

Prospectus for the North London Higher Training Scheme in Psychiatry of Intellectual Disability

The North London Higher Training Scheme in Psychiatry of Intellectual Disability provides ST4-6 training that leads to the attainment of a Certificate of Completion of Training (CCT) in Psychiatry of Intellectual Disability. This guide is intended to provide an overview of the scheme for prospective trainees.

Introduction

Psychiatry of Intellectual Disability offers a rewarding, stimulating, varied and enjoyable career.

From a clinical perspective, it truly embraces the bio-psycho-social model of understanding mental illness. Community services are at the forefront of multidisciplinary working with innovative models of integrated health and social care. As an academic discipline, the speciality provides an ideal opportunity to develop a broad range of research skills. This rotation has strong links to the Division of Psychiatry at University College London which has an impressive track record in the field of Intellectual Disability research.

The North London Higher Training Scheme in Psychiatry of Intellectual Disability provides high quality clinical, leadership and academic experience across a range of inpatient and community services. It is consistently highly rated by trainees as evidenced by the GMC trainee survey. There is an excellent monthly academic programme and a wide range of teaching opportunities for trainees.

Our trainees have made a video which provides further information about the speciality which is available here:

<https://youtu.be/COoOtsWJAGU>

Location

The scheme includes 12 different posts in 5 Trusts across North London, covering both inner and outer London boroughs. Trainees will generally complete 3 or 4 of these jobs over the course of the training, each one usually lasting 12 months. Job selection is based on trainee preference and educational need, with consideration also given to practical aspects such as distance from home and travelling time. Trainees are supported to work part time where requested. In recent years some trainees have chosen to take Out of Programme Experience to develop additional professional skills. Job descriptions are available for all posts.

Team	Service type	Clinical supervisor	Postcode
Kingswood Centre	In-patient LD unit	Dr Anusha Wijeratne	NW9 9QY
Harrow Community LD Team	Community LD team	Dr Ayodele Peters	HA1 2XY
Hillingdon Community Team	Community LD team	Dr Saadia Arshad	UB8 3NN
Westminster Learning Disability Partnership	Community LD team	Dr Ingrid Bohnen	NW8 8LW
Camden Learning Disabilities Service	Community LD team	Professor Angela Hassiotis	N1C 4AG
Haringey Community LD Partnership	Community LD team	Dr Bhatika Perera	N22 7SJ
North London Community Forensic LD Team	Community Forensic LD Team	Dr Alex Acosta-Armas	EN2 8JL
Hackney Learning Disabilities Team	Community LD team	Dr Laura Checkley Dr Ian Hall	E8 1DY
John Howard Centre	In-patient forensic LD service	Dr Laura Humphries	E9 5TD
Tower Hamlets Community Learning Disability Service	Community LD team	Dr Nicole Eady	E1 4DG
Newham Community Learning Disability Service	Community LD team	Dr Deirdre O'Brady	E15 4EA
Goodmayes Hospital	Moore Ward inpatient care & hospital liaison	Dr Sazia Zahid and Dr Bini Thomas	IG3 8XJ



Training opportunities

The scheme allows trainees to achieve all aspects of the specialty training curriculum defined by the Royal College of Psychiatrists, thereby becoming confident and competent independent practitioners ready to take-up a consultant post. Rotations include posts in community teams, as well as specialised in-patient work and a range of special interest sessions that can be adapted to meet individual needs.

Weekly clinical supervision is provided by a clinical supervisor and trainees are assigned an educational supervisor who they will meet regularly over the course of their training. All supervisors have an annual educational appraisal and meet the competencies outlined in the Professional Development Framework for Supervisors.

In addition to core clinical work, the scheme also offers opportunities to develop leadership and management skills by becoming involved in service evaluation and development initiatives and accessing the range of clinical governance activities that are available locally.

On-call duties

Trainees are included on the general adult psychiatry on-call rota in the region where they work. Many on-calls are Non-residential; during such shifts, trainees are based within one hour's travel of hospitals within one area of a Trust. On-call duties include supervision of junior colleagues, emergency Mental Health Act assessments, and occasionally assessment of people in police stations. In addition, some Trusts may ask the on-call Higher Trainee to conduct a weekend ward round. There is consultant cover for all on-calls.

Special interest Sessions

Trainees can undertake up to 2PA Special Interest Sessions each week (or part-time equivalent). Several special interest sessions are available within the scheme and cover a diverse range of subjects. Trainees are also able to arrange their own special interest sessions outside north London, if desired. Proximity to Great Ormond Street Hospital and the National Hospital for Neurology and Neurosurgery (Queen's Square) offers the possibility of highly specialist placements in clinical genetics, neurodevelopmental disorders, epilepsy, and neuropsychiatry.

Examples of special interests pursued by trainees in recent years include:

- ADHD specialist clinic
- Autism assessment service

- CAMHS-LD
- National Deaf Service
- Forensic aspects of Intellectual Disability Psychiatry
- Complex and challenging behaviour service
- Epilepsy
- Neuropsychiatry
- Old age / memory service
- Clinical genetics clinic
- Medical Education

Research opportunities

Several senior clinicians on the scheme have a background in psychiatric research and active research interests. Professor Angela Hassiotis and Dr Afia Ali are clinical academics based at the Division of Psychiatry, University College London (UCL) and can support trainees who wish to undertake research as part of their career.

The MSc in Mental Health Sciences Research at UCL is a popular choice for trainees and offers the chance to gain a formal qualification in psychiatric research whilst completing an original research project under the supervision of experienced clinical academics.

