# 2018 Academic Clinical Fellowship in General Adult Psychiatry

## Description of ACF Programme:

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<thead>
<tr>
<th>Title</th>
<th>General Adult Psychiatry</th>
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<tr>
<td>Duration</td>
<td>3 years (ST 1-3)</td>
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### 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:

- **Faculty of Medicine**
  - University of Southampton
  - University Road
  - Southampton
  - SO17 1BJ

### Arrangements for protected research time:

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.

### Research Objectives:

1. To undertake training in Core Psychiatry in accredited posts on the Wessex Rotation.
2. To undertake generic research methods training through the Faculty programme
3. To gain experience of laboratory- and clinic-based research within the Faculty of Medicine
4. To gain relevant training and experience in research design, methods and data interpretation
5. To gain experience of research ethics committee and research governance office procedures
6. To gain experience of reviewing scientific manuscripts and proposals for research funding
7. To gain experience of presentation of research findings at scientific meetings
8. To gain experience of submitting original research findings for publication
9. To pilot a research project (clinical or laboratory-based) to generate preliminary data for development
10. To submit a competitive application for a research training fellowship to the MRC, Wellcome Trust or other major grant-giving body.

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

Current research interests of senior academic staff include neuropsychobiological factors in mood and anxiety disorders and in antidepressant and anxiolytic treatment (Baldwin); psychological treatments for psychosis and refractory depression (Kingdon); influence of comorbid alcohol use disorders on outcomes of mental and physical illness (Sinclair); attentional and interpretative bias and cognitive control in anxiety (Garner) and alcohol use disorders (Sinclair); alcohol abuse as a risk factor for breast cancer (Sinclair), and neuroinflammation, chronic fatigue, and psychophysiology of arousal (Hou). Current or recent PhD/DM postgraduate students undertake/have undertaken research into neural correlates of mindfulness (Meron, Tiwari), investigation of the 7.5% CO₂ model of generalized anxiety disorder (Pinkney, Miler), clarification of paranoid states (Taylor), genomics of the stress response and methamphetamine psychosis (Breen), reported impairment and health service use (Twomey), neuroinflammation in anxiety disorders (Elnazer), and identity and alcohol use disorders (Chambers). Current ACF trainees in adult mental health are undertaking research into the neuropsychobiology of the placebo response (Huneke), culture and discourse in psychiatry (Vaccari), back-translation of the 7.5% CO₂ inhalation model of generalized anxiety disorder (Impey), and comorbidity of anxiety and alcohol use disorders (Amaro). PhD/DM students and ACF trainees participate in a vibrant monthly morning educational programme. Members of the Department have recently been successful in attracting substantial research funding from the EU (Baldwin), NIHR (Baldwin, Kingdon, Sinclair) and MRC (Garner, Kingdon, Baldwin).

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.

**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 specialties. The ACF would have sufficient protected time to attend both the local MRCPsych course, 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. The ACF would also gain experience of 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 College curriculum, supported by the syllabus, and cover all psychiatry subspecialties. 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 1-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:

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

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<tbody>
<tr>
<td>1 Continuing clinical training in Psychiatry</td>
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<tr>
<td>2 Obtaining ethical committee and NHS Research &amp; Development approval for exploratory</td>
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### Project Plan

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<th>Year 3</th>
<th>Activities</th>
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<tr>
<td>1</td>
<td>Continuation of Core Psychiatry Training Programme</td>
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<tr>
<td>2</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>3</td>
<td>Submission of clinical research fellowship application to external funding agencies</td>
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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 coordinated 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.

Health Education England - Wessex Training Programme Director Details:

Dr Stephen Taylor (CT1 – 3)
stephen.taylor@dhufnhs.uk

Dr Megan Roberts (ST4 – 6 General Adult Psychiatry)
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Confirmation that ACF posts attract an NTN(a):

This post will attract a NTN (A)