

MARCH 2021

2021 GUIDE TO SERVICES

VICTORIAN ASSOCIATION OF
PSYCHIATRY TRAINEES



VAPT

VICTORIAN ASSOCIATION
OF PSYCHIATRY TRAINEES

Victorian Association of Psychiatry Trainees
Feedback to secretary@vapt.org.au
www.vapt.org.au

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Thanks as well to all the Victorian registrars and HMOs who provided additional feedback!

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MESSAGE FROM VAPT

This guide represents hours of work and the collective input of trainees across Victoria. Our aim is to provide a description of each Victorian service you might wish to apply to.

We are only as strong as we are diverse! If you are interested in getting involved with VAPT in any way, big or small, please contact us.

Dr. Phil Jaksa (President)
Dr. Thomas Sellitto (Education)

ABOUT VAPT

We are an independent association with a representative role in the Victorian Branch of the RANZCP, as well as the Victorian Psychiatry Training Committee (VPTC).

Our mission is to empower and unify a diverse group of future psychiatrists, allowing them to thrive throughout their training journey.

You should join VAPT through our website, Facebook group or via contacting us directly.

www.vapt.org.au
www.facebook.com/groups/VictorianAPT/
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DISCLAIMER

This document aims to provide information to current and prospective RANZCP trainees, for the purpose of supporting their job applications.

The information contained within was provided by Victorian health services and their employees in January 2021. As such, VAPT is unable to guarantee its accuracy beyond publication.

We encourage applicants to use this document as a starting point, and to make contact with health services with any further questions.

In circumstances where no response was received from health services, VAPT has reproduced the content of the 2017 edition of this Guide for that section. It is important to note that this content may no longer be accurate.

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THE ALFRED

Training Region

Southern

Hospital Coordinator of Training

Dr. Maria Tsanglis

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KEY INFORMATION

Rotation Sites

Alfred Hospital

Adult Inpatient
Consultation-Liaison
Emergency

Caulfield Hospital

ABI unit
Aged Psychiatry
Consultation-Liaison

CYMHS

Developmental Assessment Management Program
headspace
Infant Team
Youth Outreach

St Kilda Road Clinic CCT

Continuing Care Teams (5 different teams)
Homeless Outreach Program Service (HOPS)
Mobile Support and Treatment Service (MSTS)
Navigation Service

Secondments

Albert Rd Clinic
Epworth Camberwell
Forensicare
The Victoria Clinic

KEY INFORMATION CONT.

On Call Structure

Weekdays

1700 until 2130

Weekends

Shift A: 0830 until 1600, staffed mostly by psychiatry HMOs and ward based.

Shift B: 0830 until 2130, staffed only by registrars and based on CL until 1600 and then covering CL and the wards until 2130.

Nights

2100 until 0830 the next day

Average Participation Requirements

Weekday shifts: 1 per 3-4 weeks (on and off-site)

Weekend shifts: 1 per 6-8 weeks (on and off-site)

Night shifts: 7 nights per 6 month rotation, split into sets of 4 and 3 nights (on and off-site)

All shifts are rostered with an on-site and an off-site ("second on call") doctor. The off-site doctor is to facilitate after-hours aged psychiatry admissions to Caulfield Hospital and to assist with excess workload at The Alfred on rare occasions.

KEY INFORMATION CONT.

Educational Opportunities

Weekly.

Foundational Elements of Psychiatry Teaching Program for 1st year trainees on a broad variety of topics specific to psychiatry

Fortnightly.

Interview Skills Teaching
Journal Club

Monthly.

Neuropsychiatry Education Series
Reading Group

There is also a Psychological Theories in Practice workshop and in 2021 a Suicide Risk Assessment Training Day will commence.

Exam Preparation Support

Weekly tutorials on Wednesday afternoon for both the written exam and the OSCE.

Other Assessment Support

Individual psychotherapy supervision (weekly)
Introductory lectures on research and the RANZCP program requirements, with individual supervision and support thereafter. Trainees are supported from the outset of training to plan their scholarly project.

KEY INFORMATION CONT.

Notable Service-Specific Factors

A highly motivated and enthusiastic department of both junior and senior staff, for an experience of a high standard of training and patient care.

A large number of dynamic and sub-speciality rotations across adult, CL, neuropsychiatry, old age and CYMHS.

A supportive and close group of registrars and HMOs, with opportunities to engage in hospital executive and management boards/meetings within Alfred Psychiatry.

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AUSTIN HEALTH

The following content is reproduced from the 2017 edition of this Guide, as no updated information was provided by the service in 2021. It is important to note that this content may no longer be accurate.

Training Region

Northern

Hospital Coordinator of Training

Dr. Pooja Shetty

KEY INFORMATION

Rotation Sites

Most rotations are in Heidelberg, either at the Austin, Mercy or Repatriation Hospital sites.

There are some external rotations in Bundoora (Bundoora Extended Care & Northpark Private Hospital), Richmond (Melbourne Clinic, Epworth), Kew (BETRS), Forensicare.

7 positions at the Psychological Trauma Recovery Service (Formerly State-Wide Veterans Unit); State-wide Child Inpatient Unit; Adolescent Inpatient Unit; Inpatient & Outpatient Eating Disorder Rotations; Drug Dependency Clinic STP position; 3 positions at the Brain Disorders Program with inpatient and outpatient roles; Parent-Infant Program; external rotations to Forensicare, Mercy (perinatal CL), Northpark, Melbourne Clinic, Epworth Camberwell

On Call Structure

All trainees that are not on external rotations are expected to be on the on call roster (usually around 37 people). On weekdays there are two on call registrars (Reg D and Reg N). On weekends there are three on call registrars (Reg D1, D2 and N). On weekdays, Reg D is on-site till 10p.m. and then available as a back-up (rarely used) for Reg N from 10 till the regular staff start the next morning.