Trainees interested in pursuing an academic career have been supported to become Academic Clinical Fellows. Several trainees have been successful in completing PhDs and gaining MRC Research Fellowships.

Teaching opportunities

There are a wide variety of teaching opportunities available on the scheme. Many of the posts on the North London scheme receive medical students from Barts and the London, Imperial College and University College London medical schools. Trainees may be involved in delivering seminars and lectures at London medical schools. Trainees also can study for formal teaching qualifications such as the Certificate in Learning and Teaching at Queen Mary, University of London, which is provided free for those involved in teaching at Barts and the London medical school. Additionally, trainees have been involved in the design and delivery of many other teaching programs to other groups such as teaching to peers, junior colleagues, and the wider multidisciplinary team.

ID psychiatry academic programme

The academic programme for the scheme runs for a full day on the second Monday of each month, alternating between the Kingswood Centre in Kingsbury and St Bartholomew's Hospital in the City of London. The programme is well-attended by consultants and juniors from across the region.

(During the pandemic, the academic programme switched to Zoom, and the plan is to return to the usual format when permitted)

Trainees contribute to the programme which comprises lectures by internal and external speakers, case presentations, journal clubs, quality improvement presentations, workshops and more. The content of the academic programme is formally mapped to the speciality training curriculum. SIM training designed has recently been incorporated in the programme.

Training committee

The training committee is a forum where issues relating to the scheme are discussed. The committee meets every 3 months and includes all higher trainees (led by a trainee representative) and educational and clinical supervisors

London Postgraduate Medical and Dental Education

London Postgraduate Medical and Dental Education (LPMDE, formerly the London Deanery) has overall responsibility for doctors in training across London. Trainees on the North London Higher Training Scheme in Psychiatry of Intellectual Disability have access to the professional development opportunities provided by LPMDE, including the careers unit, coaching, and mentoring schemes. <http://www.lpmde.ac.uk/>

View of recent trainees

"As an academic trainee on the scheme, I'm affiliated with University College London where the opportunities for research span basic laboratory science to applied clinical projects. Under the supervision of leaders in the field I've researched psychotropic prescribing in people with intellectual disability and the provision of care in hospital settings in projects that have had national impact.

My clinical trainers have always been very supportive of my work at UCL and given me flexibility that has allowed me to develop clinical and academic competencies. The scope for future research in our specialty is vast. Several trainees have completed higher research degrees and I would recommend the scheme to anyone who is considering a career in academic psychiatry."

Dr Rory Sheehan, academic clinical fellow

"I enjoyed every moment of my time in higher training on the North London Scheme...so much so that I've stayed in the region as a Consultant! Working with the Community Learning Disability Service in Tower Hamlets, East London was especially rewarding; many of the people we worked with were from socially deprived backgrounds, which often meant that their needs were greater and more complex.

The team is considered nationally as having a 'good practice' model of care for people with intellectual disabilities and has developed excellent working relationships with mainstream services. You therefore gain excellent clinical and liaison experience with A&E, the acute generic inpatient services, as well as early intervention and crisis resolution/home treatment teams.

Within six months, I have been able to see and do lots of things, including shadowing the re-tendering and procurement process of a learning disability service; commence an accredited teaching and learning course; lead a quality improvement project; be involved in complex medico-legal cases, and co-deliver various teaching workshops to medical students, carers and psychiatrists.

If you want to work in a really rewarding part of the UK, experience a diverse, wide range of wonderful people, see what good practice models are all about, whilst continuing to develop yourself as a doctor and a person, then this is the scheme for you!"

Dr Niall O'Kane, Former trainee

"It feels like there's "Something for Everyone" on the North London Psychiatry of Intellectual Disability Scheme! The region is a dynamic hub of research, service development, teaching and quality improvement, and as a result there are many broad training opportunities as well as the chance to develop your interests. I have been heavily involved in teaching medical students at Imperial College and planning the annual London Psychiatry of Intellectual Disability Conference.

Since joining the scheme, I've had the opportunity to work in 4 different Boroughs of London which has given me a good insight into the mental health of culturally and ethnically diverse communities. My supervisors have helped ensure that the posts meet my training needs, and I've assessed & managed the full range of mental health conditions in people with mild, moderate, and severe intellectual disability.

Perhaps due to Psychiatry of Intellectual Disability being one of the smaller subspecialties, trainees here feel like part of a close network of North London professionals. We're fortunate that our scheme is comprised of 12 posts; it results in the Academic Programme being a great forum for discussion, and high-quality teaching & learning. I think peer support & reflection in the trainee group is also invaluable.

The North London TPDs & Educational Supervisors actively encourage us to be involved and to give regular feedback on the Scheme. Especially important for me is the supportive approach they have taken to applying for time Out of Programme and

working Less-Than-Full-Time; I feel valued as a doctor, as a trainee and as a colleague.”

Dr Rupal Dave, ST6 Trainee

Application process

Application for the scheme is via the National Recruitment process and is coordinated by the North Western Deanery, Health Education North West. There are usually two recruitment rounds each year.

https://www.nwpgmd.nhs.uk/national_ST4_Psychiatry_Recruitment

For further information please contact:

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Person specification for ST4 Psychiatry of Learning Disability:

<https://specialtytraining.hee.nhs.uk/portals/1/Content/Person%20Specifications/Psychiatry/Psychiatry%20of%20Learning%20Disability-%20ST4.pdf>

Curriculum for speciality training in psychiatry of learning disability:

<http://www.rcpsych.ac.uk/trainingspsychiatry/corespecialtytraining/curricula.aspx>



Please also get in touch with our current trainees who are happy to share their experiences of training. The TPD's can organise this.

