# 2013 Academic Clinical Fellowship in General Adult Psychiatry

<table>
<thead>
<tr>
<th>Description of ACF Programme:</th>
</tr>
</thead>
</table>
| **Title:** General Adult Psychiatry  
**Duration:** 3 years (ST 1-3) |

<table>
<thead>
<tr>
<th>Lead NHS Hospital/Trust and contact details:</th>
</tr>
</thead>
</table>
| 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 |

<table>
<thead>
<tr>
<th>Research Institution in which training will take place:</th>
</tr>
</thead>
</table>
| Faculty of Medicine  
University of Southampton  
University Road  
Southampton  
SO17 1BJ |

<table>
<thead>
<tr>
<th>Arrangements for protected research time:</th>
</tr>
</thead>
<tbody>
<tr>
<td>The ACF would rotate into a 6-month research post based within the University Department of Psychiatry at College Keep in the second six months of Year 2, and into a half-time 6-month research post in the same department in the second six months of Year 3.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Research Objectives:</th>
</tr>
</thead>
</table>
| 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 Faculty of Medicine’s Postgraduate School.  
3. To gain relevant training and experience in research design, methods and data analysis.  
4. To expose the trainee to laboratory based research within the Faculty of Medicine  
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 to the MRC or the |
Wellcome Trust.

Description of research component of programme (up to 500 words):

Research interests of senior academic staff include neuropsychological factors in mood and anxiety disorders and in antidepressant and anxiolytic treatment (Baldwin); psychological treatments for psychosis (Kingdon); influence of comorbid alcohol use disorders and health literacy on outcomes of mental and physical illness (Sinclair); attentional and interpretative bias and cognitive control in anxiety (Garner); and neuroinflammation and psychophysiology of arousal (Hou). Current attached postgraduate students undertake research into neural correlates of mindfulness (Meron, Tiwari), creativity and bipolar disorder (Bakhtiar); sexual dysfunction in anxiety disorders (Elnazer); investigation of the 7.5% CO₂ model of generalised anxiety disorder (Pinkney, Miler) sleep, anxiety and cognitive control (Baker), paranoid states (Taylor), and attentional biases in alcohol use disorders (Hawkins).

In Year 2, the ACF would rotate into the core 6-month research post. The ACF would become familiar with research methodologies employed within the University Department, including computerised techniques to investigate neuropsychobiological substrates of affective disorders and the mechanisms underlying response to treatment. In Year 3, the ACF would undertake a second 6-month attachment, this being half-time in academic psychiatry and half-time in clinical psychiatry. Over 3 years, the ACF would receive clinical research training with senior clinical academic staff, to include trial design, structured interviews and psychopathological rating scales, liaison with local research ethics committees and Research and Development units, good clinical practice in research, and consent and capacity. The ACF would attend appropriate courses in research methodology and basic statistical methods based at the Research Support Unit at Southampton General Hospital.

The ACF would be affiliated to the research programme of senior clinical academic staff and expected to develop a programme of individual research activity according with Academic Unit, Faculty and University strategic objectives. There is considerable scope for research collaboration outside the Faculty of Medicine, principally with academic staff currently based in the School of Psychology and School of Biological Sciences. The ACF would be supported in completing an application for a training fellowship, based on an assessment of the interests and competencies of the candidate and local opportunities.

The ACF would be expected to register for postgraduate study leading to a PhD within the University. Provisions would be made for allocation of suitably experienced research supervisors, to attend postgraduate courses based within the Faculty, and for any external training necessary to ensure progression through the period of postgraduate study. All ACF doctors in Southampton have access to a formal taught postgraduate research training programme which includes statistics, trial design, epidemiology, ethics, research governance, and project design. The ACF would be expected to attend Academic Unit joint academic meetings, and to make presentations of research findings at both this and the postgraduate conference, and other scientific meetings relevant to the area of investigation.

In recent years, members of the Mental Health Group have been successful in winning a number of research fellowships, including two ESRC-MRC PhD studentships (Garner, Baldwin), an ESRC 1+3 MSc/PhD quota studentship (Garner, Baldwin), ACF posts in old age psychiatry (Holmes) and ACF posts in general psychiatry (Baldwin). Members of the Department have also
been successful in attracting substantial research funding from the EU, NIHR and MRC.

**Description of clinical component of programme (up to 500 words):**

The Wessex training scheme in psychiatry provides excellent training with an emphasis on academic competencies as well as clinical skills. The training programme is approved by the Royal College of Psychiatrists, and includes a range of adult general and community psychiatry posts in Southampton, Winchester, Basingstoke, Poole, Portsmouth and the Isle of Wight, and posts in other specialties such as old age psychiatry, substance misuse and forensic psychiatry. Clinical work in Southampton is hosted within Southern Health NHS Foundation Trust, which has a formal partnership agreement with the University, and which strongly supports research and training for health professionals.

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

The ACF would attend the local educational programme of case conferences and journal clubs; complete the number and range of workplace based assessments (case-based discussions, assessed clinical encounters, etc) needed for career progression within psychiatry: and take the initial MRCPsych examinations. In addition, the ACF would gain experience of undergraduate teaching, of University of Southampton students undertaking Third and Final Year Psychiatry 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 psychiatry sub-specialties. Trainees work in small geographically based learning sets which are established for trainees at the start of the year to facilitate learning; and use their clinical practice to inform their learning, through linking work with knowledge: they 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

Particular research support and opportunities will be provided, depending upon the interests and training needs of the ACF.

Milestones and timing of achievement of academic and clinical competencies

The following milestones will be applied:

<table>
<thead>
<tr>
<th>Year 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Initial training in General Psychiatry and Old Age Psychiatry</td>
</tr>
<tr>
<td>2</td>
<td>Attendance at autumn introductory course provided by University of Southampton Postgraduate School of Medicine</td>
</tr>
<tr>
<td>3</td>
<td>Identification of topic of interest for research project and initial literature review</td>
</tr>
<tr>
<td>4</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>
</tr>
<tr>
<td>5</td>
<td>Identification of specific learning needs for the project and appropriate courses</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Year 3</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Continuation of Core Psychiatry Training Programme</td>
</tr>
<tr>
<td>2</td>
<td>Completion of data collection and writing up of pilot research project and presentation at national/international conference(s)</td>
</tr>
<tr>
<td>3</td>
<td>Submission of clinical research fellowship application to external funding agencies</td>
</tr>
</tbody>
</table>

Passing 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 Faculty of Medicine. 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 General Adult Psychiatry specialist training programme within the Wessex rotation.
Trainee centredness:

The training will be centered 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. 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 David Baldwin
Professor of Psychiatry and Head of the Mental Health Group
University Department of Psychiatry
Academic Centre, College Keep
4-12 Terminus Terrace
Southampton SO14 3DT
02380 718 520
dsb1@soton.ac.uk

Education Supervisor (Trust) Details:

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

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
SO40 2RZ
Amanda.taylor@southernhealth.nhs.uk
02380 874555

Dr Megan Roberts (ST4 – 6 General Adult Psychiatry)
Consultant General Adult Psychiatrist
The Meadows
23 Hamilton Road
Sarisbury Green
SO31 7ZS
megan.roberts@southernhealth.nhs.uk
01489 483038

**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)