KEY INFORMATION CONT.

On Call Structure Cont.

On weekends, reg D1 & D2 are on-site till 1pm and 4pm respectively. Reg D1 remains on call on a recall basis till 10pm and reg N takes over from 10 till the next morning. On weekends, a consultant is also expected to attend in the morning and the three decide how to divide the work between them for the initial part of the shift. You cover all the inpatient units (approx. 70 beds across 7 units), plus CL and admissions.

Average Participation Requirement

Approx. 13 shifts in a 6-month rotation

Educational Opportunities

Block protected teaching Wednesdays 11 to 1:30 that include: professorial tutorials on specific topics (registrar led but actively chaired A/Prof Olver); journal club organized around key research types to ensure adequate coverage of college critical appraisal curriculum; monthly psychotherapy tutorial, monthly grand rounds and monthly 'areas of interest' tutorials on topics like clinical governance, medical topics relevant to psychiatry

KEY INFORMATION CONT.

Educational Opportunities Cont.

Exam Preparation Support

Closed group sessions in the 3 months or so preceding each exam, protecting time added to the end of the Wednesday teaching program

Other Assessment Support

Weekly group supervision

Notable Service-Specific Factors

The leadership team is very responsive to registrar feedback and much of the above factors such as the teaching program and on call arrangements were based on registrar suggestions.

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BARWON HEALTH

Training Region

Western

4 Stage 1 Positions (2022)

Hospital Coordinator of Training

Dr. Catherine Maud

Exec. Assistant

Diana Mrzljak

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KEY INFORMATION

Rotation Sites

Acute Inpatient Services

Geelong University Hospital (Swanston Centre)
PARC/CRF (Belmont)
Consultation-Liaison
Community
Acute Intervention
Hospital in the Home (HITH)

Community Services

North Team (Corio, Geelong West)
South Team (Surf Coast, Bellarine)
Colac Team
Youth - Jigsaw (Corio, City)
CAMHS
Aged Psychiatry (Grace McKellar Centre)

Enterprise Services

Drug and Alcohol (The Geelong Clinic, public)
Eating Disorders (The Geelong Clinic, public)
Wathaurong Aboriginal Cooperative

Research Position

IMPACT Strategic Research Centre (Prof. Berk)

Secondments

Werribee Mercy Perinatal

KEY INFORMATION CONT.

On Call Structure

This model has been developed by the registrar group during 2019 with support from Barwon Health leadership. The registrars have described this as “paired”. This was in response to a RANZCP audit requiring BH registrars to complete more night duties.

Weekdays

0830 until 2200, with recall until 0830 the next day. The next day will be a paid, rostered day off, to ensure compliance with the EBA.

Weekend/Public Holidays

Shift 1: 0830 until 1700

Shift 2: 1600 until 2200, with recall until 0830 the next day

A '2nd on call' for the above paid to be available, should the initial registrar be sick/unavailable.

Example 'Pairing' Process

Registrar A on call for Mon/Sat (day)

Registrar B on call for Tues/Sat (night)

Registrar C on call for Weds/'2nd on call' (weekend)

Average Participation Requirements

2 weekday/night shifts per month

1 weekend day/night shift per 2 months

1 week of '2nd on call' per 4 months

KEY INFORMATION CONT.

Educational Opportunities

Fortnightly

Psychotherapy/Balint groups (consultant led)
RANZCP exam tutorials (consultant led)
Psychiatry Grand Round

Monthly

Educational afternoon on the last Wednesday of every month, with tutorials, presentations, Journal Club, PRG

Exam Preparation Support

Consultant led exam tutorials (fortnightly)
Protected teaching time (afternoon, weekly)

Other Assessment Support

Psychotherapy written case supervision offered
Scholarly Project support via consultants and CHIME

Notable Service-Specific Factors

A research registrar role (Stage 3 position) exists with Prof. Michael Berk and IMPACT, via Deakin University

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BENDIGO HEALTH

Training Region

Northern

Hospital Coordinator of Training

Dr. Nilumi Ziffer

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nziffer@bendigohealth.org.au

KEY INFORMATION

Rotation Sites

All main sites (eg. PARC, CCU, community clinics) are located within approximately 10 minutes of central Bendigo.

Rural outpatient clinics also exist (eg. Castlemaine, Echuca, Swan Hill) and will be covered either weekly or fortnightly. Travel time for these sites is between 30 to 60 minutes and is factored into work hours with late starts and early finishes. Travel to Swan Hill is via small plane.

There are currently no pre-organized external rotations but these could potentially be organized in response to trainee interest.

On Call Structure

On-site until 2200 and then on-call overnight until 0800 the next morning.

Overnight call backs are rare and all EBA requirements regarding breaks between shifts are adhered to.

Trainees cover all Bendigo Health psychiatry units, including adult inpatient, aged psychiatry, ED and PARC. Trainees also provide advice to rural/remote areas within the catchment area.

KEY INFORMATION CONT.

Educational Opportunities

Weekly.

