



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

First Quarter 2023

Message from Section Chair

Dear colleagues and friends:

We are very excited about the upcoming World Congress of Psychiatry that is going to take place in Vienna, Austria from 28th September to 1st October 2023. We are also very proud that we are now going through the second edition of the World Psychiatry Exchange Program, and host early career psychiatrists in different continents around the world. This Newsletter contains several articles of the experiences of early career psychiatrists on their Exchanges, which we encourage you to read. It also reports on the experience of some colleagues who have contributed to the WPA eJournal Club. Happy reading!

On behalf of the WPA ECP board, Mariana Pinto da Costa, Section Chair

INDIA

ONLINE LEARNING SUPPORT FOR PSYCHIATRY POSTGRADUATE LEARNING BY THE INDIAN PSYCHIATRY SOCIETY DURING THE PANDEMIC

Dr. Prajakta Patkar, Assistant Professor, Department of Psychiatry, Topiwala National Medical College and BYL Nair Charitable Hospital, Mumbai prajakta06@gmail.com

Like most other countries, Covid - 19 outbreak was disastrous in India. India saw a massive struggle with the pandemic owing to its vast population and poor technical and human medical infrastructure. At the time when the PPE clad doctors in India were putting in more hours than they could physically endure in spite of the extreme heat and poor facilities, even postgraduate trainees were roped in to provide services to the society. This meant that the medical education

that they had enrolled for had to be put on halt and this was taking a quite a blow for the younger lot.

As postgraduate training in India comprises just 3 years, most trainees were worried about losing out on academic teaching and case discussions with senior faculty. Amongst these worried trainees, psychiatry post graduate trainees were amongst one of the most distraught as unlike other branches they would be able to work in their chosen field of interest considerably less. Although they knew that all of them were

INDIAN PSYCHIATRY SOCIETY
Speciality Section on Women's Mental Health
~ is pleased to present ~
Grand Rounds Webinar On
WOMEN'S MENTAL HEALTH
Case Presentation Competition for PGs and SRs
23rd May 2021, 6:00pm onwards
Supported by
IPS Young Psychiatry Sub-Committee



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...serving their duty as medical personnel, the massive use of their training period to cater to the covid patients caused most to have constant thoughts of losing out on psychiatry academic teaching.

Understanding the angst of these young postgraduate trainees, senior faculty and members of the Indian Psychiatry Society (IPS) took up the responsibility of making these academic activities available online in order to keep teaching and postgraduate learning steady. Amongst the first few was the Women Mental Health Subcommittee of the IPS who took the initiative to organise a Grand Rounds webinar in May 2021 which was an online case presentation competition for postgraduate psychiatry trainees and senior residents in psychiatry. This got a great response and the best case submissions were chosen for the final presentation which happened on an online platform. This is a recurrent event organised by the WMH subcommittee every year and now is in its 3rd year.

Following this in June 2021, there was another such program called as the Psychiatry PG Online Mock

Psychiatry PG Online Mock Exam
24th - 26th June 2021

Organised by TNMC Nair hospital and Indian Psychiatry society

Explore and learn!

Why join us:

- Here's a chance to get a glimpse behind closed doors of an examination hall.
- As real as it gets, with examiners from all across the country.
- Join in to relive the PG days, go back to basics!
- Bonus prize for best question in every session.
- Register to get in the ring seats to enjoy and learn!!!
- Action packed 3 days beginning on 24th June, 9.30am.
- Full schedule on the link

Register now on the link below:

<http://bit.ly/ips-mockpracticalexamination>

exam organised by department of Psychiatry, Topiwala National Medical College and BYL Nair Charitable Hospital in association with the IPS. This was a bigger program arranged on an online platform conducted over three days where there were case presentations, grand vivas and table vivas which were an online simulation of the actual postgraduate examination for psychiatry PGs in India. Students from all over India participated in it and faculty from all over volunteered to conduct this pro bono.

Both these events were available live to an online audience to attend and learn. Prizes and certificates were given as a token of appreciation for the winners to give an incentive other than the academic feast. Programs like these which were conducted in association with the IPS were greatly appreciated by psychiatry postgraduate students all over India as it bridged the void of active academic learning which was experienced during the Covid years.

