

# HOW TO PROVIDE EXCELLENT PSYCHIATRY AND ADDICTION TERMS FOR INTERNS AND RESIDENTS

Factors found to positively influence the experience and perception of psychiatry as a discipline and career for junior doctors <sup>1,2,3</sup>



## A well-defined junior doctor role

- Orientation to responsibilities
- Orientation to team
- Orientation to unit



## Supported autonomy

- History taking
- Mental State Examination
- Supportive psychotherapy
- Psychoeducation
- Using Mental Health Act
- Presenting at Mental Health Review Tribunal



## Difficult situations managed well

- See the team working together
- Debrief with supervisor after challenging situation



## A variety of experiences

- Patient presentations
- Treatments
- Settings, e.g:
  - Acute inpatient
  - Community
  - Consultation-Liaison
  - Drug & Alcohol
  - Old Age
  - Child & Adolescent



## Exposure to psychotherapy

- Witness psychotherapy (e.g cognitive behaviour therapy, motivational interviewing)
- Be taught basic skills

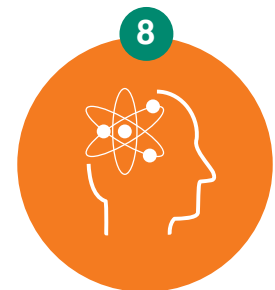


## Quarantined/protected education time

- Education on Mental Health Act
- Local teaching sessions



## Witnessing and contributing to positive patient outcomes



## Positive stories about psychiatry

- Hearing positive narratives
- Good working relationships with team
- Better work-life balance

### Formative workplace based assessments

As suggested by previous junior doctors

- Registrar or consultant to observe junior doctor conducting a clinical interview
- Junior doctor to present a case based on management of a challenging clinical situation

## HOW TO USE THIS CARD

**Junior doctors:** Use this card in discussions with your supervisor to achieve these factors.

**Supervisors:** Use this card when orienting junior doctors to their role, and when reviewing progress at supervision including term mid-point. High quality supervision (supervisors who are responsive, encouraging, enthusiastic, reliable, provide feedback) underpins the positive experience of junior doctors <sup>1,2</sup>

# JUNIOR DOCTORS TALK ABOUT PSYCHIATRY TERMS

## Difficult situations managed well

“Although being exposed to difficult patient behaviour can be confronting, it was a positive experience in terms of being exposed to the management of these behaviours”



“ I am constantly amazed by the diagnostic skill of the psychiatrists here and their approaches to managing significantly difficult situations”

## Autonomy

“It was the first time I had a significant amount of autonomy and responsibility. I got to use my own judgment and problem-solve. It was just so much more engaging actually using knowledge, rather than just going through a job list.”



## Exposure to variety of patient presentations

“I was lucky to go out into the community with a consultant and a case worker to see someone living in the community with mental illness. It was really positive, just meeting somebody and seeing them in their environment and appreciating them as a person, which made you feel more compassionate.”



## Exposure to psychotherapy

“ I gained a practical sense of the difference psychotherapy can make in patients who are acutely unwell, and a sense of the satisfaction in offering help”



## Positive stories about psychiatry

“I was really impressed by the thoroughness with which psychiatry went about gathering information and really caring about people. I really got to hear people’s stories from beginning to end, and really appreciate who people were and why they came into hospital. I found that extremely valuable.”



## References

1. Karageorge, A., Llewellyn, A., Nash, L., Maddocks, C., Kaldelis, D., Sandhu, H., Edwards, J., & Kelly, B. (2016). Psychiatry training experiences: A narrative synthesis. *Australasian Psychiatry*, 24(3), 308-312.
2. Nash, L., Karageorge, A., Llewellyn, A., Sandhu, H., Edwards, J., Kelly, B., Burke, D., Maddocks, C., & Reynolds, K. (2016) Accentuate the positives, but don't necessarily eliminate the negatives: A cross-sectional survey of junior doctor psychiatry terms. *MedEdPublish*, doi: <http://dx.doi.org/10.15694/mep.2016.000110>
3. HETI Implementation Working Group to Improve PGY1 and PGY2 Psychiatry Terms: Louise Nash, Aspasia Karageorge, Anthony Llewellyn, Hema Setty, Louise Cook, Elizabeth Kelly, Jonathan Yong, Alpana Singh, Tim Shaw, James Edwards, David Burke, Harsimrat Sandhu, Claire Blizard and Brian Kelly.

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Electronic copy of guideline is located at [www.heti.nsw.gov.au/Programs/Psychiatry](http://www.heti.nsw.gov.au/Programs/Psychiatry)