



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

Second Publication 2019

Message from Section Chair

Dear colleagues and friends:

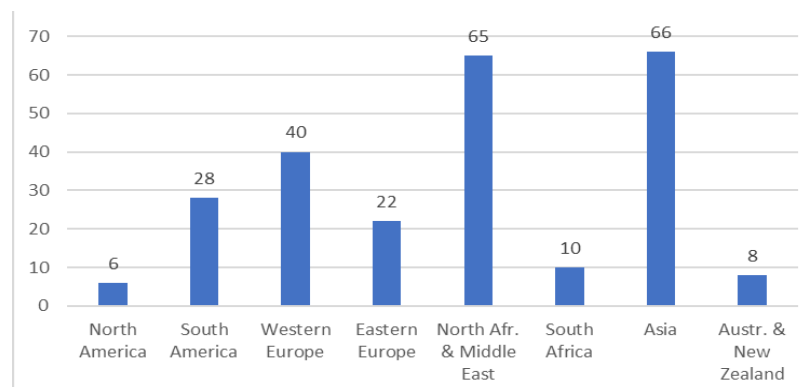
I am delighted to introduce you to the second quarter Newsletter of our Section, describing the activities of our members across the world! We invite you to read the feedback from many interesting events that happened already in 2019, and a major gathering of early career psychiatrists, which will take place at the end of the year in Tunisia. We are pleased that we have increased the number of our section members in many of our regions.

We are excited to have increased the number of our section members in many of our regions. We hope these readings serve to encourage the information exchange and foster collaboration between ECPs across the world.

We look forward to see many of you in Portugal attending an unforgettable World Congress of Psychiatry!

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

Section Update



In May 2019, the Early Career Psychiatrists had a total of 245 members. This number has increased by nine members. Seven are from North Africa and Middle East (2) and Asia (5), the two regions with the highest numbers of members. The other two members were from South America and Australia and New Zealand.

North America

What is "Brain Drain" or workforce migration and what can we do about it?

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This year, the 175th anniversary of the American Psychiatric Association (APA) was definitely an occasion to celebrate. Psychiatry has evolved in a myriad ways to better diagnose, treat and support patients who struggle with mental health issues. The 2019 Annual Meeting in San Francisco brought together thousands of committed professionals from all over the world.

For a group of early career psychiatrists (ECP) from both sides of the Atlantic this

was the perfect opportunity to present their work and personal journeys in an effort to raise awareness of a growing problem: “brain drain” or workforce migration.

The collaboration started last year, when in my new role as Chair of the ECPs for APA, I had the good fortune of meeting Mariana Pinto Da Costa, my counterpart ECP Chair for the World Psychiatric Association (WPA). As Chief Investigator for the European Federation of Psychiatric Trainees (EFPT), she and her group have completed an impressive survey mapping attitudes of psychiatric trainees around mobility, migration and professional opportunities. Being a “product” of the “Brain Drain” movement myself, I was honored and humbled to have the opportunity to share my story, the lessons I learned along the way, and help brainstorm potential solutions.

Our session was kicked off by Dr. Ayana Jordan, Assistant Professor of Clinical Psychiatry at Yale University, and a dedicated clinician and researcher, with a background in addiction and addressing health care inequities. Dr. Pinto Da Costa then presented a wealth of data: 71% of psychiatric trainees have considered leaving their country at some point in the professional lives. Out of those, half were considering it actively at the time of the study, and almost a third of those were taking practical steps in that direction.

Dr. Anna R. Szczegielniak, Chair of the Research Working Group, presented data from the 2013/2019 comparison survey in Poland. While the wages there have improved significantly, the migration trends remain, just the destinations change. Multiple other factors were found to influence trainees’ decision



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to leave, including relationships, having children, job satisfaction and perceived career opportunities, as evidenced in several international publications by the EFPT team.

While these high percentages of young psychiatrists migrating are of concern, not all is bad! Availability of high quality training (which might not be easily accessible in the country of origin) leads to accelerated professional development and allows residents and ECPs to reach their full potential. In several countries though (mine included), training abroad is not recognized, preventing trainees to return upon completion of their specialty. One attempt to level the playing field, is the World Health Organization Code of Practice emphasizing ethical and bilateral recruitment agreements. With some countries having less than 1 psychiatrist per 100.000 people, this is not something that can wait!