Education session presented by registrars/HMOs (case conference or journal club)

Consultant run tutorial for registrars

HMO teaching session

Exam Preparation Support

Consultant run exam tutorial each week, which is flexible to trainee needs at the time (ie MCQ or Essay format)

Video link to exam prep tutorials held at Eastern Health in the leadup to written exams.

Other Assessment Support

Psychotherapy supervision is available.

There is no formal structure for scholarly project supervision, but this is being planned.

Notable Service-Specific Factors

There is a close/supportive relationship between registrars, consultants and the wider mental health team. The registrars are a small and close-knit team who are very supportive of each other.

There is easy access to all mandatory rotations and there are some subspeciality areas available.

KEY INFORMATION CONT.

Notable Service-Specific Factors Cont.

Subspeciality areas available include Dual Diagnosis Drug and Alcohol Rehabilitation Unit, an Extended Care Unit, a Youth Mental Health Service (including a Youth PARC) and a Parent Infant Unit.

The psychiatry department is keen to support individual trainee interest and tailor Stage 3 training to their needs wherever possible.

Intangible lifestyle factors of the location.

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EASTERN HEALTH

Training Region

Northern

Hospital Coordinator of Training

Dr. Michael Gardner

Contact Details

michael.gardner@easternhealth.org.au

KEY INFORMATION

Rotation Sites

Rotations are predominantly in the Box Hill and Ringwood East areas. There are some placements in Upper Ferntree Gully, Burwood East and Lilydale.

There are external secondments to Forensicare and Delmont (private hospital). Two Stage Three positions are available at Spectrum, the state-wide service for personality disorders.

Core rotations

All mandatory terms

Aboriginal Health

CATT

Community Care Units (CCU)

Mobile Support Teams

Prevention and Recovery Centres (PARC)

Psychiatric Assessment and Planning Unit (PAPU)

Advanced training

Addiction Psychiatry (via Turning Point)

Adult

Child and Adolescent

Consultation Liaison

Old Age Psychiatry

Psychotherapy

KEY INFORMATION CONT.

On Call Structure

Adult on call shifts are currently 'split' but can be combined at trainee preference.

Weekdays

Shift 1: 1700 until 2200 (rostered overtime)

Shift 2: 2200 until 0830 the next day (recall)

Weekends/Public Holidays

Shift 1: 0830 until 1230 (rostered overtime) and then from 1230 until 2030 (recall)

Shift 2: 2030 until 0830 the next day (recall)

Longer term, a plan is underway to transition to rostered nights. This is anticipated to be a one week on, one week off in a six month period and will commence in 2022 (unless recruitment permits earlier).

Child and Youth or Old Age Psychiatry on calls are completed on separate rosters. These occur at the Adolescent IPU (Box Hill) and South Ward (Peter James Centre) respectively.

Average Participation Requirements

1 1700 until 2200 and 1 2200 until 0830 shift

or

1 0830 until 2030 weekend shift every 10 days

KEY INFORMATION CONT.

Educational Opportunities

Weekly.

Protected, paid teaching time every Tuesday afternoon. This alternates between:

1300 until 1700 with consultants present

1500 until 1700 for tutorials

This includes journal clubs, invited speakers and presentations (short and long) by both junior and senior medical staff.

This is in addition to the time for the Formal Education Course.

Exam Preparation Support

There are dedicated preparation tutorials for the MCQ, Essay-Style and OSCE examinations.

There are also separate dedicated tutorials for interns/HMOS, as well as for Stage 1 Trainees.

Other Assessment Support

There is weekly small group (up to 3) supervision for the psychotherapy case

Notable Service-Specific Factors

There are a large number of trainees (60) and consultants (40), who are friendly, supportive and collegial.

KEY INFORMATION CONT.

Notable Service-Specific Factors Cont.

The inpatient units have high EFT per 25 beds

2.5 - 3.0 Consultants

1.0 - 2.0 Stage 1 Trainee

1.0 Stage 3 Trainee

1.0 HMO

1.0 Intern

Stage 1 of training is split between inpatient and community rotations.

There is a broad training experience available for Stage 3, as listed above.

A Clinical Academic and the Scholarly Project Committee chair are available to assist with research opportunities.

FORENSICARE

Training Region

Forensicare

Hospital Coordinator of Training

Dr. Jerome Nicholas (Director of Basic Training)

Dr. Fiona Best (Director of Advanced Training)

Dr Nicholas is responsible for matters pertaining to Basic Trainees, Generalist Stream Advanced Trainees, International Medical Graduates and Medical Officers.

Dr Best is responsible for Stage 3 Trainees undertaking their Certificate of Advanced Training in Forensics and medical student electives.

If you are rotating through Forensicare it is useful to maintain contact with your local DoT.

Medical Workforce Manager

Suzie Maiolo

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KEY INFORMATION

Rotation Sites

Thomas Embling Hospital
Prison services throughout Victoria (eg. Melbourne Assessment Prison, Melbourne Remand Centre, Port Phillip Prison, Ravenhall Correctional Centre)
Community Forensic Mental Health Services (Clifton Hill)

On Call Structure

On call is typically seclusion reviews, which occur every 3 hours. There is no cover of secondary sites such as Emergency or C-L. Sleeping quarters are available within Thomas Embling Hospital if required.

Admissions/transfers are typically planned, so rarely occur outside of normal hours. You will occasionally be contacted by prisons for phone orders.

Average Participation Requirements

Once every 10-14 days

KEY INFORMATION CONT.

