

South London
and Maudsley
Higher Training
Programme,
Psychiatry of
Intellectual
Disability

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The Maudsley Training Programme

“The educational mission of the Maudsley is to provide an internationally renowned training in Psychiatry and for the South London and Maudsley NHS Foundation Trust and King’s College London School of Medicine to become the premier place to train for future psychiatrists”

Tony David - Vice Dean for Academic Psychiatry

Simon Wessely - Professor of Psychological Medicine

“For nearly a hundred years now the ‘Maudsley’ has stood for training the very best clinicians and academics in the field of mental health and psychiatry. Educating the next generation was central to the mission of the hospital when it was founded and it remains central to our mission today”

Matthew Patrick - Chief Executive, South London and Maudsley NHS Foundation Trust

Shitij Kapur - Outgoing Dean, Institute of Psychiatry, Psychology & Neuroscience, King’s College London

Programme highlights

High quality training in evidenced-based psychiatry, working in a wide range of specialties, sub-specialities and clinical settings

Extensive opportunities to develop clinical skills and competencies under supervision and through simulation training

Excellent research opportunities, supported by senior academic staff to assist pursuing academic interests, and writing publications. With access to world-class educational resources from affiliations with the Institute of Psychiatry, Psychology & Neuroscience, King’s College London and King’s Health Partners

Range of out-of-programme placements, both locally, nationally and internationally to assist tailoring your training.

The Maudsley Hospital



Overview of Specialty Training in Psychiatry

The Maudsley has always been synonymous with clinical and academic excellence in psychiatry and is internationally recognised as a centre for high quality, reliable psychiatric training, with an established track record of Maudsley trained alumni successfully securing senior clinical and academic posts both nationally and internationally.

The Maudsley Training Programme offers a wide range of clinical posts and teaching methods, delivered by both academic and clinical trainers of a high calibre, giving you options to tailor your training experience to meet your individual needs and preferences.

We are also unique in British psychiatry because of our proximity to the research hub of the Institute of Psychiatry, Psychology & Neuroscience and King’s College London, a relationship now formalised within King’s Health Partners and are affiliated to the pioneering NIHR Specialist Biomedical Research Centre (BRC) for Mental Health. Our specialist BRC is driving translational research in mental health, and building on a strong scientific base in biological research, in psychology, epidemiology and other disciplines; we aim to improve the health of our patients and communities through developing new treatments, better assessments and earlier, more individualised interventions for a wide range of disorders.

The facilities and resources available through the BRC offer unparalleled research opportunities and trainees at all levels of training are encouraged to develop specialised interests and are helped to form links with a research group, identifying a potential supervisor within their field of interest.

Foreword

**Dr Nwamaka Uchendu,
Training Programme Director for
Psychiatry of Intellectual Disabilities,
South East & South West London**



I am delighted each year to welcome trainees to our training programme. It is such a unique time to be a doctor and to train to be a psychiatrist in Intellectual Disability

Our training programme provides an excellent, exciting, varied and well thought-through training to prepare doctors for the challenges of working in psychiatry and rewarding opportunities to make a difference in the lives of the most vulnerable in our society and to reduce the health inequalities facing our patient group.

We are part of King's Health Partners, one of only eight academic health sciences

centres in England designated by the Department of Health and Social Care. We are well positioned for delivery of excellent clinical care, clinical innovation, research, teaching and training.

Each post provides unique qualities and a rich variety of opportunities as do the excellent special interests, national clinics and academic programmes in the academic health group. It is always fascinating to see the inspiring projects our trainees and trainers are involved in and I am honoured to be a part of their career journey.

Welcome.

Amy

For further information please contact:
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<http://www.maudsleytraining.com/LearningDisabilities.htm>

Application process

Application for the scheme is via the National Recruitment process and is coordinated by the North Western Deanery, Health Education North West. There are usually two recruitment rounds each year.

https://www.nwpgmd.nhs.uk/national_Psychiatry_Recruitment

Person specification for ST4 Psychiatry of Intellectual Disability:

<https://specialtytraining.hee.nhs.uk/portals/1/Content/Person%20Specifications/Psychiatry%20of%20Learning%20Disability/PSYCHIATRY%20OF%20LEARNING%20DISABILITY%20ST4%202022.pdf>

Curriculum for speciality training in psychiatry of intellectual disability:

<http://www.rcpsych.ac.uk/traininpsychiatry/corespecialtytraining/curricula.aspx>

Contents

Introduction

Specialty Training Placements

Special Interest Opportunities

Pursuing additional Qualifications

Psychotherapy Opportunities

**Teaching/ Leadership/ Research
Opportunities**

**Out of training programme
opportunities**

Reay House library

ESTIA

Introduction

The Maudsley Higher Training Scheme in psychiatry of learning disabilities has 5 posts for higher training, rotating between South London and Maudsley and Oxleas NHS Foundation Trusts. Higher trainees spend one year in each of three different clinical placements.

