



# Early Career Psychiatrists Section World Psychiatric Association

Section Newsletter

April 2016

## *Message from Section board*

Dear colleagues and friends:

We are pleased to share with you this Newsletter containing updates on activities and collaborations of the WPA Early Career Psychiatrists Section in this second trimester of the year, as well as upcoming plans. At the moment our Section has members from 25 countries from all over the world; and in this last trimester, the Section has focused on raising awareness about opportunities and support for Early Career Psychiatrists, in various meetings and congresses. As such, we would like to invite you to attend the upcoming 2<sup>nd</sup> World Congress of Early Career Psychiatrists in Greece later this year. It will certainly be an excellent opportunity for early career psychiatrists to network, learn from each other and foster an international community.



WPA ECP board: Hussien El Kholy, Felipe Picon, Florian Riese, Mariana Pinto da Costa, Takashi Nakamae, Prashanth Puspanathan

## *News from collaborating associations*

### *Early Career Psychiatrists Committee of the European Psychiatric Association (EPA ECPC) new research*

#### **Burnout syndrome among psychiatric trainees: Risk increased by long working hours, lack of supervision, and psychiatry not being first career choice**

A recent study by Jovanovic and colleagues explored burnout syndrome among 1980 psychiatric trainees from 22 countries. Taking aside national variation, results showed that approximately two thirds of the sample was extremely emotionally exhausted and one third of psychiatric trainees met criteria for severe burnout. The risk was increased by several individual factors such as not opting for psychiatry as a first career choice, not having children and younger age. Educational characteristics such as years spent in training and other postgraduate education were not significantly associated with severe burnout. Even after adjusting for these individual differences, country differences in burnout rates, and years in training, three work-related factors remained positively associated with severe burnout: long working hours, lack of clinical supervision, and not having regular time to rest.



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Recruitment and retention in psychiatry have been two issues of major concern in recent decades. While a negative perception of psychiatry may discourage medical graduates from entering the field, reports from doctors leaving psychiatry have indicated reasons such as high numbers of challenging patients, depressing work conditions, job stress and low morale among staff. This report can serve as a starting point for wider discussions regarding psychiatric training. With a shortage of qualified psychiatrists, most countries today cannot afford to lose trainees for reasons such as poor training conditions and development of work-related burnout. Also with current unfilled training posts, it remains likely that trainees who fail to attain a training post in a preferred discipline will be recruited into psychiatry training presenting both challenges and opportunities for trainees and training systems.

### **Full text paper:**

Jovanovic N, Podlesek A, Volpe U, Berrett E, Ferrari S, Beezhold J. et al. Burnout syndrome among psychiatric trainees in 22 countries: Risk increased by long working hours, lack of supervision, and psychiatry not being first career choice. *Eur Psychiatry*. 2016 Jan 20;32:34-41. doi: 10.1016/j.eurpsy.2015.10.007.

<http://www.sciencedirect.com/science/article/pii/S0924933815006768>

### **Meetings reports**

#### *9th Geneva Conference on Person-centered Medicine; Geneva (Switzerland); April 10-13, 2016*

Person-centered medicine has many definitions. However, many psychiatrists agree that whatever its exact definition may be, it certainly is at the heart of psychiatry. The information some of you provided in our first section survey (Thank you very much!) helped us to contribute the views of ECPs on this topic during the 9th Geneva Conference on Person-centered Medicine. The conference was co-organized by the International College of Person-centered Medicine and many medical and psychiatric associations including the WHO. For more info go to: [www.personcenteredmedicine.org](http://www.personcenteredmedicine.org). The conference presentation is available from Florian Riese, Co-Chair of the Section of ECP.