Educational Opportunities

Trainees new to Forensicare are provided with a tutorial induction program of four sessions, covering academic literature relevant to the core EPAs.

Fortnightly

Tutorial program run from 1500-1600, with all registrars/consultants expected to attend. There are some limitations with video-conferencing platforms from the prisons, but can be utilized from other sites.

Prior to COVID-19, there was a monthly half day of teaching at the Paul Mullen Centre in Clifton Hill.

Exam Preparation Support

There is the opportunity to attend the St. Vincent's Hospital tutorials for trainees with broader training requirements. Austin Health also provide exam preparation support to Forensicare.

Other Assessment Support

It may be difficult to find an appropriate psychotherapy long case patient within a Forensic setting.

If on secondment, Forensicare will facilitate any necessary training requirements via time free from service or use of your half day.

KEY INFORMATION CONT.

Notable Service-Specific Factors

As Forensicare differs from a traditional Area Mental Health Service, the following is a more detailed overview of their structure and processes.

Forensicare offers a unique exposure to an important, dynamic and expanding psychiatric sub-specialty. Forensicare's collegial environment and longstanding commitment to RANZCP Training provides an excellent training opportunity not only for a career in forensic psychiatry but also to support either generalist or other sub-specialty careers.

Forensic psychiatry has its foundation in understanding the relationship between mental disorder and offending. Key tasks in forensic psychiatry are:

1. Expertise in assessment and management of risk of offending in the presence of mental disorder;
2. Assisting the criminal justice system to understand the role of the mental disorder such that the legal outcome is in the best interests of the mental health of the offender;
3. Familiarity with relevant legislation and legal concepts (mental impairment, unfitness to be tried, sentencing considerations).

KEY INFORMATION CONT.

Stage 3 Trainees who wish to pursue a career in forensic psychiatry are encouraged to apply for the RANZCP Certificate of Advanced Training in Forensic Psychiatry during their time at Forensicare. Selection to this training program is by interview with Dr Best and one other Victorian Psychiatry Training Committee member, or Forensic Psychiatrist.

The certificate comprises 24 months of training in accredited Forensic posts, the attainment of 8 Stage 3 Forensic EPA's (6 mandatory and 2 elective), the completion of one Forensic OCA per six months, the completion of a formal Forensic Psychiatry academic program (eg Graduate Certificate or Graduate Diploma in Forensic Behavioural Science, Swinburne University), and the completion of a research project (if the trainee has not completed a RANZCP scholarly project previously).

Forensicare has a Lead registrar position, which enables provision of collegial support to all Forensicare registrars. It also facilitates registrar participation in management decision making processes including rostering and prison cover, leave applications and decisions, journal club and case presentations and other relevant decision making concerns of the registrar body as well as providing valuable peer-support.

Security restrictions may limit access to personal mobile phones within certain prison areas.

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GOULBURN VALLEY MH

Training Region

Southern Region

Hospital Coordinator of Training

Dr. Tejraj Tawde

Principal Registrar

Dr. Stuti Jindal

Contact Details

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KEY INFORMATION

Rotation Sites

Base Hospital in Shepparton (15 beds)
Community Clinics in Shepparton
Satellite clinics in Seymour and Cobram

Tertiary sub-specialty services available
Addiction Psychiatry
Child and Adolescent and headspace
Consultation Liaison
Forensicare (elective/external rotation)
Prevention and Recovery Care (PARC)
Psychiatry of Old Age
Rumbalara Aboriginal Cooperative
Triage Service

Opportunities for experience in Transcultural
Psychiatry and Neuropsychiatry exist.

Accredited for advanced training in
Addiction Psychiatry
Child and Adolescent Psychiatry
Consultation-Liaison Psychiatry
General Adult Psychiatry
Psychiatry of Old Age

On Call Structure

Available via phone and overnight on weekdays
Available all day on weekends

Average Participation Requirements

On call 1 in 12 days

KEY INFORMATION CONT.

Educational Opportunities

Weekly.

Psychiatric education session for registrars
GV Health Grand Rounds for JMOs

Monthly.

Balint Group reflective practice sessions
Transcultural psychiatry supervision

Exam Preparation Support

Available as per college guidelines, with
protected training time
Tutorials offered for written and OSCE exams

Other Assessment Support

Available as per college guidelines for the
scholarly project and psychotherapy written case

Notable Service-Specific Factors

The psychiatry workforce is supportive and
consists of 9 consultant psychiatrists, 12
registrars, 2 HMOs and 2 interns.

Multimedia facilities are available to assist with
remote access to formal education courses.

GVAMHS provides teaching to MD students of the
University of Melbourne.

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LATROBE REGIONAL HOSPITAL

Training Region

Southern

Hospital Coordinator of Training

Dr. Stuart Thomas

Administrative Support

Julie Murray

Contact Details

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KEY INFORMATION

Rotation Sites

Latrobe Regional Hospital

Adult Inpatient
Aged Inpatient
Consultation-Liaison
Emergency
Mother and Baby Unit

CYMHS

Traralgon
Warragul

Community/Aged

Bairnsdale
Sale
Traralgon
Warragul
Wonthaggi

Advanced Training

Adult Psychiatry
Aged Psychiatry
Child and Adolescent Psychiatry
Consultation-Liaison Psychiatry

Trainees have access to all compulsory rotations and there is capacity to tailor rotations to address individual candidates' interests.

KEY INFORMATION CONT.