We are hoping to inspire young psychiatrists all over the world to collaborate in trying to address the work force shortage, and by putting together an all women panel, from diverse cultural, racial and professional backgrounds at the APA Annual Meeting to show that anything is possible!

South America

THE FENIX PROJECT: EMERGING NEEDS IN CHILD AND ADOLESCENT PSYCHIATRY IN EL SALVADOR.

Duran Avendaño, Xenia Margarita.

Xenia Margarita Duran Avendaño; Child and Adolescent Psychiatry. Hospital Nacional de Niños Benjamin Bloom. HNNBB. Member of Salvadorian Psychiatry Association. ASP.

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I met Rocío in 2015; a quiet 13-year-old girl who had been diagnosed with Systemic Lupus Erythematosus (SLE) at the age of ten. I couldn't imagine how hard this must have been for her and her family.

When I met her, she was in a wheelchair and wearing a lumbar corset because she accidentally fell





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while alighting a bus. The height must have been less than one meter, but for her bones it was terrible and meant a fracture of T12 and L1 vertebrae. She was depressed, angry and tired because her illness and many doctors, including rheumatologist, nephrologist, orthopedist, hematologist and now me, a child psychiatrist. When she met me, she said "another doctor", with her arms crossed. It was evident to me that she needed help. I started to know Rocio, built a rapport and began cognitive behavioral therapy - without antidepressants. After 4 or 5 months she got better, she began to walk again, she wasn't depressed anymore and her mom told me that she is happy again. But adversity is common for children in El Salvador and she relapsed into depression after acute kidney failure. My heart was moved and she became one of the reasons why this project was born.

Public pediatric hospitals in Latin American Countries are under immense pressure due to high patient load and limited resources. As child psychiatric consultation services grew, I had more patients similar to Rocio. Initially, the idea behind this project was to create a therapeutic group, provide psychoeducation to patients and parents, sensitise other health related professional's such as nurses, social workers, pediatricians and general doctors. The main objective for the patients was to teach healthy confrontation skills, how to deal with their illnesses and how to form a supportive and self-help group. The direct recipients of this project are female patients between the ages 13 and 17 who are diagnosed with SLE, fibromyalgia, juvenile rheumatoid arthritis and other rheumatological diseases.

Why them? It is because all the patients with these conditions share an important affective psychopathology, medical comorbidity and mortality, similar drugs ranging from analgesics to large steroid doses that also affect one's mood and a high probability of chronicity. The aim is to be able to prevent relapses and serious mental disorders in adulthood.

After a lot of organization, this project started in April 2018 with five patients. We named it the "Fenix project" like the mythological bird that, after dying, burns in flames and emerges reborn. We meet on a monthly basis and, in April 2019, the group had grown to 11 members. I was amazed by the strength of these teenagers; they suffer so much and still go on.

Fenix project is still in its infancy, but we hope to make a difference for these patients and soon start with their families. Later, we hope to reach out to other health care professionals. Fenix Project started as a way to help Rocio and other teenage patients like her to grow. In the end, I think the one doing all the growing is me. In each meeting, I learn more from them and hope to be as strong as they all



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are.

Asia

FIRST REBAMP INTERNATIONAL CONFERENCE – THANKS FOR THE MEMORIES, TAIWAN

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What is the best way to get a fledging conference off the ground? Offer Young Psychiatrists Travel Awards, of course! Naturally, 14 young psychiatrists, from countries as diverse as India, Indonesia, Bangladesh, Thailand, Malaysia, the Philippines, and not forgetting the hosts Taiwan, snapped up the golden opportunity, convening in Tainan, Taiwan for the 1st International Conference of REBAMP (Research and Education Center of Bridging Asian Mental Health and Psychiatry), a Taiwanese Ministry of Education initiative. Under the leadership of Prof Yen-Kuang Yang, Prof Kuan-Pin Su, Dr Huai-Hsuan Tseng Dr. Phasor Hsieh, chairman of the conference and Dr Jane Chang, National Cheng-Kung University (NCKU) played host to us – and many other delegates from South East Asian country – from 26 to 28 April 2019.

