

CLINICAL FELLOWSHIP PROGRAM
INSTITUTE OF MENTAL HEALTH SINGAPORE

Clinical Fellowship in Mood and Anxiety Disorders

INTRODUCTION

About Institute of Mental Health (IMH)

Located at Buangkok Green Medical Park, the Institute of Mental Health (IMH) is a 2,000-bed acute tertiary psychiatric hospital that offers a comprehensive range of psychiatric, rehabilitative and counselling services for children, adolescents, adults, and the elderly.

We believe in providing holistic integrative mental healthcare. Our modern facilities complement evidence-based multidisciplinary practices ranging from clinical psychology, nursing, occupational therapy, to medical social work.

As Singapore's only tertiary psychiatric care institution, we nurture the next generation of mental healthcare practitioners through the NHG-AHPL Residency Programme, and collaborate with the local tertiary institutions, continuing our tradition of care since 1928.

ABOUT DEPARTMENT OF MOOD AND ANXIETY

The Department of Mood and Anxiety seeks to enhance patients' well-being to lead fulfilling and meaningful lives, by providing expert and cutting-edge treatment and leadership in mood and anxiety disorders.

The scope of service includes:

- Anxiety disorders
- Mood Disorders Unit
- Neurostimulation Service
- Perinatal Mental Health Service
- Psychodynamic Service

NAME OF PROGRAMME DIRECTOR

- Dr Mok Yee Ming, Chief of Department of Mood and Anxiety

NAME OF PROGRAMME

- Clinical Fellowship in Mood and Anxiety Disorders

DURATION OF PROGRAMME

- Between 6 months to 1 year

OBJECTIVES

At the end of the fellowship, fellows will:

1. Become proficient in their ability to diagnose, formulate and manage patients with mood and anxiety disorders. They should be able to appreciate the complexities involved in the management of treatment resistant cases as well as be able to lead discussions and identify the issues involved in such cases.
2. Become familiar with the use of the psychosocial model and multidisciplinary team approach. Fellows will be able to appreciate the roles and skills that each member of the MDT brings to the team. Fellows will be familiar with the dynamics and the trans-disciplinary approach that the DMA teams function in.
3. Be exposed to collaborative work with community and welfare agencies and other healthcare institutions

MINIMUM ENTRY REQUIREMENTS FOR APPLICATION

- Meets SMC requirements for Temporary Registration as a Clinical Fellow (link below, under Section B – Temporary Registration for Training). Applicants are not eligible for reimbursement or benefits, and will need to be sponsored as per SMC requirements.
http://www.healthprofessionals.gov.sg/content/hprof/smc/en/leftnav/becoming_a_registered_doctor/registration/register_of_medical_practitioners/temporary_registration.html
- Prior experience in general psychiatry

KNOWLEDGE AND SKILL AREAS/ KEY CLINICAL CASES

Knowledge and skill areas

Please see the attached table for specific details on learning objectives, knowledge and skills areas.

1. Diagnostic interview and mental state examination
2. Differential diagnosis and formulation
3. Suicide risk assessment and management
4. Planning Psychopharmacological management for mood and anxiety disorders
5. Multidisciplinary teamwork
6. Individual and family psychoeducation
7. Observing specialized individual and group therapies for mood and anxiety disorders
8. Planning Interventional psychiatry interventions for mood and anxiety disorders
9. Discharge planning and follow-up care
10. Collaboration with various community and welfare agencies, and other healthcare institutions

Key clinical cases

- Major depressive disorder
- Bipolar disorder
- Obsessive Compulsive disorder
- Post traumatic stress disorder
- Treatment-resistant mood and anxiety disorders

COMPONENTS/TYPES OF TRAINING (CLINICAL AND/OR NON-CLINICAL)

Training component	Frequency
Ward rounds	Daily
Multidisciplinary Team meetings	Weekly
Supervision	1 hour a week
Clinics	Various throughout the week
Neurostimulation sessions (Assessment, rating scales, hands-on)	Twice a week
Journal clubs	Once a month
Department meetings (case presentations and evidence based practice)	Twice a month
Research opportunities	Various availabilities

Research Experience

Fellows will be offered research opportunities in the department's existing research projects or the fellow's own research topic of interest. Fellows are advised to have a research topic early in their electives so that they have ample time to prepare and conduct their studies. Fellows are not required to have prior research experience.

FREQUENCY OF TRAINING

See above table

MAXIMUM INTAKE

Maximum of 2 clinical fellows at any one time

METHOD OF TRAINING DELIVERY

- Individual and group supervision, journal readings, case discussions and inter-agency meetings
- No night duties

CLINICAL DEPARTMENTS TO BE ROTATED THROUGH

- Department of Mood and Anxiety
- Short attachments to other departments in IMH for observation only could be arranged, e.g. Early Psychosis Intervention Programme (EPIP), National Addictions Management Service (NAMS).

Name of Department	Name of institution	Frequency of practice (in percentage)
Department of Mood and Anxiety	IMH	100%

SUPERVISION METHOD (S)

- Individual and group supervision by a senior clinician who is the assigned supervisor.
- Fellows will have the same consistent psychiatrist supervisor throughout the year.
- The fellow will be supervised at all times by a SMC-approved supervisor from Department of Mood and Anxiety, IMH.

Fellows will be provided the opportunity to interact with patients during ward rounds/clinic and direct observation and feedback will be provided. Fellows will be encouraged to keep a case log of cases they have seen. Fellows will receive a minimum of 1-hour weekly supervision by their assigned supervisor. During the 1-hour weekly supervision, fellows will be able to discuss cases they have seen, evidence-based practice and specific topics based on the learning objectives. The weekly supervision sessions also provide the means for two-way feedback, to best address the fellows' learning needs.

ASSESSMENT METHOD (S)

Fellows will have workplace assessments in the form of mini-CEX at the mid-point and at the end of their fellowship. Formal and informal feedback would be given as appropriate by supervisors and other non-supervising Doctors (360 degree feedback).

Fellows will be evaluated on their presentations and critique of research papers during journal clubs and assessed on their medical knowledge, interpretation skills and other core competencies during case discussions.

CRITERIA FOR EARLY TERMINATION OF PROGRAMME

- Unprofessional or unethical behaviour
- Serious breach of patient confidentiality
- Serious and founded complaints by patients or staff
- Any behaviour that could compromise effective teamwork

FEEDBACK AND COUNSELLING PROCEDURES (BETWEEN SUPERVISORS AND FELLOWS)

- Conducted weekly during formal individual supervision times
- Further counseling to be conducted by head of department and hospital training director if necessary

RESPONSIBLE TO

- Chairman Medical Board of Institute of Mental Health, and Head of Department