



Undergraduate and postgraduate training in psychiatry in Estonia

V. Vasar

**Department of Psychiatry
University of Tartu**

**Psychiatry Clinic
Tartu University Hospital**

Undergraduate and postgraduate training in psychiatry in Estonia

University of Tartu, Faculty of Medicine

Undergraduate training
(360 ECTS)

official standard study
period is 6 years

Doctoral (PhD) studies
4 years (240 ECTS)

Residency
3-5 years

CME

Students who have completed Medicine may continue in doctoral programmes or enter residency training to receive a qualification of specialist doctor. Residency is a three- to five-year programme

Training course in psychiatry for medical students

- 10 ECTS credits (*European Credit Transfer and Accumulation System*)
 - 10 ECTS credits = 260 h of training (including homework)
 - One credit point corresponds to 26 hours of studies (lectures, seminars, practice, homework or independent work, assessment of learning outcomes) performed by a student.
 - Psychiatry is taught on the 5th year
- **Training course in psychiatry** for medical students includes two major modules:
 - Clinical psychology (approximately 1/3 of total course)
 - Psychiatry (incl. child and adolescence psychiatry!)

Undergraduate training in psychiatry

10 ECTS credits

homework or independent work (130 hours)

**Introductory
lecture course**
in September

20 h

**Seminars and practical training in clinical psychology
and psychiatry - 6 weeks (110h)**

**clinical psychology
- 2 weeks**

psychiatry – 4 weeks

seminars - 15-25 students in group

practical works - 6 - 8 students in group

Assessment
of learning
outcomes 1

Assessment
of learning
outcomes 2

Examination

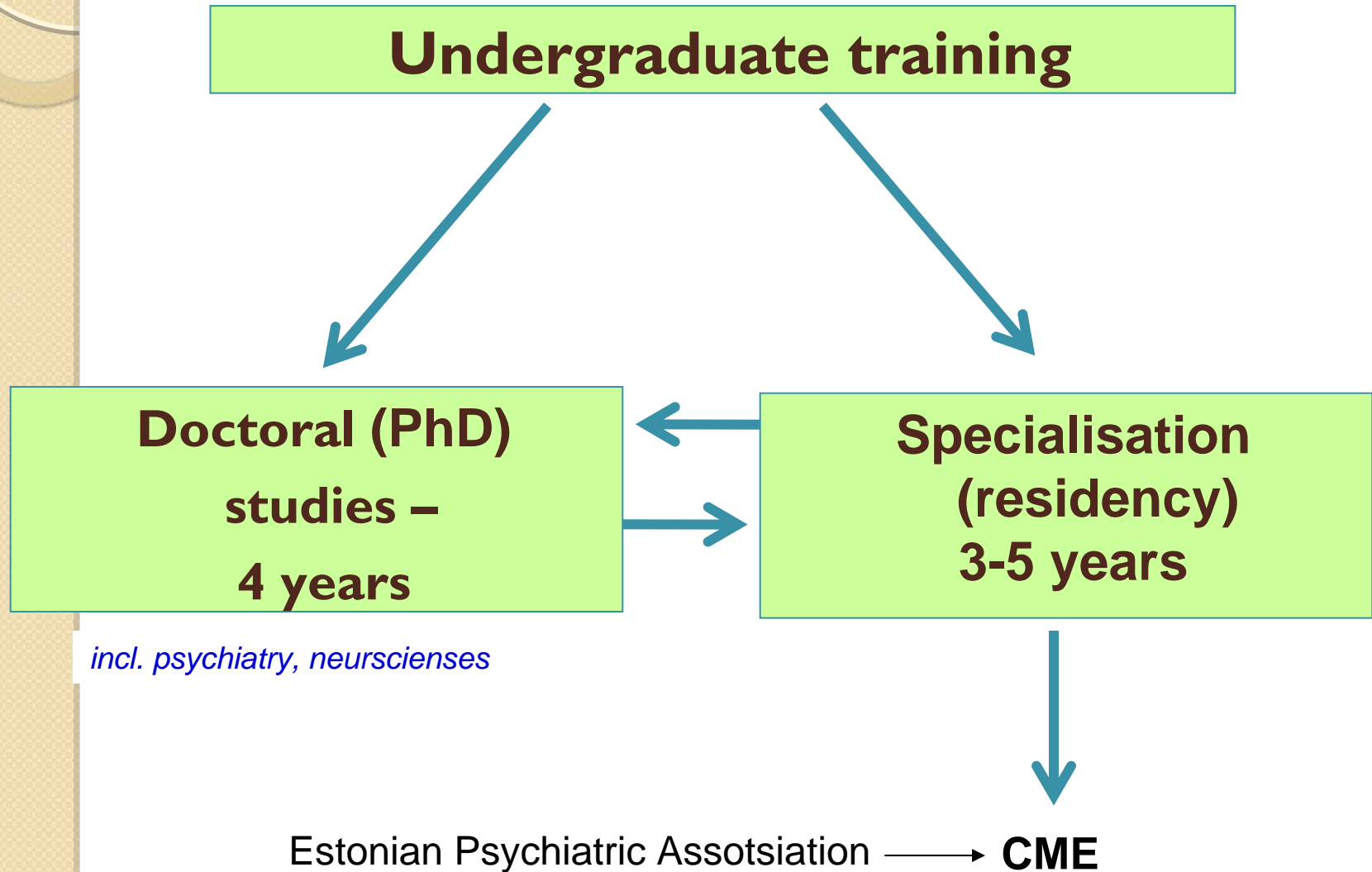
Description of the current grading system in UT is the following:

