

Personal Development Plan (Example CT-1 Psychiatry)

INTENDED LEARNING OUTCOMES	LEARNING OBJECTIVES	HOW WILL THESE BE ACHIEVED?	HOW WILL ACHIEVEMENT BE DEMONSTRATED? (ASSESSMENTS)
Improving clinical skills	Learning the Mental State Examination and be proficient by end of CT-1 year.	Undertaking mental state examinations in various settings in a variety of patients. Gather feedback from seniors	ACE Mini-ACE
Better understanding of community psychiatry	Developing better understanding of community mental health team and community psychiatry.	Shadowing consultants in outpatient clinics. Attending a community team MDT Shadowing CPNs on community visits.	ACE Mini-ACE Case Based discussion
Learning Psychiatry Risk Assessment	Improving clinical knowledge and understanding of risk assessment. Be able to confidently undertake risk assessments ward and in emergencies by end of CT-1 year	Actively participating in risk assessment during clinical placements and on-calls. Learning about formal tools used in risk assessment of psychiatry patients.	ACE Mini-ACE Case Based discussion

Improve understanding of clinical research and critical appraisal.	Develop a better understanding of research methods and understanding principles of critical appraisal.	Attending the local post grad critical appraisal presentation and studying psychiatry journals	Critically appraising a paper and presenting to post-grad. Gathering feedback via workplace based assessments
Participation in service Improvement Project	Undertaking a clinical audit during my CT-1 year	Identifying an audit topic and guidelines. Gathering data and analysis.	Completing an audit and presenting it locally.
Teaching skills	Improving teaching skills and style	By actively participating in medical student teaching during their placement with the clinical team	Gathering feedback on teaching sessions.
Improving presentation skills	Improve data gathering skills along with differential diagnosis and formulation skills.	By finding interesting cases via clinical caseload. Gathering detailed history and discussion with seniors. Preparing case presentation	Case Presentation at the local post-grad Work place based assessment.

Improving clinical skills	Improving understanding of psychiatry ward rounds and presenting cases at the ward rounds	Attending regular ward rounds and actively participating in ward meetings	Mini ACE ACE
Improving communication skills	Continued reflection on communications skills with an aim to improve as it is an essential skill for a psychiatrist	Taking histories and communication with relatives of patients in supervised settings like ward, OPD and during on-calls Gathering formal feedback from seniors and nursing colleagues	Mini ACE ACE
Improving knowledge of psychotropic medications	Develop a better understanding of the community use of psychotropic medications	Reading NICE and Maudsley prescribing guidelines in relation to commonly used psychiatric medication Refereeing to BNF	Case Based discussion (CBD)
Developing knowledge of basic psychology and psychotherapy and their clinical relevance	Improving knowledge of basic psychology and psychotherapy in relation to clinical work and MRCPsych exam.	Studying basic psychology Attending Balint groups Shadowing clinical psychologist Improve understanding of local psychology services	Work place based assessments

<p>Improving knowledge of ECT</p>	<p>Developing a better understanding of ECT</p> <p>Understanding the theory behind ECT and recent guidelines</p>	<p>Reading about ECT from various academic sources</p> <p>Understanding the NICE guidelines of ECT</p> <p>Attending the local ECT suit and giving E CT under supervision</p>	<p>DOPS</p> <p>Case Based discussion (CBD)</p>
<p>Passing Paper-A of MRCPsych exam</p>	<p>Improving clinical knowledge base up to the level of MRCPsych exam.</p>	<p>Attending local MRCPsych course</p> <p>Individual & Group study with other trainees</p>	<p>Attendance record of the local MRCPsych course</p> <p>Passing Paper-A of MRCPsych exam</p>