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*"Career Development for Early Career Psychiatrists" a special session in the 2<sup>nd</sup> National Conference of Child and Adolescent Psychiatry - Indonesian Psychiatric Association*

There is a recognized shortage of psychiatrists worldwide. In Indonesia, there are only 800 psychiatrists serving a population of 200 million, 30% of which are children and adolescents. The number of child and adolescent psychiatrists in Indonesia is only 45 psychiatrists, thus the collaboration with general psychiatrists, general practitioners and allied health has been necessary in order to provide services for child and adolescent psychiatric problems.

During the 2<sup>nd</sup> National Conference of Child and Adolescent Psychiatry, which was held in the city of Solo, Surakarta, Central Java, Indonesia 9-10 April 2016, a special session with the aim of discussing the importance of young career psychiatrists as the backbone of mental health services in various sectors, including Child and Adolescents psychiatry, was organized. The session was started with a lecture titled *"Empowering Early Career Psychiatrists: How and Why"*, presented by Dr. Hussien Elkholy, Chair of ECP section of WPA. The talk emphasized the importance of autonomy, skills acquisition, and knowledge enhancement as important aspects is required for every ECP as the means to career development.



The session was continued by 4 speakers from Indonesia who shared their career development experiences from private and public sectors, and their collaboration with professionals from other institutes. The conclusion at the end of the session was that although there are still many challenges for early career psychiatrists in their career, their active contribution and collaboration have a very important role in improving child and adolescent mental health in society.

As an extra activity parallel to the congress, representatives of the Indonesian ECPs arranged a hospital visit to the Mental Hospital District Surakarta, Central Java, Indonesia.

This hospital is a representation of the psychiatric hospital model in Indonesia that still retains the identity of indigenous culture and local wisdom. It was founded by the Dutch colonialists in 1918 under the name: "doorgangshuis voor krankzinnigen." It is





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located on the suburban area of the city of Solo, a past independent vassal state of the Dutch empire, and receives many psychiatric referrals from that half of Java Island. The hospital administration was very welcoming and showed the ECPs around. Two interesting things encountered were the presence of advanced equipment such as TMS (trans-cranial magnetic stimulation) and ECT machines with a monitor for the pre anesthetic medication. The visit ended with a meeting with the Director of the Mental Hospital District Surakarta, a dentist who is very concerned with the development of services for mental health problems.

### *Report by section members:*

Fransiska Kaligis (Department of Psychiatry, Faculty of Medicine, University of Indonesia)

Isa Multazam Noor (Dr Soeharto Heerdjan Mental Hospital, Jakarta, Indonesia)

### ***2<sup>nd</sup> Early Career Psychiatrists Fellowship Award - 12<sup>th</sup> International Congress of Ain Shams Institute of Psychiatry, Cairo, Egypt***

The recent 12th International Congress of Ain Shams Institute of Psychiatry, held in Cairo, Egypt, awarded three early career psychiatrists (ECP) from our section with the 2nd ECP fellowship award. Dr. Mukesh Ambwani (Pakistan), Dr. Howard Ryland (UK), and Dr. Felipe Picon (Brazil) were the recipients of this prestigious award. They were able to present their scientific work, conducted in their home countries, in this fantastic event, staged in the vibrant and ancient metropolis of Cairo. They all felt encouraged to continue pursuing future endeavours and further collaborations with ECPs from around the world. These three ECPs are now friends. Initiatives like this are at the core of what this Section is about: Creating excellent opportunities for cultural, scientific, and personal experiences and exchange.



Early Career Psychiatrists receiving this Fellowship Award from  
Prof. Ahmed Saad, Chair Institute of Psychiatry, Ain Shams University



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*Associação de Psiquiatria do Rio Grande do Sul (APRS) in Porto Alegre, RS, Brazil*

Associação de Psiquiatria do Rio Grande do Sul (APRS) is the psychiatric association of the southern-most state of Brazil and the oldest association of psychiatry of Brazil. APRS has an annual tradition of receiving all the new psychiatry residents from all the teaching hospitals of the state during the first months of each year. During the last reception meeting, last April, 6<sup>th</sup>, our secretary, Dr. Felipe Picon officially presented the history of the foundation of the Early Career Psychiatrists Section at WPA. The presentation aimed to present both the activities the section has done so far and its future plans as well as to attract new members, by demonstrating the possibilities of collaboration and growth within the Section.



