



UNION EUROPÉENNE DES MÉDECINS SPÉCIALISTES

SECTION FOR PSYCHIATRY

ANNUAL REPORT 2013

Introduction

- During 2013 two meetings were held; in April the meeting took place in Helsinki, Finland and in October the venue was Lisbon, Portugal. The Section continued the policy of visiting local psychiatric services with the involvement of local trainees on the first day of the meeting. The Section agenda was discussed on the following days. During the meetings, small discussion groups were formed to address agenda items in depth.
- Croatia became a full member of the Section. The number of Psychiatric Associations from EU/EFTA member states is 24. Two associate members (Israel and Turkey), and four observers (EPA, EFPT, WHO & WPA) are also invited to join the meetings. New observers from the Moroccan Psychiatric Society were welcomed to the meeting in Helsinki.
- A new possible member state is Serbia. Representation from the Romanian and Bulgarian Psychiatric Associations is still being sought. The membership status of Italy remains unclear while France has withdrawn its membership. Israel and Lithuania had not paid their membership donations and were not sending Delegates to the Section meetings. Iceland has withdrawn from UEMS entirely.

Website

- The UEMS Psychiatry Section has switched to a new domain holder which would allow the website to be more accessible to the delegates and was not dependent on the staff at the Royal College of Psychiatrists. The new website includes features which would allow working groups to set up private areas and share information. Delegates who were interested in becoming co-administrators of the website were invited to contact the Honorary Secretary for further details.

Structure of the Bureau

- The proposed new structure of the Bureau consists of the President, the Honorary Secretary, the Honorary Treasurer, two Vice-Presidents for specific tasks (a Vice-President for all training matters and a Vice-President for CME) and another Officer. This new structure was approved at the Helsinki meeting. Dr Andrew Brittlebank was elected for the role of the Vice-President for training. Dr Dan Georgescu was elected for the role of the Vice-President for CME. By show of hands the delegates voted unanimously to give mandate to the new Vice-Presidents.

- The Vice-President for Training will represent the UEMS within the EPA Board and its Committee on Education (EPA CoE). As the UEMS Section of Psychiatry President (Dr Marc Hermans) is in close contact with this EPA CoE over the development of a psychotherapy training course in Central Europe, he will continue to attend these meetings for the time being.

Working Groups

Old Age Psychiatry

- The Old Age Psychiatry working group has collected a large amount of data and their report is almost complete. All delegates were asked to check the accuracy of the data relating to their country and to provide the missing links to old age associations in their countries. The paper is on the website in its current form. All Section Members are to review the paper for final approval in 2014.

Involuntary Treatment

- A draft report is ready and has been circulated for comments. A questionnaire has also been circulated for comments. Ten members of the Section have so far responded to the brief questionnaire on details of involuntary treatment in their country. As the response to the questionnaire has been limited, the updated paper has been postponed. The working group hopes for better data completion by the next meeting.

Psychotherapy

- Work is being carried out to establish a curriculum for psychotherapy. The EFPT working group on psychotherapy has collected some data on the present situation in Europe. EFPT were asked to share their data with the Section.
- Through this working group, the Section is collaborating with the EPA to deliver “crash” courses on psychotherapy for trainees and early career psychiatrists. The pilot course would be run in a central European country and the exact location is to be determined.

Training Standards Framework

- Much of the task of this working group has merged into the revision of chapter 6 – see below.

Revision of Chapter 6 of the Charter on Medical Specialist Training

- The UEMS Secretariat in Brussels sent a template of a document “Training requirements for the speciality of...” to replace Chapter 6 in each specialty. Dr Andy Brittlebank, Vice-President for Training, wrote a document outlining the comparison between the UEMS template and the current Chapter 6. The need for a draft of the new Chapter 6, “Training requirements for Specialists in Psychiatry”, was thereby highlighted. Work on this draft is continuing. In this context the duration of training was highlighted. Some member countries still do not meet the current EU directive of a minimum duration of five years of training.
- Delegates were also asked to provide information on national training schedules for the website. This would allow potential psychiatric trainees to see what was ahead of them and to compare their own training schedules with their European counterparts. The

EFPT suggested adding trainees' experiences and opinions of their training to these entries and it was agreed that this, along with recruitment and retention numbers, would be very useful.

