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)

Doctoral (PhD) studies
4 years (240 ECTS)

Residency
3-5 years

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.

CME
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, 20h
- 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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Tartu University % of acquired knowledge</th>
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<tbody>
<tr>
<td>A - excellent</td>
<td>91-100%</td>
</tr>
<tr>
<td>B - very good</td>
<td>81-90%</td>
</tr>
<tr>
<td>C - good</td>
<td>71-80%</td>
</tr>
<tr>
<td>D – sufficient</td>
<td>61-70%</td>
</tr>
<tr>
<td>E – poor</td>
<td>51-60%</td>
</tr>
<tr>
<td>F - fail</td>
<td>0-50%</td>
</tr>
</tbody>
</table>
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

Undergraduate training

Doctoral (PhD) studies – 4 years

Specialisation (residency) 3-5 years

incl. psychiatry, neuroscience

Estonian Psychiatric Association → CME
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
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, ....)
- Emergence medicine
- Substance use disorders*
- Eating disorders*
- Evidence based psychiatry*

Training in other EU countries
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 register 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**