

## Have you considered a taster in Psychiatry?

"In my foundation years I did not undertake a rotation in psychiatry, so I decided to organise a weeks taster session in Northumberland, Tyne and Wear NHS Foundation Trust. I was offered activities that enabled me to get an overview of what it is like working in psychiatry. I was given a good snap shot of the variation in hospital and community work and it was fascinating to observe how different patients are managed, ranging from those with mild cognitive impairment to those with advanced dementia. Spending time with doctors at different levels in their careers helped me to understand their roles and what the job entails. At the end of the taster week I knew that I wanted to pursue a career in psychiatry.

I have since started working as a Core Trainee in Psychiatry in NTW. If you can't decide what medical career you wish to pursue, or are interested in a career in psychiatry, I would strongly encourage you to take the opportunity to organise a taster – it may well help you make your mind up"

**Dr Caroline Monnery**  
CT3 Psychiatry

"I undertook a psychiatry taster in General Adult Psychiatry back in 2005. I found it fascinating. I really enjoyed the MDT working and the variety entailed within the job. I was considering a career in General Practice but wished to gain more psychiatry experience, given mental health problems affect so many people..."

**Dr Nicola Philips**  
Consultant in Forensic Learning  
Disability Psychiatry



## Some facts:

- ⦿ On average, people with mental illness die five to ten years younger than the general population.
- ⦿ One person in four will experience some kind of mental health problem in the course of a year.
- ⦿ Mental disorder accounts for around five per cent of A&E attendances and 25% of primary care attendances.
- ⦿ One quarter of all patients admitted to hospital with a physical illness also have a mental health condition that, in most cases, is not treated while the patient is in hospital.
- ⦿ 90% of people with mental health problems across the lifespan are managed in primary care.
- ⦿ Liaison psychiatry interventions can improve patient outcomes and reduce healthcare costs.
- ⦿ Eight out of ten primary care professionals want more training in mental health issues.

## Why should I train to be a psychiatrist?

- ⦿ Psychiatry is fascinating, varied, interesting and rewarding.
- ⦿ UK psychiatry training schemes are high-quality and extremely well structured.
- ⦿ Working conditions are varied and flexible with many opportunities for part time and flexible working, making it appealing for people striving for a healthy work life balance.

(Royal College of Psychiatrists)



## Why do a taster with NTW?

We can offer taster sessions for up to five days. It is bespoke, constructed according to your interests and requirements and in a wide variety of specialities and sub-specialities.

We can offer tasters in specialities like:

- ◉ Forensic Psychiatry
- ◉ Addictions
- ◉ Learning Disability
- ◉ General Adult Psychiatry
- ◉ Liaison Psychiatry
- ◉ Old Age Psychiatry
- ◉ Eating Disorders
- ◉ Child and Adolescent Psychiatry
- ◉ Crisis Teams
- ◉ Academic Psychiatry
- ◉ Neuropsychiatry

## What can I expect?

- ◉ A face to face meeting with the supervisor at the beginning of the taster week to compile your personal development plan for the week, a structured time table and local induction.
- ◉ A designated trainee at each site who you can shadow.
- ◉ Attendance at local postgraduate training session (Journal Clubs and Case Conferences).
- ◉ A face to face meeting with the supervisor at the end of your taster week to produce a placement report regarding your aptitude, attendance and commitment to the speciality that you can use in your portfolio and towards speciality applications.
- ◉ A designated 'buddy' (core psychiatry trainee) that you may link in with throughout the foundation years, who will act as your mentor and support and offer guidance should you wish to come into psychiatry.

Sounds interesting, what do I do next?  
Just email us – we can help you decide.

Our contacts:

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Other useful links:

[www.rcpsych.ac.uk/discoverpsychiatry/acareerinpsychiatry.aspx](http://www.rcpsych.ac.uk/discoverpsychiatry/acareerinpsychiatry.aspx)  
[www.ntw.nhs.uk](http://www.ntw.nhs.uk)



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