

Clinical Fellowship in Early Psychosis Intervention

INTRODUCTION

About Institute of Mental Health (IMH)

The Institute of Mental Health (IMH) is a 2,000-bed acute tertiary psychiatric hospital situated on a 23-hectare campus at Buangkok Green Medical Park. Set amidst serene surroundings, IMH offers a comprehensive range of psychiatric, rehabilitative and counselling services for children, adolescents, adults, and the elderly.

IMH's tradition of care started in 1928. We were the first mental hospital in Singapore, starting with some 1,000 patients. Since then, many advances have been made in treatment, training, and research. Our treatment integrates evidence-based therapies, supported by the departments of clinical psychology, nursing, occupational therapy, and medical social work, to provide holistic care for our patients. IMH is equipped with modern facilities, with 50 wards for inpatients and seven Specialist Outpatient Clinics.

IMH also plays a key role in training the next generation of mental health professionals in Singapore. We train psychiatrists and mental health professionals through the NHG-AHPL Residency Programme for psychiatry and through collaborations with the local tertiary institutions.

About Early Psychosis Intervention (EPIP)

The Early Psychosis Intervention Programme (EPIP) was initiated in April 2001 under the auspices of the Health Services Development Programme of the Singapore Ministry of Health. EPIP is a comprehensive, integrated and patient centered programme that focuses on the early detection of psychosis and the subsequent provision of evidence based treatment by an interdisciplinary team of psychiatrists, case managers, social workers, psychologists, occupational therapists, nurses, pharmacists and peer support specialists. Our vision is "Inspiring hope and empowering persons with psychosis, those at risk, and their families to take ownership of their recovery".

Our mission is:

- To inspire hope towards personal and holistic recovery
- To support and empower caregivers and families
- Advocacy and empowerment of people affected by psychosis
- To collaborate with community stakeholders to ensure continuity of care
- To pursue and advance psychosis research for the delivery of evidence-based and innovative care

- To enhance recovery through early detection, accessible care, and intervention
- To build deep competencies for continual growth and team empowerment

NAME OF PROGRAMME DIRECTOR

Dr Charmaine Tang, Chief, Department of Psychosis

NAME OF PROGRAMME

Clinical Fellowship in Early Psychosis Intervention

DURATION OF PROGRAMME

- 1 year

OBJECTIVES

Key objectives are:

1. Clinical competence and independence in assessing and managing patients presenting with early psychosis and At Risk Mental State (ARMS).
2. To be familiar with the various interventions and services provided by EPIP.
3. Develop effective interpersonal and communication skills.
4. Be able to apply the biopsychosocial model and interdisciplinary team approach in management of patients.
5. To be involved in teaching of medical students attached to the department in this area of specialty.
6. To be involved in research on the topic of early psychosis.

MINIMUM ENTRY REQUIREMENTS FOR APPLICATION

- Qualifications/Medical Degree from accredited medical university
- Meets SMC requirements for Temporary Registration as a Clinical Fellow
- At least 1 year of experience in General Adult Psychiatry
- Been registered as a medical practitioner in the country where he is currently practicing
- Been certified to be of good standing by the Medical council or relevant national authority
- Fulfil English language requirements of SMC
- Good oral and written communication skills
- Exhibit professionalism and commitment
- Able to work in multidisciplinary teams
- References and testimonials (if available)

DURATION OF PROGRAMME

1 year, full time, 42 hours per week

KNOWLEDGE AND SKILL AREAS/ KEY CLINICAL CASES

Knowledge and Skills:

- Diagnostic interviews and mental state examinations
- Differential diagnosis and including comorbidity
- Psychopharmacology
- Management of psychosis, At Risk Mental State and comorbid psychiatric disorders
- Working and liaising with the multidisciplinary team
- Individual and family psycho education
- CAARMS assessment for At Risk Mental State
- Understanding of rating scales used in the assessment and management of this group of patients.
- Discharge planning and follow up care at the outpatient clinic.
- Research skills

Key Clinical Areas:

1. Early Psychosis Unit (EPU):
 - Observing and conducting assessments and being involved in management of patients admitted to the Early Psychosis Unit at IMH.
 - Developing skills in assessment and management of At Risk Mental State, including the use of the CAARMS (Comprehensive Assessment of the At Risk Mental State).
2. Liaison consultations for General Psychiatric wards:
 - Observing and conducting assessments under supervision and being involved in management of patients admitted to the general psychiatric wards at IMH.
3. EPIP Specialist Outpatient clinics at IMH/CWC
 - Sitting in with doctors to gain knowledge and expertise in assessing and managing patients with Early Psychosis and At Risk Mental State.
 - Manage outpatients with supervision.
4. Multidisciplinary Team Meetings (MDTs):
 - To participate in the Multidisciplinary Team Meetings (Ward MDTs and Clinical Reviews) and understand the roles of the case managers, psychologist, occupational therapist, social worker, pharmacists, nurses and peer support specialists in providing person-centred care based on the biopsychosocial model.

5. CHAT (Community Health Assessment Team):
 - To understand the concept of youth mental health and the training and outreach programmes.
 - To understand the concept of CHAT Hub as an assessment and resource centre for youths with mental health issues.
 - To sit in and conduct assessments at CHAT Hub for youths aged 16-30.
6. Club EPIP:
 - To be familiar with the programmes conducted at Club EPIP to help patients in functional recovery.
 - To be familiar with the role, assessments and programmes conducted by the Occupational Therapist (e.g. Cognitive Remediation Therapy)
7. Case Management:
 - To be familiar with the specific case management model in EPIP and collaborate closely with the case managers in the management of patients.
8. Family Therapist and Psychologist:
 - To understand the role of the Family Therapist and Psychologist in providing holistic care for patients.
9. Caregiver and Peer Support Specialists:
 - Understand the role that our caregiver and peer support specialists play in the management of patients as well as in other programmes and outreach.
10. EPIP Academic sessions:
 - Attend weekly grand ward rounds and any other related training activities.

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

- Ward rounds on Early Psychosis Unit (EPU) and other wards – Daily
- Attendance at specialist outpatient clinics/CHAT – 3-4 times/week
- Attend multidisciplinary team meetings – 2 times/week
- Regular supervision and teaching with assigned supervisor(s) – weekly
- Regular department training/academic sessions – weekly/as arranged
- Present at academic sessions – as arranged (ad hoc)
- Home visits with Case Managers – as arranged
- Attending the weekly Continuing Professional Development educational sessions and other hospital training activities.

FREQUENCY OF TRAINING

Daily (see above in section 'Components of Training').
Full time, 42 hours per week for up to 1 year. No night duties.

METHOD OF TRAINING DELIVERY

See above in section 'Components of Training'

MAXIMUM INTAKE

Maximum of 1 clinical fellow at any one time

HOSPITALS AND CLINICAL DEPARTMENTS IN WHICH TRAINEES WILL BE ROTATED THROUGH

Name of Department	Name of Institution	Frequency of Practice (in percentage)
Department of Psychosis	Institute of Mental Health	100%

AREAS SERVICED

Early Psychosis Intervention Program

METHOD(S) OF TRAINEE SUPERVISION

Individual and group supervision by supervisor (assigned specialist)

The fellow will be supervised at all times by a SMC-approved supervisor from Department of Psychosis, IMH.

METHOD (S) OF TRAINEE ASSESSMENT

- 360-degree feedback
- Interim and Final work performance reviews

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)

Feedback and Counselling to be conducted during individual supervision sessions with the Chief of Department and Supervisors

RESPONSIBLE TO

1. Allocated Supervisors
2. Chief and Deputy Chief of Department