PAKISTAN

IMPACT MEASUREMENT FRAMEWORKS FOR A HEALTHCARE SOCIAL ENTERPRISE

Dr Aisha Sanober Chachar, *Dr Wamiq Ali, *Dr Sana Siddiqui, *Dr Ayesha I Mian

CO founders, Synapse, Pakistan Neuroscience Institute.

Successful entrepreneurial organisations and teams can sustainably impact their fields. However, best practices and effective working methods are often non-communicated by the small group of people to whom they originate. This is particularly irksome in LMICs, where people in the field must spend much



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of their time and energy re-inventing the wheel.

Working effectively with mental illness in Pakistan requires oversight that excels at assessing problems, opportunities, and contexts and deep personal compassion. Globally, there is a debate among the mental-health community about how best to address issues in countries like Pakistan. Therefore, it is essential to understand how mental illness interacts with specific cultures and contexts and what services and resources people need to move forward with their lives.

Pakistan is blessed with the maturity phase of the demographic transition

process, with 60% of its population aged 30 or below. However, without access to higher education, health and livelihoods are necessary for this group to have access to higher education. The recruitment crisis in Pakistan is a microsegment of a global recruitment crisis, with less than ten trained and two under-training experts in child and adolescent psychiatry and less than 600 general psychiatrists for the 220 million population. Service providers need help to develop service systems within communities, endure over time, effectively address the needs expressed by communities, and are agile enough to respond to the changing demands of today's world. Social entrepreneurs (SE) are highly effective in connecting multiple sectors and creating linkages across systems that do not usually communicate with one another. Their solutions are fundamentally community-based and build social capital.

Social entrepreneurs share a deep understanding of mental illness, born of intensive engagement with the people, cultures, communities and issues. Interventions must be flexible and tailored to individual needs, and patients and families often worry about the difficulty and cost of accessing care. Two critical considerations in generating solutions are connections and dynamics and patient engagement which involves developing one-on-one relationships with patients and stakeholders and being strategic, decisive, and efficient.

Synapse to Society: A group of friends came together to create a hub for mental health and wellness conversations to unite a community. Six months later, we launched Synapse, A space of creativity, innovation, and safety where evidence-based mental health would be practised with transparency and excellence. Experts who respond to change can identify needs, legal structures, governmental policy,



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clinical practice, or priorities while maintaining stability and continuity in service delivery. In addition, some more factors like personal and academic expectations and responsibilities towards the community affect the career trajectory in the larger context of the socioeconomic situation of Pakistan.



Synapse, Pakistan Neuroscience Institute, is a hub where we bring together diverse ideas from individual silos to converge for the promotion, understanding and advancement of mind and brain health in Pakistan. This space dreams of challenging assumptions and established world views to build a mental health ecosystem where unexpected connections are created and nurtured. Here we wish to be gap-bridgers. Here, we reimagine mental health. For further information: <https://synapse.org.pk/>

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WORLD PSYCHIATRY EXCHANGE PROGRAM - INDIA

COUSCOUS, DAHL AND PSYCHIATRY

Mona Daoud and Wafa Abdelghaffar

We are two Tunisian psychiatrists participating in the WPA exchange program in the All India Institute of Medical Sciences in Guwahati, Assam. This is a new campus with well-equipped and organized facilities. We stayed nearly 15 days in India. Our program was centered around perinatal care.

Our Supervisors, Dr Ramdas Ransing and Dr Philips Sharad welcomed us warmly and provided us with a daily scientific schedule. We received traditional gifts from the director of the institute. Comfortable accommodation as well as food at the campus dining hall were provided at a special price.

We attended psychiatric interviews translated in English, with adult and child patients. We participated in a psychiatry course for first year students.

Additionally, we visited a rural sub center (smallest community center in the Indian health system) with a home visit to a post-partum woman and her six-month old baby girl. This visit was especially beneficial to us since it can inspire similar interventions in Tunisia.

This program was also an opportunity for multi-disciplinary exchange. Other than psychiatry, we visited several departments such as OB-GYN and neuro-pediatrics. We attended daily doctors' meetings with critical research paper readings. We also had scientific discussions with family and community medicine doctors and forensic doctors. Topics discussed were: domestic violence, child sexual abuse, HIV screening and management in pregnant women, perinatal care, comparison between Tunisian and



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Indian policies in mental health etc. Joint research projects as well as future collaborations have been planned. We were impressed by the efficient cooperation between different medical specialties.