On Call Structure

After Hours

1800 until 0830 the next day, rostered as on-call

Weekends

0900 until 1700, rostered as overtime

The on-call doctor is responsible for admissions and emergency reviews for the inpatient setting. This is the adult ward (27 beds), the aged ward (10 beds) and the HDAU (6 beds). Whilst the junior medical staff member is the first point of contact, a consultant is also rostered on-call and is available to support as required.

All on-call is rostered with a standby.

Average Participation Requirement

1 weekend per 2 months

1 after-hours/night on-call per week

Educational Opportunities

Weekly.

Academic Program (protected time, 1 hour) with the MDT for case presentations and discussions, clinical practice and topics of interest.

Registrar teaching (protected time, 1.5 hours), organized around College curricula with EBM covering journal analysis and research methods.

KEY INFORMATION

Educational Opportunities Cont.

Weekly Cont.

Reflective practice (1 hour) with the MDT

Psychotherapy supervision (2 hours), which is a small and intensive, object-relations oriented psychotherapy program catering to all stages of proficiency.

Exam Preparation Support

Facilitated participation in the Monash program, combined with local expertise.

Other Assessment Support

Psychotherapy long case and written case supervision.

Scholarly project support is available.

Notable Service-Specific Factors

Trainees have the opportunity to develop teaching skills with participation in Monash medical student teaching.

Trainees participate in the Mental Health Clinical Governance meetings (monthly) and process.

Staff are well-practiced and resourced with the use of multimedia/videoconference facilities as a part of daily operations.

MERCY MH

Training Region

Western

Hospital Coordinator of Training

Dr. Ravi Srinivasaraju

Principal Registrar

Dr. Shivani Panda

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KEY INFORMATION

Rotation Sites

Acute Adult Inpatient Unit

Werribee Hospital CMB Unit (4.0 FTE)

Continuing Care Teams

Salt Water Clinic, Footscray (3.0 FTE)

Wyndham Clinic, Werribee (2.0 FTE)

Perinatal Mental Health Services

Heidelberg (2.0 FTE)

Werribee (2.0 FTE)

Consultation-Liaison

Werribee Hospital (1.0 FTE)

Western Hospital (1.0 FTE)

Child and Adolescent

Ballarat Health Services (1.0 FTE)

Hoppers Crossing (1.0 FTE)

CATT

Werribee Hospital (1.0 FTE)

EMHS & PAPU

Werribee Hospital ED (1.0 FTE)

CCU

Werribee (0.5 FTE)

KEY INFORMATION CONT.

On Call Structure

There are two rosters, for both Werribee Hospital and Ursula Frayne Centre (Footscray).

Werribee Hospital

Shift A: 1700 until 2230

Shift B: 2230 until 0830, covered by RMOs and 1st year registrars on site.

Ursula Frayne Centre

1700 until 0830, recall only.

Average Participation Requirements

3-4 on calls per month, covering 2 sites

Shift A: 2 shifts per month

Shift B: 1 week every 3 months

Ursula Frayne Centre: 1 shift per month

Educational Opportunities

Weekly.

Protected Formal Education Course time

Case presentations and Journal Club (Weds)

Consultant teaching sessions (Friday)

These academic sessions include a mix of presentations from registrars, consultants and guest speakers.

KEY INFORMATION CONT.

Exam Preparation Support

Additional individual tutorials run by consultants

Other Assessment Support

Psychotherapy supervision by accredited psychotherapy supervisors (Dr. Brass and Dr. Muthangaparambil).

Input into case writeup from Dr. Butterfield, an accredited psychotherapy examiner.

Research opportunities with Perinatal Mental Health, available through a dedicated research team (in association with UND).

Notable Service-Specific Factors

State of the art perinatal mental health units that cover both inpatient and outpatient services are located across Werribee and Heidelberg campus.

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MILDURA BASE HOSPITAL

Training Region

Western

Hospital Coordinator of Training

Dr. Hieu Pham

Principal Registrar

Dr. Madeleine Leung

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MLeung@mbph.org.au

KEY INFORMATION

Rotation Sites

Mildura Base Public Hospital

Acute inpatient unit with 14 beds, including 2

CYMHS beds and 2 APMHS beds

Aged Persons Mental Health

Child and Youth Mental Health (outpatient)

Consultation Liaison Psychiatry

headspace

Indigenous Mental Health

PARC unit

On Call Structure

Key points

Required to attend for review of admitted patients, those placed on Assessment Orders, or if requested to attend. Required to answer phone calls from CATT and review urgent CL issues

Not required to attend to ED or crisis calls, as there is an on-call crisis team comprised of nurses and social workers. Not required to attend seclusion reviews

Always on-call with consultant psychiatrist

Average Participation Requirements

Weekend on-call from Friday 1700 to Sunday 2200, approximately once per month

Occasional public holiday on-call

KEY INFORMATION CONT.

Educational Opportunities

Weekly.

Grand Round

Peer Review

Fortnightly.

Professorial tutorial on various key topics

Monthly.

Complex Case Discussion

Journal Club

There is good access to consultants for support and the CYMHS rotation has access to RCH teaching, Geelong clinical reviews and Austin case presentations. Conference leave is supported.

Exam Preparation Support

Service intends to arrange subsidized access to online exam preparation courses

Other Assessment Support

Scholarly Project supervisor exists within the service

Weekly psychotherapy supervision (telehealth)

KEY INFORMATION CONT.

