



# UNION EUROPÉENNE DES MÉDECINS SPÉCIALISTES EUROPEAN BOARD OF PSYCHIATRY

## AUTUMN MEETING

Friday, 16 October 2010 – Athens, Greece

### APPROVED MINUTES

#### 1. Present

1. Prof Mariano Bassi – Italy – Italian Psychiatric Association
2. Prof Jacek Bomba – Poland – Polish Psychiatric Association
3. Dr Andrew Brittlebank – United Kingdom – Royal College of Psychiatrists
4. Ms Joanna Carroll – UK – Royal College Psychiatrists; **Administrative Secretary**
5. Dr Brendan Cassidy – Ireland - Irish Medical Organisation; **Treasurer**
6. Prof Dr Can Cimilli – Turkey - Psychiatric Association of Turkey
7. Dr Rachel Cullivan-Elliott - Ireland - College of Psychiatrists of Ireland
8. Dr Roelof ten Doesschate – Netherlands – Dutch Psychiatric Association
9. Dr Elisabete Fradique – Portugal - Portuguese Medical Association
10. Prof George Garyfallos – Greece – Hellenic Psychiatric Association
11. Prof Manuel Gómez-Beneyto – Spain – Spanish Association of Neuropsychiatry
12. Dr Marc Hermans – Belgium - Belgian Association of Neurologists and Psychiatrists
13. Prof Edvard Hauff – Norway - Norwegian Medical Association
14. Prof Paul Hodiament – Netherlands – Dutch Psychiatric Association; **Board Vice-President**
15. Dr Slađana Ivezić – Croatia - Croatian Medical Association / Society for Clinical Psychiatry
16. Dr Torsten Jacobsen – Denmark – Danish Psychiatric Association
17. Dr Anne Kleinberg – Estonia - Estonian Psychiatric Association
18. Prof Blanka Kores Plesničar – Slovenia - Psychiatric Association of Slovenia
19. Dr Simon Kyriakides - Cyprus - Cyprus Psychiatric Association
20. Dr Andreas Landsnes – Norway - Norwegian Psychiatric Association
21. Prof Nils Lindefors – Sweden – Swedish Psychiatric Association
22. Dr Brigitte Mauthner – Austria – Austrian Medical Chamber, Section Vice-President
23. Prof Michael Musalek – Austria - Austrian Society for Psychiatry and Psychotherapy
24. Dr Alexander Nawka – Czech Republic – EFPT<sup>1</sup>, President
25. Dr Jørgen Nystrup – Denmark – Danish Psychiatric Association
26. Dr Eva Pálová – Slovakia – Slovak Psychiatric Association; **Section Vice-President**
27. Dr Kari Pylkkänen – Finland – Finnish Psychiatric Association; **Section President**
28. Dr Martina Rojnic Kuzman – Croatia – EFPT, Past President
29. Dr Vincent Ryckmans - Belgium - Belgian Professional Assoc. of Neurologists and Psychiatrists
30. Dr Joseph Saliba – Malta - Medical Association of Malta / Maltese Association of Specialists in Psychiatry; **Honorary Secretary**
31. Dr Tanja Svirskis - Finland - Finnish Psychiatric Association
32. Dr James Strachan – UK – Royal College of Psychiatrists; Board President
33. Dr Roland Urban – Germany – Professional Association of German Psychiatrists
34. Prof Laszlo Tringer – Hungary - Hungarian Psychiatric Association
35. Dr Halis Ulaş – Turkey - Psychiatric Association of Turkey
36. Prof Veiko Vasar – Estonia - Estonian Psychiatric Association
37. Prof Slavko Zihel – Slovenia - Psychiatric Association of Slovenia
38. Dr Andreas Zachariadis – Greece - Hellenic Psychiatric Association

#### 2. Apologies

1. Dr Argyris Argyriou – Cyprus – Cyprus Psychiatric Association
2. Prof Jose Luis Ayuso-Mateos – Spain - Spanish Society of Psychiatry
3. Dr Dan Georgescu – Switzerland – Swiss Society of Psychiatry and Psychotherapy
4. Prof Fritz Hohagen – Germany - German Society of Psychiatry, Psychotherapy & Neurology
5. Prof Jyrki Korkeila - Finland - Finnish Psychiatric Association
6. Dr Kajsa Norström – Sweden – Swedish Medical Association

Dr Strachan welcomed the delegates and for the benefit of the new members explained the purpose and objectives of the Section which was the main policy body and the Board whose remit was training.