In addition trainees are given two sessions per week for special interest which can be clinical, research, management or special projects. These have learning objectives clearly identified and agreed. Examples include: neuropsychiatry, offending and learning disabilities, child and adolescent psychiatry, adult ADHD, autistic spectrum disorder, low secure LD inpatient, specialist inpatient assessment and treatment services.

Management/leadership projects trainees have undertaken recently include: large scale clinical audits using CRIS, Mental Health clustering tool pilot, productive community teams.

Research projects undertaken in the past year have included: Delphi consultation on service user perspectives, ethnicity and psychopharmacology, autism, epilepsy.

Trainees are also encouraged to contribute to our teaching portfolio as part of the Estia (www.estiacentre.org), moderate at our monthly multi-disciplinary academic teaching mornings and quality assure teaching programmes for community support workers. Currently our higher trainees have implemented a clinical skills teaching session for core trainees on placement with us, running a weekly session over 12 weeks every 6 months.

In the past year our trainees have led on organisation of national conferences – on behalf of the RCPsych and the London Deanery and helped develop the website for the Faculty.

There are regular trainer-trainee meetings to discuss and update on training issues and to share knowledge and practice. The same educational supervisor oversees the training experience across the three years.

Applications for higher training, for which Membership of the Royal College of Psychiatrists is a requirement are made via the Oriel portal through a centralised national recruitment process.

Higher trainees of all the psychiatric specialties have protected time to attend regular Calman training days and there is a mailing list for all higher trainees where information on training, courses, rotas, etc. is disseminated and discussed.

South London and the Maudsley (SLAM) NHS Foundation Trusts

South London and Maudsley NHS Foundation Trust provides the widest range of NHS mental health services in the UK.

Our 4,600 staff serve a local population of 1.3 million people. We have more than 230 services including inpatient wards, outpatient and community services.

We provide inpatient care for approximately 5,300 people each year and we treat more than 45,000 patients in the community in Lambeth, Southwark, Lewisham and Croydon.

As well as serving the communities of south London, we provide more than 50 specialist services for children and adults across the UK including perinatal services, eating disorders, psychosis and autism.

We are the only mental health trust in the UK to have our own [biomedical research centre \(BRC\)](#) – hosted jointly with the [Institute of Psychiatry, Psychology and Neuroscience \(IoPPN\)](#) King's College

[London](#) with the aim of translating scientific developments into new ways of screening, detecting, treating and preventing mental illness.

We are part of one of England's eight Academic Health Sciences Centres, [King's Health Partners](#), with [King's College London](#), [Guy's and St Thomas'](#) and [King's College Hospital](#) NHS Foundation Trusts.

The Trust's scope is unique because it is built on the principles of Henry Maudsley when he founded the Maudsley Hospital in the early 1900s: care and treatment, science and research, and training. We can trace our [history](#) back to 1247 when Bethlem Royal Hospital was founded on a charitable deed. Today our charity continues as the Maudsley Charity

Oxleas NHS Foundation Trust

Oxleas NHS Foundation Trust was formed in April 1995 and is a provider of Community and Hospital Mental Health and Learning Disability Services for Greenwich, Bexley and Bromley. It is a specialist provider of Forensic and Challenging Behaviour services for Bexley, Greenwich, Lewisham, North Southwark, Bromley and Kent Prisons.

Since 2010, Oxleas also provides a range of physical health services to adults and children in the community in the boroughs of Bexley and Greenwich.

The Trust has a national reputation for innovation and excellence. It became one of the country's first mental health foundation trusts in May 2006. It has won many awards for the quality of its management and clinical services, including the prestigious HSJ Best Mental health trust in 2011 and the Royal College of Psychiatrists' 2009 "Provider of the Year" award.