Educational Opportunities

A new training program with the opportunity to participate in program development and improvement

Approachable and supportive consultants, who are always open to suggestions about how to improve the program

Vibrant hospital culture, as well as a small and welcoming community

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MONASH HEALTH

Training Region

Southern

14 Stage 1 Positions (2022)

Hospital Coordinator of Training

Dr. May Loh

Contact Details

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KEY INFORMATION

Rotation Sites

Major Hospital Sites

Casey Hospital, Berwick
Dandenong Hospital, Dandenong
Kingston Hospital, Cheltenham (Old Age)
Monash Medical Centre, Clayton

Community Mental Health Centres

Bentleigh
Berwick
Clayton
Cranbourne
Dandenong
Hampton East

Child and Adolescent

Inpatient wards at Monash Children's Hospital
Community clinic at Dandenong or Casey hospital
Paediatrics consultation-liaison

Psychiatry of Old Age

Inpatient unit at Kingston Centre and Dandenong
Endeavour Hills community clinic
Additional positions are being developed for 2021

Secondments

Forensicare
Melbourne Clinic (Eating Disorders)
Pinelodge Clinic
South Eastern Private

KEY INFORMATION CONT.

Rotation Sites Cont.

Other Available Monash Health Rotations

Addiction medicine
Agile/acute response psychological medicine clinic
Clozapine clinic
Community Care Unit (CCU)
Eating disorder (inpatient and outpatient)
Emergency psychiatry (CATT, ECATT)
Gender dysphoria clinic
Mother-baby (inpatient and outpatient)
Prevention And Recovery Care Service (PARCS)
Psychotherapy
Psychiatric HITH (Hospital In The Home)
Refugee clinic
Secure Extended Care Unit (SECU)

On Call Structure

Weekday

Onsite from 1700 until 2200 and then on call/recall from 2200 until 0830 the next day, when you are only rostered from 1300 until 1700.

Weekend

Onsite from 0830 until 2200, with a separate registrar then working the on call/recall component from 2200 until 0830 the next day.

Trainees only cover the hospital site they work at.

KEY INFORMATION CONT.

On Call Structure Cont.

Average Participation Requirements

1 weekday shift per month

2 standby ('second-on-call') shifts per month

1 Saturday/Sunday onsite shift per 2 months

1 Saturday/Sunday recall shift per 2 months

Educational Opportunities

Minimum 5 hours training time (pro rata) each week to attend training activities. Most are during work hours, to support work-life balance.

WebEx is used to provide the educational program online during the pandemic, as well as for ease of access and to save on travel time.

Leadership training is available. Each major hospital site offers the opportunity to serve as chief, principal and deputy principal registrar.

Weekly.

Education Program, alternating Professorial lectures with journal club and case conferences.

2 hour tutorial for Stage 1 registrars, to cover foundation knowledge and interviewing skills.

Trainees are supported to attend their formal education course every week.

KEY INFORMATION CONT.

Educational Opportunities Cont.

Exam Preparation Support

Weekly exam tutorials for MCQ, Essay and OSCE.

Mock OSCE run twice per year, with a Mock AV OSCE held in 2020 as per the new format.

Other Assessment Support

The head of psychotherapy services provides three-weekly tutorials on psychological understanding and preparing for the psychotherapy long case. Trainees are also prepared through the Stage 1 tutorial program.

Monash Health has two supervisors providing weekly psychotherapy supervision.

A Balint Group is run weekly for senior registrars to further develop and apply psychological skills.

Scholarly Projects are reviewed with a senior academic and the HCT every 2 months, to support registrars with development of a project. There are a multitude of research opportunities within Monash Health and through close relationships with Monash University.

KEY INFORMATION CONT.

Notable Service-Specific Factors

Monash Health accommodates for individual needs and rosters are flexible to meet personal needs, including those of having a young family.

Job preferences utilize a transparent and collaborative process, taking into account both personal and training needs.

Registrars are supported with a buddy program in Stage 1, followed by a mentoring program in stages 2 and 3. There are regular registrar site meetings, and combined meetings for all junior medical staff.

Each of the main hospital sites has a site training coordinator to provide additional support and guidance. There is a dedicated exam coordinator to assist with preparation and planning.

7 Certificates in Advanced Training are available:

Addiction Psychiatry

Adult Psychiatry

Child and Adolescent Psychiatry

Consultation Liaison Psychiatry

General Psychiatry

Psychiatry of Old Age

Psychotherapy

NORTHWESTERN MH

Training Region

Western

14+ Stage 1 Positions (2022)

NWMH Chief Medical Officer

Dr. Bronwyn Cooke

Contact Details

bronwyn.cooke@mh.org.au

KEY INFORMATION

Rotation Sites

Inner West AMHS

Royal Melbourne Hospital (Parkville) and Waratah Clinic (Moonee Ponds)

Mid West AMHS

Western Hospital (Sunshine) and Harvester Clinic (Sunshine, Melton)

North West AMHS

Broadmeadows Health Service and Coburg

Northern AMHS

Northern Hospital (Epping), Northern Clinic (Mill Park) and Southern Clinic (Preston)

These AMHSs offer general rotations through all stages of training and across inpatient, community and residential rehabilitation teams.

There are also general and specialized positions available through Orygen Youth Mental Health service and various Aged Mental Health services within the NWMH area.

Other NWMH Rotations

Addiction Psychiatry

Centralised Triage

Child and Adolescent Psychiatry (metropolitan and rural rotations available)

Consultation Liaison

Community Care Units (CCUs)

KEY INFORMATION CONT.

