

# **An Introduction to a Career in Psychiatry**

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The World Journal of Medical Education and Research (WJMER) is the online publication of the Doctors Academy Group of Educational Establishments. Published on a quarterly basis, its aim is to promote academia and research amongst all members of the multi-disciplinary healthcare team including doctors, dentists, scientists, and students of these specialties from all parts of the world. The principal objective of this journal is to encourage the aforementioned from developing countries in particular to publish their work. The journal intends to promote the healthy transfer of knowledge, opinions and expertise between those who have the benefit of cutting edge technology and those who need to innovate within their resource constraints. It is our hope that this will help to develop medical knowledge and to provide optimal clinical care in different settings all over the world. We envisage an incessant stream of information will flow along the channels that WJMER will create and that a surfeit of ideas will be gleaned from this process. We look forward to sharing these experiences with our readers in our subsequent editions. We are honoured to welcome you to WJMER.



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# WJMER

World Journal of Medical Education and Research

*An Official Publication of the Education and Research Division of Doctors Academy*

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- A Career in Child and Adolescent Psychiatry

- Post Operative Surgical Care



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Role of Cloud Computing in the Provision of Healthcare

Management of Major Trauma: A Malaysian Perspective



### Introduction

The World Journal of Medical Education and Research (WJMER) (ISSN 2052-1715) is an online publication of the Doctors Academy Group of Educational Establishments. Published on a quarterly basis, the aim of the journal is to promote academia and research amongst members of the multi-disciplinary healthcare team including doctors, dentists, scientists, and students of these specialties from around the world. The principal objective of this journal is to encourage the aforementioned, from developing countries in particular, to publish their work. The journal intends to promote the healthy transfer of knowledge, opinions and expertise between those who have the benefit of cutting edge technology and those who need to innovate within their resource constraints. It is our hope that this will help to develop medical knowledge and to provide optimal clinical care in different settings. We envisage an incessant stream of information flowing along the channels that WJMER will create and that a surfeit of ideas will be gleaned from this process. We look forward to sharing these experiences with our readers in our editions. We are honoured to welcome you to WJMER.

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## An Introduction to a Career in Psychiatry

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### Introducing Psychiatry

*"As psychiatrists we straddle a unique blend of science and humanity. Bridging the social, medical and neurosciences, we strive to improve the mental health of individuals, families and societies, and provide strong leadership throughout the care pathway."*

*Sue Bailey, President of the Royal College of Psychiatrists*

Psychiatry is indeed a holistic speciality that incorporates the biological, psychological and social aspects of a patient, and more often than not, gives the psychiatrist the opportunity to delve into the patients' past and study the workings their minds. Patients may present similarly, but no two patients have the same life stories, making psychiatry a branch of medicine that offers a higher level of autonomy to make decisions.

Many of us may already have some sort of experience with mental health problems; either first hand or as a third party. We may have a partner, family member or friend suffering from depression, or who has had to deal with the effects of bereavement, marital problems, drugs or alcohol addiction, or take responsibility for an elderly suffering from memory loss, children with learning difficulties or adolescents with painful emotional problems. These are issues, which could affect any one from different walks of life. These are the myriad problems psychiatrists come across daily, making a day in the life of a psychiatrist varied, rewarding and never dull.

### Life as a Psychiatrist

As a psychiatrist, your typical working day will begin at 9am and finish at 5pm. During the time as a trainee, you can be expected to take part in ward rounds, liaising with different healthcare professionals, doing home visits, carrying out risk assessments and emergency work including using the Mental Health Act to section people. You could be treating numerous mental health disorders including schizophrenia, mania, depression, learning disabilities, alcoholism or drug addiction, eating

disorders, phobias (such as fear of heights or open space), post-traumatic stress disorder, anxiety and personality disorders. You could also be helping patients and their families to cope with marital or family problems, bereavement, memory impairment such as Alzheimer's Disease, the mental health problems of children and teenagers and make criminal proceedings and Court appearances.