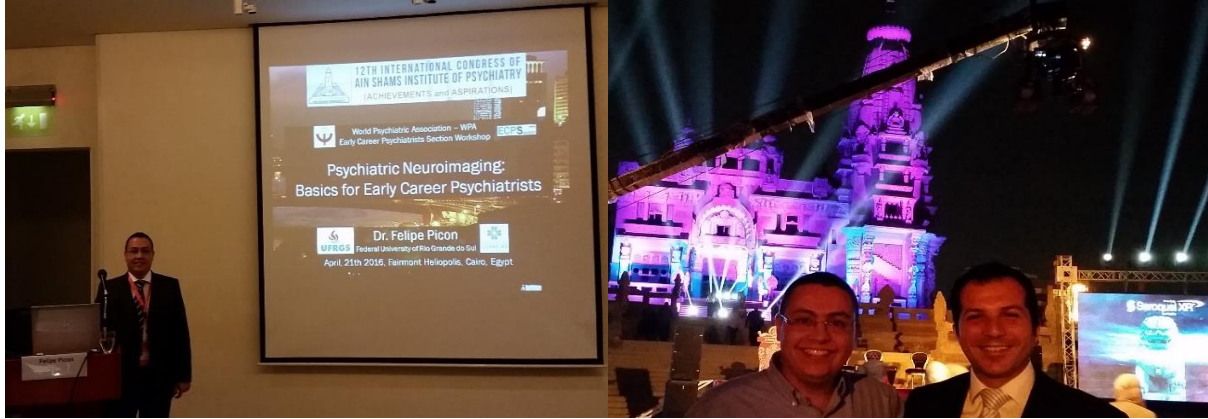
## **Section activities**

***WPA Early Career Psychiatrists Section Workshop – Psychiatric Neuroimaging: Basics for Early Career Psychiatrists at the 12<sup>th</sup> International Congress of Ain Shams Institute of Psychiatry: Achievements and Aspirations***

The recent 12th International Congress of Ain Shams Institute of Psychiatry, held in Cairo, Egypt, hosted a WPA Early Career Psychiatrists (ECP) Section Workshop on psychiatry neuroimaging. Dr. Felipe Picon, the WPA ECP Section secretary, conducted an introductory course entitled “Psychiatric Neuroimaging: Basics for Early Career Psychiatrists”. Dr. Picon started the course showing the history of the developments of neuroimaging, followed by the specifics of each neuroimaging technique. Attendees were able to have an in-depth understanding of how the psychiatric neuroimaging studies are done from the beginning to the end. Felipe Picon also presented results from various studies of the most important psychiatric disorders and ended up the course showing the limitations of the field and the future developments that are already underway (picture 1). After the end of the meeting, the section chair (Dr. Hussien El Kholy) and the section secretary (Dr. Felipe Picon) had an opportunity to have an informal meeting to discuss the section activities and future plans (picture 2). Hopefully future workshops similar to this one will be held in upcoming international psychiatric events as our section grows with increasing participation of early career psychiatrists from all over the world.



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## Upcoming events



**2<sup>nd</sup>**  
**World Congress  
of Early Career  
Psychiatrists**  
**Bridging Science and Culture**

Organized by WPA - ECP section, EPA - ECP council,  
and Young Psychiatrists' Network

**Athens, Greece**  
**20 - 23 October 2016**

Call for Symposia and Workshops: Submission deadline 1st June 2016  
Call for Oral/Poster Presentations: Submission deadline 1st August 2016  
Detailed info soon at [www.ypsnet.org](http://www.ypsnet.org),  
mail: [worldcepc@gmail.com](mailto:worldcepc@gmail.com)

  Young  
Psychiatrists  
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