Speciality Trainee Placements

Oxleas NHS Foundation Trust posts

Greenwich Community Learning Disability Team

The Intellectual Disability Higher Trainee placement in Greenwich provides the opportunity to work in the heart of Woolwich in a fully integrated health and social care team. The role provides the invaluable experience of joint working with multidisciplinary professionals, including psychology, nursing, occupational and speech therapists and social workers.

The Greenwich higher trainee programme provides the opportunity to manage a diverse community caseload and be involved in reviewing referrals and in leading the assessment and the management of individuals with intellectual disabilities and mental health conditions and/or behaviour that challenges. Additionally there is the opportunity to experience inpatient intellectual disability through weekly ward rounds at the specialist ward, Atlas House.

Atlas House





The Woolwich Centre

Bromley Community Learning Disabilities Team

The Mental Health in Learning Disabilities Team in Bromley is based in Queen Mary's Hospital, Sidcup. The role provides extensive experiences of working with multidisciplinary professionals, including psychology, OT, SALT and social care.



Bromley CLDT

The department also runs a Epilepsy in Learning Disabilities service staffed by a consultant and 2 epilepsy nurses. This provides a unique opportunity for trainees to gain experience in epilepsy assessment, medication and risk management.

The team is very friendly and the trainee shares an office with the consultant, epilepsy and LD nurses. There is a MHinLD team meeting on Monday afternoons and a Epilepsy team meeting on alternate Thursdays.

Being based in a medical hospital, the service benefits from same day phlebotomy and ECG services and established communication channels with medical colleagues.

South London and Maudsley NHS Foundation Trust posts

The three South London and Maudsley higher trainee posts (Southwark MHL, Lambeth MHL and Lewisham MHL) are all managed under the behaviour and developmental clinical academic group.

They are similar in structure and present the challenges of working in an inner London community mental health team with highly complex patients with exposure to a wide variety of psychopathology. There is an emphasis on multidisciplinary working and formulation of comprehensive and holistic management plans. They all offer the extra opportunities of working in South London and the Maudsley trust.

Southwark Mental Health Learning Disability Team

Training at the Southwark mental health in learning disabilities team is based at the Clinical Treatment Centre, Maudsley Hospital site. It is a short walk from Denmark Hill Train Station.

The Southwark higher trainee programme provides the opportunity to work in an integrated team, to manage patients with complex needs requiring multidisciplinary input. The outpatients' clinic is based at the Maudsley outpatients department which also provides a base for arranging professionals' and multidisciplinary

meetings.



The clinical treatment centre

This post offers unique research opportunities in working closely with Professor Andre Strydom, consultant in intellectual disabilities and professor of dementia in people with Down's syndrome.

Lambeth Mental Health Learning Disability Team

Training at the Lambeth mental health learning disabilities team is based at the Clinical Treatment Centre, Maudsley Hospital site. It is a short walk from Denmark Hill Train Station.

Sharing an office building with the Southwark mental health learning disabilities team, the post covers clients in the Lambeth area, with outpatient clinic located approximately 15 minutes away at the Orchard House, Lambeth Hospital. Additional meetings can be arranged at the Maudsley outpatient clinic.

The team is integrated and office shared with psychologists and community psychiatric nurses.

Lambeth MHLTD offers significant joint working opportunities with psychology and nursing and with a regular influx of new referrals, offers plenty of new assessment opportunities.



Lambeth Hospital

Lewisham Mental Health Learning Disabilities Team

The Lewisham higher trainee post in intellectual disability psychiatry is based at Lewisham Old Town Hall, a community hub in Catford, South London. The building is shared with the Guy's and St Thomas' Adults with Learning Disability (AWLD) community team, allowing for shared working with their nurses, physiotherapists, speech and language therapists and occupational therapists. There is also the opportunity to attend courses, such as Makaton introductory sessions, that are run by the learning disability service.

Clinics are held twice a week in the Ladywell unit at Lewisham Hospital. As well as outpatient clinics, there are regular opportunities to perform assessments in ADHD and ASD, assess patients in A&E unit and the inpatient wards, and the team often work closely with psychiatric liaison team based in Lewisham hospital.

The Lewisham service also has close ties with the local neurodevelopmental CAMHS team, and regular transition meetings are held to allow for continuity of care for young people as they approach 18 and move to adult services.

Special Interest Opportunities

All Intellectual Disabilities Speciality Registrars in the South London and Maudsley programme can access the wealth of special interest opportunities available in the Trusts general adult, forensic, older adults and CAMHS services, both secondary and tertiary. Additionally, there are a range of opportunities to meet the specialist needs of intellectual disability trainees including the following.