#### 3. To approve the minutes of the previous meeting

The minutes of the autumn meeting held in Stockholm, Sweden, on 17 April 2010 were approved as the correct record of the proceedings.

**ACTION: JC to publish on online ✓**

<sup>1</sup> European Federation of Psychiatric Trainees

#### **4. Matters arising from the minutes not covered elsewhere on the agenda**

All matters arising from the previous minutes were covered by the current agenda.

#### **5. Report from the European Federation for Psychiatric Trainees**

Dr Alex Nawka thanked the Section and Board for their continuous support to and collaboration with the EFPT.

The last EFPT forum was held in Dubrovnik, 2-5 June 2010. During the academic day, several prominent speakers (Prof. Norman Sartorius, Prof. Thomas Schulze, Prof. Zdravko Petanjek, Prof. Henning Sass) gave lectures, including Dr. Eva Palova who presented results of the UEMS survey on the role of psychotherapy in modern psychiatry.

The EFPT was now formally registered as an association in Belgium. A new constitution had been approved and a new executive structure including 25 founding members. Following the election in Dubrovnik the new Board of Directors now included: Past-president – Martina Rojnic Kuzman (Croatia), President - Alexander Nawka (Czech Republic), President-elect – Domenico Giacco (Italy), General Secretary – Philippe Wuyts (Belgium), CAP Secretary – Meinou Simmons (United Kingdom), IT secretary – Guillaume Favre (Switzerland) and Treasurer – Nikolaus Becker (Germany). Six new member associations joined in Dubrovnik (Belarus, Belgium, Poland, Serbia, Slovakia and Israel) bringing the total to 28 full members represented by around 80 trainees. There were five permanent working groups: on how to form a national association for trainees, on research, on child and adolescent psychiatry, on IT, and on relationship with pharmaceutical industry.

Four new working groups were set up in Dubrovnik:

##### **- WG on training in psychotherapy**

A new webpage would be created on the EFPT website to evaluate data from previous surveys. The collected data will be presented to UEMS WG on Psychotherapy in the future.

##### **- WG on training matters**

Their aim was to analyse the data collected in pilot surveys conducted during the forum on the training matters.

##### **- WG on mental health of trainees**

Data from the BOSS study were used by the members of this WG as a background for discussion on mental health problems of psychiatric trainees. The aim was to analyse the findings and suggest possible protective practices that could improve basic mental health.

##### **- WG on Media and Psychiatry**

The goal of this working group was to prepare a proposal for the call of the Executive Agency for Health and Consumers 2011 (end of March) on the joint collaborative project between several European countries. Such a project might serve as major fundraising activity for EFPT.

The EFPT action plan 2010-2011 included developing fundraising strategies, maintaining good relationships with other professional organisations (UEMS, EPA, ECPC, WPA) and establishing new links with other psychiatric trainee organisations (MIT-APA, etc.) and establishing a prize for the best national trainee organisation initiative.

#### **6. The future strategy of the Board of Psychiatry**

Dr Strachan presented the document outlining the current state of affairs and suggested direction for the future Board activities. He suggested the Board should consider three areas of work – the follow up to the competences framework and the development of appropriate assessment tools; the improvement of quality of training via audit visits; the development of guidelines on specific areas of training such as psychotherapy, liaison psychiatry and community based training.

For some time now concerns were being raised about the lack of direction and focus and it was now important for the Board to identify objectives that would lead to the development of working groups, or standing committees.