Grade	Tartu University % of acquired knowledge
A - excellent	91-100%
B - very good	81-90%
C - good	71-80%
D – sufficient	61-70%
E – poor	51-60%
F - fail	0-50%

Evaluation of teaching and courses in UT

- Academic Affairs Office administers teaching and course evaluations
- UT Study Information System (SIS)
 - the survey is anonymous and the form must be completed on the **Study Information System** web page
- the aim of the evaluation process is to get regular feedback from students regarding the quality of teaching and the courses
- Teachers will be able to use evaluation results to improve the content and presentation of their courses
- Evaluation results will also be used in deciding on the accreditation of curricula

Postgraduate training



Postgraduate training (PGT)

- **The council of the University of Tartu has approved:**

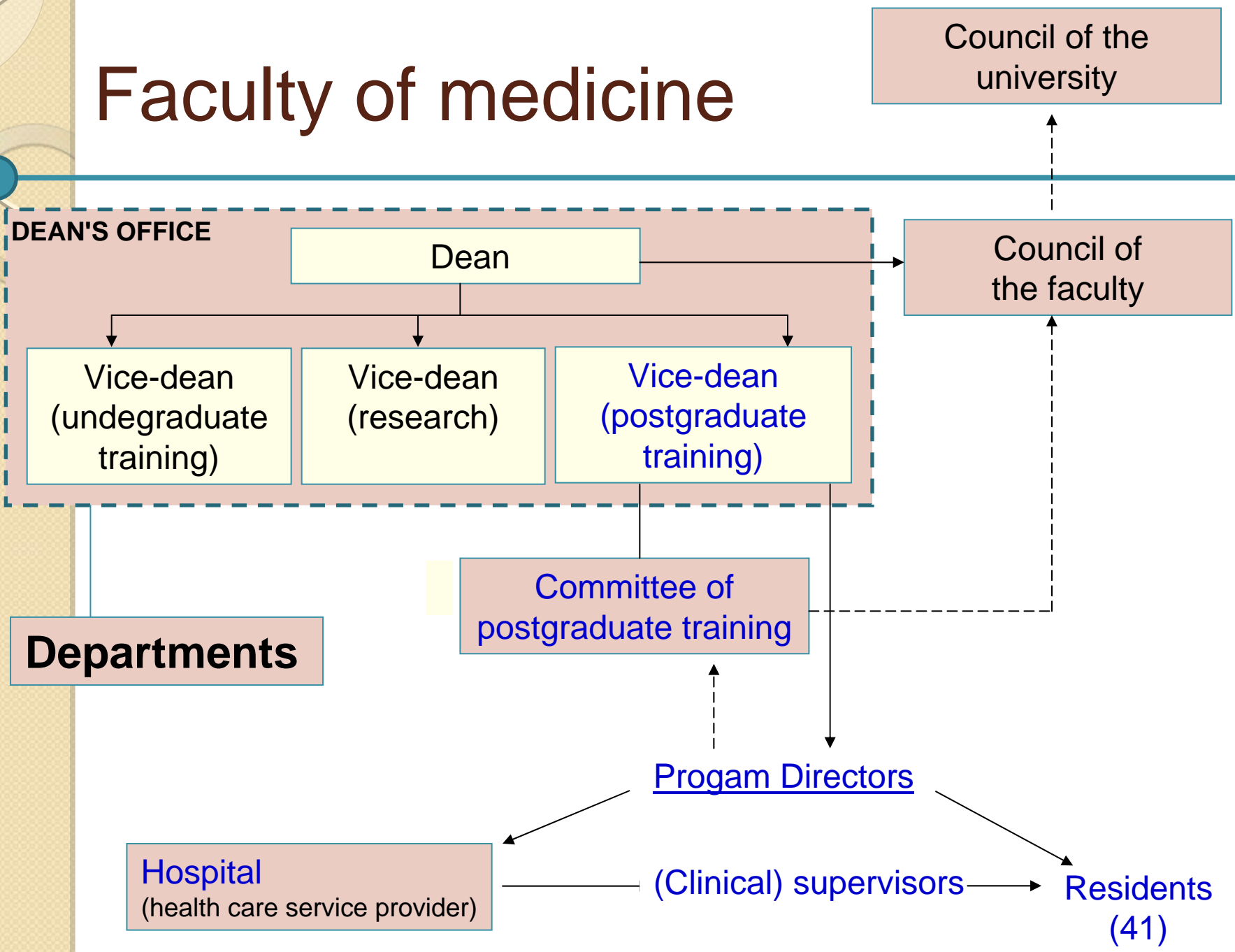
- 1) **general guideline for specialisation**