Rotation Sites Cont.

Other NWMH Rotations Cont.

Forensic Psychiatry (Forensicare, Youth Justice and Mental Health Forensic Interface Team)

Homeless Mental Health

Indigenous Mental Health

Perinatal Consultation-Liaison

Perinatal Psychiatry

Prevention and Recovery Care Service (PARCs)

Private Psychiatry (The Melbourne Clinic and the Albert Rd. Clinic)

Psycho-Oncology

Research (affiliated with University of Melbourne)

Secure Extended Care Unit (SECU)

Shared Care Mental Health

Senior registrars can apply to the Royal Women's Hospital and the Royal Melbourne Hospital's Eating Disorder Unit and Neuropsychiatry Unit.

On Call Structure

Inner West AMHS

Provide cover to the Royal Melbourne Hospital

Acute adult inpatient unit

Eating disorder unit

Neuropsychiatry unit

General hospital (after hours only)

Phone advice to community teams, CCU/PARC

KEY INFORMATION CONT.

On Call Structure Cont.

Inner West AMHS Cont.

Onsite from 1700 until 2000 on weekdays; only do admissions from external services after this.

A second registrar is on site to cover the general hospital all day on weekends and public holidays.

8-9 on call shifts over 6 months (ie. 1 per 3 weeks), including 3-4 weekend or public holiday shifts. The 5 CL/EMH registrars cover day shifts on weekends (ie. 1-in-5) and have 2 days off in-lieu during the week.

At the time of publication no further information was available about on call structures at other NWMH sites. VAPT encourages you to contact the service directly to clarify any questions you may have.

Educational Opportunities

Stage 1 trainees have dedicated foundation tutorials each week, with other tutorials being run on a variety of topics of interest to trainees. These include formulation, leadership and management etc. Every rotation allows for the time dedicated to the Formal Education Course.

Each AMHS will come together for Grand Rounds, Journal Club presentations and other teaching.

KEY INFORMATION CONT.

Educational Opportunities Cont.

Exam Preparation Support

The NWMH program has consistently achieved a high pass rate for the college exams, with senior consultants running exam preparation tutorials tailored to each group.

Other Assessment Support

Psychotherapy tutorials are run for trainees
Dedicated Psychotherapy Case and Scholarly Project coordinator positions to assist trainees

Notable Service-Specific Factors

As a large employer (over 100 junior medical staff), there is great choice and flexibility throughout your training.

In the more senior years, there is also flexibility with part time, job share and periods of leave-without-pay to pursue research or other interests. NWMH prides itself on being family friendly in terms of parental leave, part time options and working hours (depending on the rotation).

Principal Registrars at each site are involved in rosters, on-call, workforce and general support.

Attention is paid to staff wellbeing, with opportunities for improvement and feedback, and consultants volunteering as welfare officers.

PENINSULA HEALTH

Training Region

Southern

4 Stage 1 Positions (2022)

Hospital Coordinator of Training

Dr. Joe Chen

Principal Registrars

Dr. Ethan Chua

Dr. Mahesha Dombagolla

Contact Details

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MDombagolla@phcn.vic.gov.au

KEY INFORMATION

Rotation Sites

Inpatient Rotations

Adult Inpatient Unit (29 beds)

Aged Inpatient Unit (15 beds)

Consultation-Liaison Service (accredited)

Frankston Hospital

Gold Links Road Rehab Centre

Mornington Centre

Rosebud Hospital

Psychiatric Assessment and Planning Unit (PAPU)

Community Rotations

Access and Assessment Team (AAT)

Aged Persons Mental Health (accredited)

Assessment and Intensive Treatment

Case Management

Consultation-Liaison

Community Care Unit (Frankston)

CYMHS (accredited)

Early in Life Mental Health Program

headspace Frankston

Hospital Outreach Post-Suicidal Engagement
(HOPE)

Frankston Community Clinic (Davey Street Clinic)

Case Management Team

Intensive Recovery Team

Intensive Treatment Team

Prevention And Recovery Centre (Frankston)

Adult and Youth PARCs

Rosebud Community Centre (Bayview House)

Case Management Team

Intensive Treatment Team

KEY INFORMATION CONT.

On Call Structure

Weekday.

1700 until 2130, designated HMO cover on-site
1700 until 0830 the next day, registrar off-site to provide phone consult cover

Weekend/Public Holiday.

0800 until 2030, generally HMO cover on-site
0800 until 0830 the next day, registrar off-site to provide phone consult cover

Second On Call

To cover for sick leave and, on rare occasions, unanticipated surge in workload

The HMO on-site is the first point of contact whilst working, with the registrar off-site available for phone advice and to assist with support if there is a surge in workload.

Average Participation Requirements

There are 29 junior doctors on the roster

1 weekday on call per fortnight

1 second on call per fortnight

2-3x weekend on call per 13 week rotation

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KEY INFORMATION CONT.

Educational Opportunities

Weekly.

Tuesday Academic Program from 1200 until 1330

Registrar/HMO presentations

Journal club and case presentations

Consultant teaching

Guest speakers

Psychotherapy or reflective practice tutorial

Alternating sessions

A Balint-style group is in development for 2021

Exam Preparation Support

Tutorials run for MCQ/Essay exams and the OSCE

Other Assessment Support

Psychotherapy supervision (individual, weekly)

Opportunities for research and scholarly project with supervisors and the Clinical Director

Notable Service-Specific Factors

Being a relatively small service, we are a close-knit group who are supportive of developing our individual character and unique skillset.