Standing Committee on Training

- The first task of the new standing committee would be to determine the remit, terms of reference, membership, the purpose and the key performance indicators. A document addressing these issues was discussed and approved at the Lisbon meeting. Elections for the 6 positions on this standing committee would be held during the spring 2014 meeting in Madrid.

Visitation of training schemes

- On request from countries and associations, audit visits continue to be carried out by the Section. The purpose is twofold; to demonstrate the audit process and to assist in developing a national visitation system. The free movement of specialists across the EU required a system of quality assurance of training that is standardised across Europe. Germany and Spain had already undergone the process and were currently putting their own national structures in place. Delegates from Austria, Belgium, Finland and Poland expressed their interest at the meeting in Bergen 2012. Finland had a visit was conducted in Turku. It was very well received and it was hoped the process would be rolled out to other institutions in Finland. The next audit visit would be held in Ireland. Austria, Belgium and Poland were the next countries to organise audit visits.

Standing Committee on CME and EACCME

- Dr. Dan Georgescu received a large volume of applications for evaluation during 2013. The process of assessing each application is laborious and time consuming. A record of the events approved should be submitted to the Treasurer every six months to report on accurate reimbursement for the service delivered by the Section. New criteria for reviewing had been set during the year and meant that there were now 26 criteria for critiquing events. Clarification on the division the fee for EACCME applications is being sought.

Collaboration with other organizations

ROAMER Project

- The ROAMER project is a three-year project funded by the European Commission (EC) launched in October 2011. Its aim is to create a coordinated and comprehensive roadmap for the promotion and integration of research in mental health and well-being across Europe for the next 10-15 years. The EC wants to improve our understanding of mental disorder determinants, as well as the effectiveness of treatments.
- The project has six scientific work packages (WP):
 - o Research infrastructures and funding
 - o Biomedical research
 - o Psychological research and treatments
 - o Social and economic aspects
 - o Public health research
 - o Well-being research
- The UEMS is officially invited to participate in the consultation phase. Professor Ayuso Mateos, a delegate actively engaged in the ROAMER project presented the work on the

development of a road map for mental health research in Europe at the Helsinki meeting. Documents for consultation will follow in 2014.

European Psychiatric Association (EPA)

- Collaboration between the EPA and the UEMS has always been very fruitful. The mutual goal is harmonisation of training and professional standards. The recent re-organisation of the EPA has created a new structure. EPA now has two chambers – one for individual members and one for the national associations. The EPA Board was formed of elected Officers voted for by both chambers. Dr Silvana Galderisi represented the EPA at the meeting in Helsinki. Dr Cecile Hanon has been elected new Chair of the EPA Committee on Education and together with Prof. Silvana Galderisi she will represent the EPA on the meetings of the Section. Dr Andy Brittlebank will represent the Section within the EPA Committee on Education, as this falls into his remit as Vice President for training (see above).

World Health Organisation (WHO)

- The WHO's European Mental Health Action Plan has been launched. While the WHO Mental Health Action Plan was well known, the European plan is less familiar. The strong user and carer movement in the WHO would be an area for the Section to work more systematically on. Members of the Section discussed other areas of work which included public health and the inclusion of prevention in psychiatric training. A link to WHO Europe Mental Health Plan document has been put on the Section website.