- rules for admission to residency (selection procedure)
 - rules for study programs
 - each specialty has a study program,
 - Study regulations*
 - Supervision
 - Program Director
 - Supervisor
 - Rules for assessment during studies
 - Rules for training in other countries*
 - Rules for final examination

- 2) **Study (training) programs**

The residency training of medical specialists is currently performed according to 40 different programmes

Faculty of medicine



Program director and supervisor

- Program director (*üldjuhendaja*)
 - is appointed by the dean or vice-dean
 - is responsible for entrance and final examination
 - in co-operation with residents confirms individual training plans for next year
 - is responsible for the annual assessment of the trainee's progress as well as the final evaluation
 - makes proposals to faculty for changes in training program
- Supervisor (*juhendaja*)
 - should have at least 5 years experience in specialist psychiatry
 - is appointed by the hospital
 - is supervising clinical activities of the resident during practical course
 - is responsible for the assessment at end of practical training course

Specialisation in psychiatry (4 y)

Practical training

Obligatory courses

- Minimal total duration
38 months

Addition courses

- Maximal total duration
6 months

Theoretical training

30 ECTS credits

Obligatory practical training courses

acute (emergence) psychiatry – at least 10 months

general psychiatry – at least 10 months

child and adolescent psychiatry – at least 6 months

outpatient psychiatry – at least 9 months

neurology – at least 3 months

at least 6 months have to be done in the university clinic

Practical training courses by choice

(total duration 6 months)

Internal medicine (cardiology, endocrinology,)

Emergency medicine

Substance use disorders*

Eating disorders*

Evidence based psychiatry*

Training in other EU countries

Theoretical training 30 ECTS credits

- **Theoretical training courses for psychiatry residents – 20 ECTS**
- **Psychotherapy - 6 ECTS**
- **Theoretical courses in other areas of medicine by choice – 4 ECTS**

Assessment of the trainee's progress

- at the end of each practical course by the **supervisor**
 - each resident has personal supervisor
 - special form is used for assessment
- twice in year by the **program director** and at the end of residency
 - the trainee should keep his/her personal log book and to regist all activities (practical training, passed theoretical courses, etc)
- **the final examination** completing residency training is given in front of a committee
- **the residency certificate** and the academic report is issued by the **UT**

