

Please contact the IT Officer at [it@insight.org.au](mailto:it@insight.org.au) to be put in touch with this placement participant for further information.

## Placement

Glasgow, Scotland - Child and Adolescent Psychiatry

## Dates of Placement

07 May 2018

## The Application Process

Application form through University of Glasgow website under 'Visiting Medical Electives', 100GBP application fee. When notified of acceptance, uploading of immunisations, academic record, insurance, visa to online portal. Visa costs approx 300 AUD (UK Short term Study Visa).

## Placement Structure / Typical Day

Based at Adolescent inpatient Unit, 1 week in community CAHMS, and days with Autism Unit, under 12s inpatient unit and Young People's Gender Service.

Average day could include reviews/interviews with Psychiatrists, patient review meetings (MDT), various sessions with allied health (Psychology, Speech Path, Dietician, Family Therapist, OT) and time to see patients independently. Weekly teaching with CAMHS Registrars.

## Level of Flexibility on the Placement

Supervisor provided a timetable but this was accepted as a guide, freedom and flexibility to choose clinical activities and to see patients independently where appropriate.

## Expectations and Assessment

Attendance, but even this was relatively flexible. Was required to be independent during a lot of the time and seek out opportunities to see patients or work with allied health members.

## Skills Gained

Assessment of a range of mental health concerns in young people, the purpose of various allied health professionals in mental health particularly family therapy, practice engaging with young people and their families.

## Placement Highlights

Working with Psychiatrists and Family Therapists during family therapy sessions, getting to know the young people and their families. Young People's Gender Service was a really interesting clinic as well and something I hadn't seen before. In general everyone was incredibly friendly and keen to help.

## Challenging Aspects of the Placement

There wasn't a junior team, so when the Consultant was busy with things outside of patient care I was left to my own devices a bit and was often unsure of what to do. However, by the end I was more confident and comfortable talking to some of the young people independently and knew the team enough to engage better with allied health teams.

## Other Activities

Glasgow attractions - Live Music (King Tuts Wah Wah hut), lots of niche cafe's and bars, Museums, Art, lots of public parks, whiskey/gin distilleries. Trips around Scotland - train to Inverness, Edinburgh approx \$100 return tickets.

## Would you recommend this placement to someone interested in global health?

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