European Federation of Psychiatric Trainees (EFPT)

- At the EFPT forum in Zurich the Section President was present as well as the Child and Adolescent Psychiatry Section represented by Prof. Brian Jacobs from the UK. The EFPT is currently working on maintaining the exchange project. The EFPT has also been looking at how to improve the recognition of these exchanges and has been successful in getting a paper published in The Lancet. Moldova and Slovenia joined as new trainee associations and the EFPT itself became an EPA observer. A core principle of the EFPT is the belief that improvements to training improve mental health services. The EFPT Brain Drain survey (on workforce migration amongst psychiatry trainees) was being carried out in a number of European countries. The EFPT has set up a donations system on their website so that people could help to fund the work of the EFPT.

Multidisciplinary Joint Committee (MJC) on Sexual Medicine

- A successful exam was conducted at the conference in Amsterdam. Dr. Nystrup and Dr. Hermans were the Section's representatives to this MJC. As Dr. Hermans invited interested delegates to volunteer for this committee Dr. Luis Gamito volunteered to be the second representative.

Multidisciplinary Joint Committee (MJC) on Pain

- This new MJC was initiated by the Section of Anaesthesiology and the Psychiatry Section was invited to send a representative to join this group. Meetings would be held the day before the UEMS Council meeting. Any delegates interested in joining this MJC should inform the Secretariat.

UEMS Child and Adolescent Psychiatry Section

- Sections Officers met in London and agreed on closer collaboration between the two Sections. The CAP Section is in the process of finalizing the log book for Child and Adolescent psychiatrists. The direction of Child and Adolescent psychiatry in Europe is of some concern. The situation varies greatly from country to country. In some countries, CAPs are developing services with other agencies and are beginning to be seen as a separate specialty while in other European countries CAPs numbers are very low what makes it increasingly difficult to replace retiring doctors. The future direction of psychiatry as a whole, not just CAP, was of relevance to both Sections. Officers from both Sections agreed to meet again to decide on areas of collaboration.

European Psychiatric Association's Early Career Psychiatrists Committee (EPA ECPC)

- The EPA Early Career Psychiatrists Committee is working towards improving the situation of young psychiatrists in Europe. The EPA ECPC consists of young psychiatrists that have completed their training. They want to render a specific demographic voice in Europe on the topics of psychiatric training, research and practice standards. Doctors who are under 40 years old and/or within 7 years of qualifying as a psychiatrist are eligible to join. The EPA ECPC has contributed to the recent EPA congress and their session has been well attended. The EPA ECPC has four areas of focus (Research, Meeting and Associations, Professional Development and Publications) and has a task force for each of these core goals. The EPA ECPC was accepted as an observer at the Section's meetings.

Global Alliance of Mental Illness Advocacy Networks (GAMIAN)

- GAMIAN (a patient- driven pan-European organisation) has invited the President of the Section to attend their meetings as an observer. This was an influential group and two Members of the European Parliament attended their meetings. Prof. Thea Heeren was also developing links with other European users and carer organisations.

Budget

- The Treasurer presented the 2014 budget at the autumn meeting in Lisbon and asked the delegates for suggestions on the effective use of the Section's surplus funds. It was agreed that the EFPT grant should be increased to €2000, the host association grant be increased to €4000 and that a provision of €3000 for working group projects and/or the use of external experts be built into the budget.
- UEMS made some changes to the central accounts, and as a result the Section Account is now based in Belgium and will be subject to an audit from an external advisor appointed by the UEMS Council in Brussels.

Strategy development and implementation of action plan

- In order to continue the work of the action plan that was agreed in 2012, discussion on the following topics were conducted during the 2013 meetings:
 - o What actions should the Section undertake to take in order to implement the agreed priorities agreed
 - o How should individual delegates engage with the Section in order to implement the agreed priorities?
 - o How should the Section best use its financial surplus?

- o How should the Section Collaborate with UEMS CAP?
- o What arrangements should be in place for Delegates working on Multidisciplinary Joint Committees (MJs)?

Input from these discussions are being used in the Officers planning of activities

Dates and venues of future meetings

- 24 – 26 April 2014, Madrid
- 9 – 11 October 2014, London