We noticed that one of the strongest points in the Indian health care system is community and family medicine programs focusing on perinatalty.

India offers a large array of cultural, language and religious diversity. It was an opportunity to witness how different people interact with each other. We had unique culinary experiences. People were very kind and helpful and some of them invited us to their homes.

While writing this article, we are still doing our exchange and still have much more to see: we plan on attending a Hindu festival and visiting a wildlife sanctuary planned by Dr Sharad.

We had an amazing academic and personal experience. We recommend this exchange program to all ECPs and we are thankful to the WPA ECP section for this unique opportunity.



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A TRANSCONTINENTAL EXPERIENCE: BEYOND VERBAL COMMUNICATION

By Nourchene Kouki (Faculty of medicine of Tunis, Tunis El Manar University)

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A flight more than fourteen-hours, and more than 10000 km away to reach a special destination and live in an incredible adventure both professionally and personally.

According to my relatives and colleagues with whom I shared my plan to go to Brazil, I must have been either brave or mad. I humbly think it is not only a great mixture of both courage and madness, but also an unconditional love for psychiatry.

Indeed, my deep interest in transcultural psychiatry and the global mental health community made me seize this special opportunity. My exchange experience was a three-week training under the supervision of Dr Vinicius Belinati Loureiro. I could really not have hoped for a better supervisor that brings intelligence with humor.

I had the privilege to discover both private and public psychiatric hospitals. Thanks to Dr Gustavo Sehnem's generosity, I discovered the innovative structure of the private clinic Cadmo. It had mainly two units, an inpatient department for substance use disorders and a rehabilitation unit for neurodevelopmental disorders.

I also visited San Julian public hospital with the great company and the infinite wisdom of Dr Giovana.

Dr Ricardo made possible the visit of the three main units *Bion*, *Jellinek* and *Rached*. Despite the amount of work and the limited conditions, I was impressed by the attention and great discipline in the child and adolescent department '*Rached*'.



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Besides psychiatry, I discovered a beautiful country, an interesting culture, a flavourful cooking style and especially a different language.

I tried to learn Portuguese in such a short time, but it was *impossível*.

Despite this pseudo language barrier, I was welcomed with wide open arms and endless generosity. For that I need to mention Dr Vinicius' family and Mr Rafael who made me feel at home.

I cannot be luckier for having known Dr Priscila not only as a great physician but also as a friend whom brought out my Brazilian side.

I felt trusted, doctors shared their knowledge and skills with me, and patients

who spontaneously shared their sorrow and pain not only verbally but also in a non-lexical way.

Smiles, tears, hugs, kisses, head nods, hand shaking, high fives, yelling and sometimes spitting... Every reaction was meaningful and authentic.

Many of these amazing people tried to teach me Portuguese by speaking slow and loud, others were interested in my Tunisian origins, and some of them just thought I was from the USA spying on them as I spoke English all day! Every single day was a new adventure for me.

B: Beautiful, R: Revitalizing, A: Authentic, Z: Zippy, I: Inspiring and L: Luscious. Now I know why this amazing land is called Brazil.

A great mind, beautiful spirit and a warm smile ... Dr Vini's secret ingredients during my stay in Brazil. Such a memorable and wonderful capturing of the moment's essence in my last day in Cadmo.

I will forever be grateful for this wonderful experience. After all, and modestly speaking, a little bit of madness and bravery weren't harmful after all. To Brazil!! *Saúde*

WPA eJOURNAL CLUB



Marcel-Alexandru Gaina (Romania)

Attending Psychiatrist, registered integrative psychotherapist, assistant professor at the University of Medicine and Pharmacy "Grigore T. Popa," Iași, Romania, a proud member of the Early Career Psychiatrists Editorial Committee for the WPA eJournal Club.



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As an apprentice in the field of psychiatry, just like me, you may feel alone and overwhelmed confronting the unique obstacles we encounter. But it's possible to find inspiration, support, and motivation when you're part of a team with people who share your burden resembling experiences, goals, aims, and research viewpoints. If you're an early career psychiatrist looking to network, gather knowledge, and broaden your horizons, consider joining a globally

represented newsletter team that reviews the state-of-the-art in psychiatry quarterly. Collaboration like this creates a unique setting in which team members may teach and be taught by one another and, more, the opportunity to be reviewed by the most experienced representatives within the spearhead of psychiatry worldwide – the World Psychiatric Association.