Strongly supportive and responsive clinical leaders, who attempt to address individual/group work and training needs.

Experience in private practice can be organized.

KEY INFORMATION CONT.

Notable Service-Specific Factors Cont.

Strong and consistent psychotherapy supervision.

Peninsula Mental Health covers diverse populations from the Frankston LGA and the coastline of the Mornington Peninsula.

There is easy access to Frankston via both private and public transport - whilst Rosebud is further out, the scenic drive may just make it worthwhile!

Sample photos courtesy of Prof. Richard Newton!



KEY INFORMATION CONT.

Trainee Comments

Situated by stunning beaches, Peninsula Health offers an excellent springboard for junior psychiatry doctors who are still finding their feet. Support and autonomy within the junior doctor role are usually well balanced standing on a foundation of great mentorship from seniors and collegiality amongst peers.

The standout feature of Peninsula Health psychiatry is the support received from peers. We are ready to step up and look after each other, which was particularly highlighted during covid-19. The medium sized cohort allows for trainees to get to know each other well. Furthermore, it is worth noting the on call roster for registrars is fair and the 10 hour rule according to the EBA is always respected.

Some challenges that trainees may like to consider are that Peninsula Health largely offers generalist psychiatry and research opportunities tend to be self-motivated. The mixed socioeconomic demographic can provide unique clinical challenges which often require tenacity and persistence from a treatment perspective.

In short, Peninsula Health produce junior doctors that are down to earth, work well in a team and are ready to face the various challenges thrown their way in clinical psychiatry.

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ST VINCENT'S HOSPITAL

Training Region

Northern

Hospital Coordinator of Training

Dr. Sue Subasinghe

Contact Details

supundi.subasinghe@svha.org.au

KEY INFORMATION

Rotation Sites

Fitzroy (main hospital)

Adult inpatient beds

Koori inpatient unit

Normanby House (St. George's Hospital, Kew)

Old Age Psychiatry

Peter MacCallum Cancer Centre (VCCC)

Consultation-Liaison

CYMHS

Gertrude St Clinic

Secondment to Austin Health

Other Elective Rotations

Perinatal Registrar (Mercy Hospital)

Port Phillip Prison

Psychosocial Cancer Care (St. Vincent's Hospital)

Psychotherapy Registrar (Mercy Hospital)

The Melbourne Clinic

Victorian Aboriginal Health Service (both inpatient and outpatient rotations)

Victorian Transcultural Mental Health

Youth Health and Rehabilitation

KEY INFORMATION CONT.

On Call Structure

Weekdays

Onsite from 1700 until 2200

Weekends

On call from 0800 until 2200

Nights

From 2200 until 0800 the next day, with a recovery week off

Second On Call

Covers Peter Mac. and Normanby House overnight

Average Participation Requirements

5 regular on call shifts per 6 month period

5 second on call shifts per 6 month period

1 week of night shifts per 6 month period

Educational Opportunities

Weekly.

Critical Appraisal Series/Journal Club (Tues.)

Inpatient Registrar Reflection Group (Tues.)

Psychodynamic psychiatry tutorials (Weds.)

Psychotherapy teaching program (Fri.)

Tutorials for Stage 1 registrars and HMOs (Tues.)

Monthly.

Transcultural issues in psychiatry seminar

KEY INFORMATION CONT.

Educational Opportunities Cont.

Exam Preparation Support

Weekly protected OSCE exam tutorial

Fortnightly protected MEQ/Essay exam tutorial

Other Assessment Support

Weekly psychotherapy supervision (individual)
with psychotherapy trained supervisors

Monthly psychotherapy case presentations

Notable Service-Specific Factors

Strong focus on psychotherapy, with at least two dedicated tutorials each week.

The hospital is very supportive of registrars taking the time to attend teaching sessions. There is strong consultant involvement with teaching, including at journal club.

Mentoring is offered for first year registrars.

As St. Vincent's is a smaller service, you tend to get to know the consultants a lot better!

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SOUTHWEST HEALTHCARE

Training Region

Western

Hospital Coordinator of Training

Dr. Rohitha Ranasinghe

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KEY INFORMATION

Rotation sites

Warrnambool is the primary site, with regional clinics in Portland, Hamilton and Camperdown.

Inpatient Rotations

Acute Adult

Extended Care Inpatient Unit (ECIU)

Prevention And Recovery Centre (PARC)

Community Rotations

Adult

Aged

CAMHS

Consultation Liaison

Primary Mental Health Team (PMHT)

On Call Structure

Responsible for covering the IPU, ECIU, PARC and ED presentations. This is mainly, but not limited to, phone cover. On calls are described by the service as predominantly "light".

Average Participation Requirements

1 in 5 weekdays

1 in 5 weekends

KEY INFORMATION CONT.

Educational Opportunities

There is a tutorial program run by senior psychiatrists at the service.

Weekly.

Psychiatrist peer review meeting, at which junior staff also participate

Monthly.

Journal Club presentations
Grand Round presentations

Exam Preparation Support

Currently no formal program

Other Assessment Support

Weekly psychotherapy supervision (individual)

Notable Service-Specific Factors

Being a small and regional service, there is the opportunity to work closely with psychiatrists. There is also good exposure to both high and low prevalence presentations, as well as complex presentations.

It is easy to access CAMHS and IPU rotations.

There is a good balance of training with lifestyle.