD programme and senior authorship of research fellowship applications to major funding agencies.

Academic Lead (University) for the IAT Programme:

Professor Eugene Healy  
Professor of Dermatology  
University of Southampton  
Southampton General Hospital  
Southampton SO16 6YD  
Tel 023 8077 7222  
E.Healy@soton.ac.uk

Academic Supervisor (University) Details:

Professor Clive Holmes  
Professor of Biological Psychiatry  
University of Southampton  
Memory Assessment and Research Centre  
Moorgreen Hospital  
Botley Rd  
Southampton  
S030 3JB

Education Supervisor (Trust) Details:

The educational supervisor and clinical supervisor will be dependent on the clinical rotation the ACF is allocated to.

Clinical Supervisor(s) Details:

The educational supervisor and clinical supervisor will be dependent on the clinical rotation the ACF is allocated to.

Deanery Programme Training Director Details:

Dr Amanda Taylor (CT1 – 3)  
Consultant Forensic Psychiatrist  
Southfield Low Secure Unit  
Tatchbury Mount  
Calmore  
Southampton
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<tr>
<th>SO40 2RZ</th>
<th><a href="mailto:Amanda.taylor@southernhealth.nhs.uk">Amanda.taylor@southernhealth.nhs.uk</a></th>
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Dr Martin Brown (ST4 – 6 Old Age Psychiatry)
Dunsbury Way Clinic
Dunsbury Way
Leigh park
Hampshire
PO9 5BG
martin.brown@southernhealth.nhs.uk
02392 482154

**Deanery Programme Manager Details:**

Miss Karen McCarthy  
Programme Manager for Psychiatry  
Wessex Deanery  
Sparrowgrove  
Otterbourne  
SO21 2RU  
Tel: 01962 718431  
Fax: 01962 718401  
karen.mccarthy@wessexdeanery.nhs.uk

**Confirmation that ACF posts attract an NTN(a):**

This post will attract a NTN (A)