The conference ostensibly had its focus on suicide prevention, addiction and trauma psychiatry, and in that respect, it delivered big time. Delivering the entire highlights of the conference would require a systematic review – but off the top of our heads, there was “phubbing”, the novel concept of “snubbing someone in favour of a mobile phone”, which Dr Varoth from Thailand presented as part of his corpus of postgraduate work at University of Kent, Canterbury. Also memorable was the idea of a brief peer-led stigma intervention, which was expertly delivered and dissected statistically by Dr Eugene from Malaysia. We also heard, among other things, personality disorder in OCD in Bangladesh; two consecutive presentations on unique addictions in Indonesia; moral competency in Filipino forensic settings; and a consultation liaison take on glycemic control in Indian diabetics.

More importantly, we learnt so much about each other, and that, I strongly believe, was what made REBAMP so valuable and so unique. Each presentation was a springboard towards linking up each other’s research, letting things as disparate as addiction and Acceptance and Commitment Therapy hook up, We also managed to build up ties for planning of future symposia and conferences – as we speak, 3 of our alumni are already working together for a multinational take on addiction for the upcoming Mind Body Symposium in Taichung in October 2019.



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Needless to say, there was also fun to be amidst all this labour. We will always remember Taiwan for being a most hospitable and exciting host nation. Some of us took to sampling the wide smorgasbord of delicacies available at every street corner (stinky tofu and pig heart, anyone?); some of us availed of the free bicycles at the Cheng-Kung University Hotel, riding 40km in the mornings down to the beautiful old city of Anping and the picturesque, rolling farming country round Tainan; and I know with 100% certainty that all of us availed of the stunning hospitality and friendly smiles all around that Taiwanese people have to offer. Thank you, NCKU and people of Taiwan, for you all are the most gracious ambassadors a country has to offer. From the spotless yet inexpensive bullet-style trains, zipping cross the entire country's 500km length for a mere 25 euros, to full street meals of less than USD 2, Taiwan has it all.

Thank you, Tainan and REBAMP, for a wonderful young psychiatrists' award fellowship. Let's hope this will be the first of hundreds to come.

Eastern Europe

TOBACCO ADDICTION DAY HOSPITAL AT PSYCHIATRIC HOSPITAL SVETI IVAN, ZAGREB, CROATIA

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Tobacco Addiction Day Hospital at Psychiatric Hospital Sveti Ivan, Zagreb, Croatia was opened August, 2018 to anyone who needs help and support in smoking cessation.



After the initial interview, a smoker is included in the first available Tobacco Addiction Day Hospital group for a period of three to four weeks. The program is designed to prepare patients for smoking cessation, to monitor them closely at the time of smoking cessation and in the early abstinence phase. After discharge from the day hospital, the follow up includes regular once-a-week support groups and individual checkups.

Day hospital activities include psychoeducation (lectures, workshops, exercises), group psychotherapy work, support groups with experienced abstainers, individual counselling/supportive therapy with the therapist, family involvement and support, relaxation techniques (progressive muscular relaxation), socio-



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therapeutic activities (excursions, sports activities, creative workshops, films), therapeutic community activities, pharmacotherapeutic support (nicotine replacement therapy, varenicline, bupropion – if needed), routine laboratory examinations, measurement of carboxyhemoglobin and carbon monoxide levels in breath, urine testing (cotinine), regular monitoring of blood pressure and pulse, program evaluation activities and others as required.

The expert team working in the day hospital includes psychiatrists, nursing bachelors, social pedagogues, work therapists, psychologists, nutritionists and internists (from the Clinic for Lung Diseases – University Hospital Centre Zagreb).

The evaluation of first four groups' outcomes, with a total of 42 patients, is as follows: 67% abstinence rate of the whole sample, i.e. 76% abstinence rate of participants finishing the program. Amongst the patients which haven't interrupted their contact with the day hospital, the three month abstinence rate is 48 %, which is verified through outpatient checkups and support groups, including COppm/%COHb measurement.



EUROPEAN FEDERATION OF PSYCHIATRIC TRAINEES (EFPT)

Dear distinguished colleagues and specially trainees,

On behalf of the European Federation of Psychiatric Trainees (EFPT) it is an honor for us to share with you news from our organization and collaboration with the WPA.