South London and Maudsley Adult ADHD Clinic

The opportunity to work with in a tertiary clinic with multi-disciplinary specialists in the field of adult attention hyperactivity and attention deficit disorder. The placement allows for the development of skills in understanding the disorder in the adult population and how to screen and diagnose new referrals. There is the opportunity to complete follow up reviews and implement and monitor management plans.

HMP Wandsworth Neurodevelopmental Clinic

The opportunity to participate in a multidisciplinary, neuro-developmental, clinic in the forensic setting. The placement offers experience of reviewing inmates with autism, intellectual disability and/or Adult ADHD and in the development of appropriate management and treatment plans. The clinic is newly developed and presents the opportunity to develop protocols, policy and quality improvement initiatives for the treatment of this particular population.

Behavioural Genetics Clinic

The Autism Assessment and Behavioural Genetics Clinic is a national, specialist service based at the Maudsley Hospital.

This is a pioneered specialist service for assessment and treatment of ASD and other neurodevelopmental disorders in adults. With over 20 years of experience in the development and delivery of diagnostics and specially adapted interventions and therapies for adults with ASD.

The service uses gold-standard assessments and treatments in work with patients and families. At least 50 percent of patients referred to the service have undiagnosed additional mental health difficulties; the identification of these is critical to a patient's well-being.

This evidence-based service provides assessment and treatment for people with:

- Suspected or diagnosed ASD, including autism and Asperger's syndrome.
- ASD and additional mental health problems, including obsessive compulsive disorder, psychosis, depression and anxiety.
- Suspected chromosomal abnormalities or single gene disorders, including 22q deletion and fragile X syndrome.
- ASD and behaviour that challenges.
- Other behavioural phenotypes of significant genetic origin.

We offer a one-stop appointment to all outpatients who require diagnostic assessment. This includes feedback on the day, which is particularly useful for those who travel long distances.

The team includes internationally renowned clinicians. Our staff hold the

world's biggest grant for research into autism and have won the NHS Innovation of the Year award. We use person centred approaches, helping patients to improve their coping skills and daily living abilities according to individual need. We work closely with families and local teams to support patients in their local communities.

Epilepsy experience

There are several opportunities for the higher trainee to gain the appropriate knowledge and understanding of epilepsy in relation to the intellectual disability population. Trainees working in the Bromley ST position will have regular exposure to a specialist clinic and this can also be done as special interest. Additionally King College Hospital has several neurology and epilepsy clinics that can be accessed as a special interest providing experience of the assessment, treatment and on-going management of a diverse population of patients with the condition.

Children's learning disabilities

There are excellent opportunities for gaining experience in children's learning disabilities in the Trust's Behavioural Phenotype Learning Disabilities Service led by Professor Jeremy Turk.

There you can experience some very interesting cases of children with complex mental health issues and needs. You will gain first-hand experience of medical, psychological and psychiatric management options, diagnostic assessments for ADHD, ASD and other disorders and be involved in transition planning processes.

Clinical Genetics

The Kings College Clinical Genetics team often receives referrals from intellectual disabilities teams.

There they perform genetic screening, establishing family histories and obtaining further information around behavioural phenotypes of genetic abnormalities.

Postgraduate qualifications

Some of our trainees have utilised their special interest towards completing postgraduate certificates in medical education as part of remote e-distance learning.

There are plenty of opportunities to seek PGCerts, PGDips, MSc in leadership, NHS management, clinical research, medical education that are encouraged by clinical and educational supervisors.

Teaching Opportunities

We offer fellowships in medical education when resources allow. These posts are competitively recruited to, following advertisement, and are available to trainees from across the UK and Northern Ireland, as well as internal candidates on the programme. Trainees who complete the FME undertake a bespoke medical education project/research evaluation.

Other teaching opportunities are available with Kings College London medical school including psychiatric teaching, medical school interview process, OSCE examinations and MSc teaching.

Leadership Opportunities

There are many leadership opportunities available during the course of higher specialist training to develop your leadership skills.

These include positions such of trainee rep, rota coordinator

Research Opportunities

South London and the Maudsley and Oxleas Foundation Trusts have a strong ethos of audit and quality improvement and trainees are encouraged and supported to engage in this. Additionally the intellectual disability services have close links with the Estia Centre, a market leader in training and research in mental health and intellectual disabilities. Higher trainees will have the opportunity to complete literature reviews for presentation at the regional academic meeting and to submit these, and other articles, to the Estia led journal, 'Advances in Mental Health in Intellectual Disabilities.'