Questions were raised about the reasons for singling out the MRCPsych as a potential examination to be adopted or endorsed by the Board. Dr Strachan clarified that this was linked to the Section agenda item 7 which the officers agreed should be more appropriately raised at the Board meeting. The full report of the meeting of psychiatric associations in London in April

2010 would be given at the Section meeting but the MRCPsych exam was a training related matter. The Royal College of Psychiatrists had changed the entry criteria and now allowed non UK trainees to sit the exam provided their training was supervised and approved by local authorities. Although it was not an exist exam it was recognised as a mark of achievement and the College had already seen a marked increase in the number of exam candidates.

The College contribution to the UEMS was acknowledged however the Board needed to consider its position as a body equally representing all member associations. It was pointed out that the meeting in London was a result of wider concerns raised in the Netherlands, Belgium and Spain regarding clinical guidelines. Dr Matt Muijen attended the meeting and raised his concerns about the lack of cohesion in the field of mental health in Europe. The UEMS needed to recognise the growing influence of large associations in Europe e.g. the German association and the EPA, however the Board must focus on training issues and work out its position on the adoption of competence training in Europe and how this could be facilitated.

It was pointed out that an exam was only one of many assessment tools that should be used in evaluating competences and monitoring progression of training. As a training committee the Board should endeavour to promote the current trends in the evaluation of training.

It was suggested that the Kirkpatrick Four Levels Evaluation Model could be used to develop our own quality framework to assess the effectiveness of the competence training. Applied to specialist medical training, the first level would measure trainees' reaction to their learning experience, the second level would determine how much knowledge, skills, etc. were acquired during their training, the third level looked at implementation of the acquired knowledge and the final level evaluated the outcomes occurring as the result of trainees applying their knowledge, i.e. improved patient care.

It would not be feasible for the Board to evaluate all training programmes but we could develop a formula for evaluation, define standards for good assessments and what criteria they should meet. It was also suggested that instead of developing a Board exam we could produce an exam assessment system to determine whether national exams were in line with European standards. The tool should also address the standards for trainers.

It was noted that the recent poll of EFPT delegates suggested a good degree of harmonisation of training policies in Europe but the implementation of these policies varied widely in practice. Preliminary results showed the convergence of theory and practice where training programmes and institutions were evaluated by external bodies.

In summary, Dr Strachan acknowledged the delegates' concerns about the Royal College of Psychiatrists attempts to promote the MRCPsych exam as a European benchmark of excellence. The Board should focus on developing its own framework of assessment and Dr Brittlebank agreed to prepare a broad proposal for four working groups looking at different aspects of quality assurance for the next meeting.

There was also a suggestion for the Board to address the needs of trainers as they would require support using the new assessment tools. Their enthusiasm and approval would be essential in ensuring wide implementation. This might require cooperation with professional bodies responsible for trainers in each country.

**ACTION: Dr Brittlebank to draft a proposal on QA/assessment framework ✓**

## **7. Training issues**

### **a. Visitation of training schemes**

Dr Strachan reported that the engagement of delegates in the audit process was insufficient and he urged delegates to encourage their associations to get involved in this process. Germany was the only country that managed to successfully implement the visitation model. Spain was also looking to develop a similar model. The Board received a joint letter from the two Spanish associations who signed an agreement to collaborate in the field of audit of training institutions at the national level. The questionnaire had been sent for completion in preparation for a visit by Dr Strachan, Prof. Hodiament and a local trainee.

## **8. Any other business**

There was none.

## **9. Dates and venues of future meetings**

April 2011 – Tallinn, Estonia  
October 2011 – Zagreb, Croatia  
April 2012 – Bergen, Norway  
October 2012 – unallocated  
April 2013 – Helsinki, Finland

## **Vote of thanks**

Dr Strachan thanked the Hellenic Psychiatric Association for hosting and supporting the meeting, and in particular Prof Garyffalos and Dr Zachariadis for overseeing its organisation. He also thanked Ms Carroll for her consistent commitment to the committee's smooth running.