Our highlight, the 27th EFPT Forum in Prague, in July 10th-14th is almost here. The Forum has its programme ready, and the interest of participants registered is high. We have more than 140 registrations now. The European map is almost covered, we are very thankful for active National Trainees Association for which we serve as an umbrella organization that the delegations of trainees are prepared to be present. We would like to have everyone “around the table” and we still miss trainees from Bosnia-Herzegovina, Iceland, Ireland and Norway. If you are a trainee from one of these countries or you know someone from there, please get in touch with the National Trainee Association or send email here nta.coordinator.gm@efpt.eu. We want to warmly invite you to be part of this great event.

We also want to promote “Course on Leadership and Professional Skills Development” led by Prof. Norman Sartorius and Prof. Graham Thornicroft, based in Vienna, Austria just before the Forum from July 7th – 10th. The registration is closing on May 26th. Look up for more details on our webpage or social media.



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We are proud that EFPT is strengthening collaborations with WPA actively participating as a member of the Taskforce on the “WPA accreditation of training curricula questionnaire”. We assigned our board member Dr. Anne Nobels as a liaison between WPA and EFPT.

Last but not least, we want to promote our “Test your Own Training project, which allows any trainees to assess immediately how their own training compares in relation to the European standards. It offers a bottom up solution to the question how to raise awareness and increase the impact of European training guidelines, by addressing the primary end-users of psychiatry training: the trainees themselves. TYOT is a free to use, easily accessible, online platform that can be accessed here www.efpt.eu/tyot. It consists of 27 questions, each related to parts of the UEMS Section of Psychiatry guidelines. After answering each question, the respondent is given feedback as to whether it meets the standards and if not, what the minimum standard should be. At the end of the questionnaire a summary score is supplied. If you are a trainee doing your rotations in Europe, we would like to kindly invite you to participate in this questionnaire. We believe that this can really bring practical impact in each country, the diversity across Europe is huge and this survey can initiate positive changes. What we need is you. We need a bigger sample to prove that Europe needs more harmonization in training programmes.

Have a great summer,

Pavel Trančík, EFPT President. Web: www.efpt.eu

3rd World Congress of Early Career Psychiatrists

Dear Early Career Psychiatrists of the World

The Early Career Psychiatrists Section of the World Psychiatric Association (WPA) together with the Tunisian Association of Young Psychiatrists and Residents in Psychiatry are delighted to invite you to the 3rd World Congress of Early Career Psychiatrists, which will take place this year between 12 and 15 December in Tunisia.

This congress will be a unique opportunity to bring colleagues from all over the world together, just before entering 2020.

Psychiatry has undergone major upheavals and the last century has given way to a more humanitarian and scientific provision of mental health care. Neurobiological, inflammatory, genetics and the social factors for mental disorders have been shed to light; clinical features and classifications have changed; new therapies have emerged; prevention is advocated as a priority before treatment; and promises of precision medicine and personalized psychiatry emerge to be

3rd World Congress of Early Career Psychiatrists

Psychiatry
what will the future bring ?

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12-15 December 2019
Hammamet, Tunisia

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médecins et résidents
en psychiatrie

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available across the world. Nevertheless, and despite all these advances, the iceberg of psychiatry remains for the most part submerged under water: what does the future of psychiatry hide?

To promote these discussions, Tunisia will welcome all early career psychiatrists across the world, between the blue of its sky and its turquoise sea, aiming to be the epicenter of these debates, and offer everyone its charms.

Imminent speakers will be contributing to discuss the future of psychiatry in the clinical practice and research, in its different areas. Equally, we expect to have many early career psychiatrists contributing to the scientific program, participating in the various symposia, courses and workshops.

This meeting will certainly be an opportunity to strengthen the global network of early career psychiatrists across the world!

We look forward to seeing all of you at the end of the year in Tunisia.

On behalf of the Organising Committee of the 3rd World Congress of Psychiatrists

Amine Larnaout
Chair

Mariana Pinto da Costa
Co-Chair

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Innovative Sessions at #WCP19. All early career psychiatrists and participants are welcome to join these sessions.
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LISBON, 21-24 AUGUST, 2019
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PSYCHIATRY AND MENTAL HEALTH GLOBAL INSPIRATIONS. LOCALLY RELEVANT ACTION

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