Advantages include keeping up with the most recent psychiatric research, developing a feeling of belonging and brotherhood, expanding one's horizons professionally and personally, and honing transferable abilities such as leadership, collaboration, communication, and critical thinking.

Additionally, the team's collaborative character allows them to pick up new information and openly get valuable feedback from their colleagues. This may prove a fantastic opportunity to think outside the box and come up with fresh approaches to current psychiatric gold standards or to investigate uncharted territories. Finally, the team's cooperative spirit also promotes members' bouncing ideas off one another, creating a fertile setting for innovation, building professional networks, or joining existing ones.

The team's quarterly newsletters have a global readership, giving team members exposure to new people and the chance to cement their reputations as leaders in the area. Opportunities for cross-cultural cooperation are another perk of joining a global workgroup under the wing of the current high forum of psychiatry worldwide.

In conclusion, becoming a member of a newsletter team specifically for young psychiatrists might open up many doors for personal and professional growth. In addition, aspiring early career psychiatrists can benefit much from contributing to a newsletter team, which can help them develop professionally and make an essential contribution to the field.



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Just as psychometry currently fails to measure the dimensions of the human psychic, my words fail to describe a specific feeling; still, you don't have to take my words for granted – apply now to join the Early Career Psychiatrists World Psychiatric Association eJournal Club team!

Having that said, **what are you waiting for?** [marcel-alexandru t_gaina@d.umfiasi.ro](mailto:marcel-alexandru_t_gaina@d.umfiasi.ro)

WPA E-JOURNAL CLUB

WPA E-JOURNAL CLUB – new educational initiative

Egor Chumakov (St Petersburg University, Russia; WPA Standing Committee on Education Member; WPA e-Journal Club Faculty Member) chumakovegor@gmail.com

I am pleased to share the successful launch of a new educational project aimed at disseminating new scientific evidence as well as enhancing the scientific literature skills of early career psychiatrists. Launched in the fall of 2022, the WPA e-Journal Club has now had 3 issues, and the project continues to gain momentum.

The WPA e-Journal Club is a bulletin with a list of the most relevant articles selected from the main scientific journals in psychiatry by project faculty from around the world, as well as commentaries on each article prepared by Club members. This is a team effort that could not have come to fruition without the support of Professor Afzal Javed, WPA President, Dr Mariana Pinto da Costa, Chair of the WPA Early Career Psychiatrists Section, and other members of the Supervisory Committee.

Currently, the project involves psychiatrists from Belgium, Brazil, Colombia, India, Nigeria, Romania, Russia, Switzerland, and Thailand. WPA e-Journal Club members communicate with each other both via email and in a messenger chat. This allows them to quickly share the chosen publication with other Club members, as well as to exchange news regarding commentaries preparation and deadline compliance.

A key innovation of the project is the preparation of commentaries to each article, which reflect not only the positive aspects of the article, but also describe the criticism of the scientific work, the possible ways of research development. The WPA e-Journal Club members learn to work better with the scientific text in the process of preparing commentaries, improve their skills in medical writing, reviewing and editing commentaries, preparing a summary, and strengthening their leadership within their future professional life.




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For the WPA e-Journal Club members, participation in the Club is an invaluable development driver. Let me tell you about my own example: now I study scientific literature not only on the areas of psychiatry that interest me, but also on those that I sometimes overlooked before. I feel a responsibility to find an article every few months that is of real interest to a global audience of WPA members and of scientific value for the development of psychiatry. As a result, I subscribe to the newsletters of all the key scientific journals in psychiatry and monitor all publications in them. Now I definitely won't miss the publication of a groundbreaking scientific paper! ;)

I really hope you like this initiative and I encourage you not to miss the next issue of the WPA e-Journal Club, which the faculty is now preparing.

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 **WORLD PSYCHIATRIC ASSOCIATION**

23RD WPA WORLD CONGRESS OF PSYCHIATRY
VIENNA | 28 SEPTEMBER - 1 OCTOBER, 2023

DEUTSCH

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The 23rd WPA World Congress of Psychiatry
Early bird deadline is extended!

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