As a vast speciality, psychiatry offers an enormous range of subspecialties e.g. general psychiatry, child and adolescent, forensic, old age, psychotherapy, psychiatry of learning disability, liaison psychiatry, addiction psychiatry and rehabilitation psychiatry. Moreover, it is varied in that you can work in a number of settings such as hospitals, the community, schools, special units, residential homes and even prisons. If you work as part of a hospital, then you may be required to work on call. On calls tend to be quiet and from senior trainee onwards can be done from home.

The speciality requires excellent listening skills, empathy and attention to detail. Sometimes it can be difficult to make a diagnosis so a psychiatrist must be able to deal with ambiguity and uncertainty. It can be an intellectually stimulating and rewarding work combining the rigours of medicine and the creativity of psychotherapy. An interest in research is beneficial, as psychiatrists are required to stay up to date with treatments and managements of different conditions. In Psychiatry, all trainees are guaranteed supervision for one hour a week, and many are given one day a week for research or preparing for the examinations.

### Facts and Figures

#### • Competition ratios:

In 2012, the Level 1 competition ratio for CT1 and ST1 training is 1.4 : 1, where there were 609 applications for 439 posts. The competition ratio for ST3/ST4 posts according to different subspecialties is as below.



Specialty	Applicants	Posts	Ratio
Child & Adolescent Psychiatry	82	69	1.2
Forensic Psychiatry	60	37	1.6
General & Old Age Psychiatry	27	26	1.0
General Psychiatry	242	144	1.7
Learning Disability	38	40	1.0
Old Age Psychiatry	59	70	0.8
Psychotherapy	15	18	0.8

- **Salary:**

The salary for a consultant psychiatrist in the NHS ranges from £70000-90000. This can be substantially higher if you choose to work in the private sector.

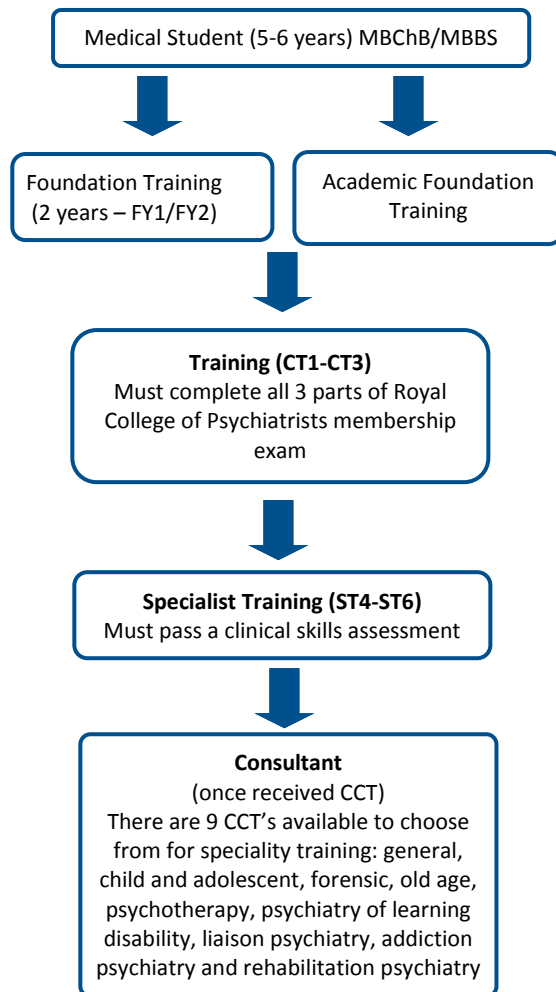
- **Prevalence of mental health problems:**

1 in 4 people in the UK will have a mental health problem at some point in their lives. For those coming to Casualty or GP, this figure is even higher.

#### The Future

Research in psychiatry is one of the fastest growing of all specialities. Generally, the amount of money invested into psychiatry has risen steadily. This may be in part due to the fact that there are an increasing number of psychiatric conditions being associated with cognitive deficits. This may lead to an increased demand and responsibility for psychiatrists in the future, and subsequently more training posts available.

#### Psychiatry Training Pathway



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