The intellectual disability trainees have been developing close links with the Institute of Psychiatry, Psychology and Neuroscience MSc programmes, including the neurodevelopmental disorder course. Trainees have the opportunity to propose research topics and supervise students in their dissertations as well as teaching on the course.

Out of Programme Experiences

The intellectual disability higher training programme at South London and Maudsley NHS Foundation Trust provides an excellent base to explore further opportunities, and this can be during the special interest days or as a longer out of programme placement.

The strong links with the world-renowned institute of psychiatry, psychology and neuroscience (IOPPN) mean that there are a wide-range of research opportunities available. Current trainees have taken time out to pursue clinical research fellowships within the IOPPN, participate in running clinical trials, provide regular teaching to MSc students, and supervise dissertation projects alongside experienced researchers. Trainees have also been supported to complete medical education qualifications.

There is also an emphasis on developing clinical research projects and quality improvement projects, and these are well supported by the trust's QI department, who also offer training and advice. These projects regularly lead to posters, publications, and service improvement experience.

The consultants and training programme director are also very supportive of time taken to pursue additional training and leadership roles, such as those offered through the national leadership fellowships and fellowships within the Royal College of Psychiatry CCQI department.

Teaching fellowship opportunities

The Maudsley Training programme has always had a reputation for encouraging research and opinion leaders in Psychiatry; indeed most senior academics in the UK have either trained working at the Maudsley/IOPPN or been involved in research collaboration with us.

Trainees can become involved in an academic programme as undergraduates or at any stage of their postgraduate training. Clinical trainees have access to the facilities of the IOPPN and through the taught components of the MRCPsych course will gain an understanding of research methodologies and project design and will be able to search the BRC project repository for examples of projects and potential supervisors.

The Integrated Academic Training (IAT) programme provides opportunities for protected academic time for young psychiatrists who wish to develop careers in academia. These posts are part of a national scheme coordinated by NIHR and

will form the basis of a specific academic track within our rotation. We have the largest number of psychiatry IAT posts of any scheme in the country.

An advantage of an affiliation to the Institute of Psychiatry, Psychology & Neuroscience and the AHSC of KHP is that it enables access to both informal and formal training in research. At the informal level there is a regular program of lectures and events featuring speakers ranging from junior researchers to internationally renowned leaders in their field. There is also the opportunity to take part in NIHR funded short courses in research methodology and credit bearing courses

Reay House Library

Reay House Library, based at Lambeth Hospital, is the library and knowledge service for staff and students at South London and Maudsley NHS Foundation Trust.

It provides study facilities including workstations, wifi, and printer/scanner/photocopier. Reay House Library is open 9am-5pm, Monday to Friday.

The staff at Reay House library provide a fantastic bespoke enquiry services for healthcare staff and students. This includes carrying out mediated literature searches to support research, service development and clinical care.

ESTIA Centre

We aim to support the development of a competent local intellectual disabilities workforce, from support staff to experienced managers from a variety of services. By working in close collaboration with clinical services, we aim to improve the care of people with learning disabilities, especially those with additional mental health and challenging needs through evidence-based practice.

The Estia Centre is widely acknowledged as one of the market leaders in training and research in mental health and intellectual disabilities. Our main aim is to promote competent and capable environments, to enhance clinical practice and reduce health inequalities for people with intellectual disabilities. The Estia Centre is based at the Maudsley Hospital in London, and is an integral part of local services for people with intellectual disabilities provided by South London and Maudsley NHS Foundation Trust. We are also part of King's Health Partners, an Academic Health Science Centre which brings together high quality clinical services, education and training research to improve the health of people in South London.

The ESTIA centre runs the monthly academic learning disabilities meeting attended by professionals from all the mental health learning disabilities teams in SLAM/Oxleas and the South West London and St. George's training schemes. There is typically a case presentation by one of the teams followed by a literature review by a higher specialist trainee and a guest speaker. Meetings occur on the third Tuesday of every month and higher specialist trainees are expected to attend.

For more information, please visit our postgraduate and training scheme websites:

<http://www.maudsleytraining.com/LearningDisabilities.htm>

<https://maudsleylearning.com/maudsley-training-programme/>

<https://www.slam.nhs.uk/about-us/training-and-development/medical-education/postgraduate-medical-education/>