

Current Trainees Top Tips

Advice re: psychiatry. Dr. Boocock's teaching sessions are really good, as long as you do a bit of preparation for them. You can cover anything you want, but I think it's a good idea to start with the basics e.g. MSE and depression, and also to discuss cases that you have seen.

I remember finding it a little overwhelming at the beginning (as it's so different from anything else you will ever do....)

TIPS:

- (1) Don't take on cases on the morning round. Let Dr. Boocock allocate appropriate cases.
- (2) Sit in on a few of Dr. Boocock's clinics. I found it quite helpful initially. Then later on, I used to go to Psychiatry teaching - interesting at times, useful at other times.
- (3) Make sure you allow plenty of time for patients - start with one per morning/one per afternoon session initially! The assessments take ages to write.....
- (4) Spend time with the Duty team for a morning to see what they do, go on some home visits, go to the SHARP centre for a morning or afternoon. Sit in on assessments.
- (5) There is always a duty doctor around - so if you see someone that you're not sure what to do with, ask the reg, dr. boocock, dr. mcgowan - who is lovely, or the duty doctor.

Read a thin psych book - like Psych at a Glance....
Nothing too heavy.... and enjoy the job...! It's very chilled hours compared to what you'll be doing for rest of your rotations!