

**PGY-4 PSYCHIATRIC RESIDENCY PROGRAM**



**DIVISION OF INTRAMURAL RESEARCH PROGRAMS**



**NATIONAL INSTITUTE OF MENTAL HEALTH**



**NATIONAL INSTITUTES OF HEALTH**

## **Introduction**

The National Institute of Mental Health Intramural Research Program (NIMH IRP) offers an ACGME approved residency program for only the fourth year of postgraduate psychiatric training, (PGY-4). A brief description of the program and how it differs from a traditional university-based program follows.

The NIMH IR-P is housed in the Warren Gant Manguson Clinical Center at the National Institutes of Health. The facility is unique in that all patients treated in this hospital are clinical research subjects. The Clinical Center encompasses 59 inpatient beds with 1,900 full-time staff making it the largest clinical research facility in the country. The Clinical Center accounts for approximately 50% of research inpatient days and 24% of outpatient visits of NIH supported research throughout the country.

The NIMH PGY-4 program offers one of the finest research experiences available in the area of biological psychiatry. It is conceptualized as an elective fourth year residency placement. In other words, the PGY-3 residents who seek admission into this program must have completed their basic ACGME psychiatric residency requirements prior to their arrival at the NIMH. PGY-4 residents are hired as medical staff fellows in the same fashion as fellows entering at the level of PGY-5 and above. PGY-4 residents are advised at the time of their interview that this is a highly specialized experience devoted to biological psychiatry research. In this regard, while we do not offer the breadth and depth of a traditional university based program, we do feel our program is appropriate for those select senior residents who have completed their basic psychiatric training. Applicants who seek admission into this program, and are ultimately accepted, have demonstrated unique talent and interests in this specialized area of psychiatric work.

## **Program Goals and Objectives**

The goal of this training program is to offer motivated psychiatric residents the opportunity to complete their fourth year of psychiatric residency while simultaneously beginning a research fellowship. This year of training offers an alternative to chief residency positions or an elective year of clinical or research training at the home institution. The specific objectives of PGY-4 residents in the Program are delineated below:

- ◆ Participate in on going research of the Branch or Laboratory to which the Resident is assigned.
- ◆ Refine clinical skills in the ongoing, care of research subjects.
- ◆ Conduct psychiatric consultations at the Clinical Center with non- psychiatric research subjects.
- ◆ Develop the knowledge and skills necessary to design and implement a clinical research protocol.
- ◆ Develop a working knowledge of the use of statistics in psychiatric research.
- ◆ Refine research library skills (including the use of computerized literature searches).
- ◆ Increase knowledge of the principles of bioethics and the distinctions between the provision of standard clinical care and the conduct of clinical research.
- ◆ Actively participate in the Quality Assurance Program of the NIMH.
- ◆ Stay up-to-date with the current psychiatric literature through participation in journal clubs and seminars.
- ◆ Integrate prior psychiatric residency educational experiences into the research training at the NIMH.

## **Administrative Structure**

The administrative structure at the NIMH differs from a traditional university program. The Scientific Director of NIMH (Robert Desimone, Ph.D.) is roughly equivalent to a chairman of a large multidisciplinary department, while the Clinical Director (David R. Rubinow, M.D.) functions as the psychiatric service medical director. The Deputy Clinical Director (Donald L. Rosenstein, M.D.) serves as the Director of Residency Training, and the Associate Director for Fellowship Training (Barry Kaplan, Ph.D.) functions as the senior administrator of all training programs of the IRP (roughly equivalent to an associate dean of a graduate school). Branch Chiefs correspond to full professors, Section Chiefs to tenured or tenure-track associate professors, Unit Chiefs to assistant professors, Ward Administrators to instructors and Medical Staff Fellows are equivalent to research fellows. Our PGY-4 residents function in a similar way to chief residents on a clinical service in a university teaching hospital.

## **Commitment to Teaching**

The NIH has a long standing, and exemplary commitment to the education of physicians in training. The position of the NIMH IRP is that the rigorous research training, of PGY-4 residents and other medical staff fellows is an integral part of the academic mission of the NIH. This is a unique educational experience, and the NIMH IRP is strongly vested in continuing to offer this program to the future leaders of the academic psychiatric community.

## **Funding**

The NIMH IRP is funded entirely by the Federal Government. Each research branch has its own budget, administrated b the Branch Chief. Additionally, the Associate Director of Fellowship Training and the Clinical Director both have funds available for training.

## **Education and Fellowship Training Committee**

This Committee is comprised of ten tenured IRP investigators and three fellow representatives appointed by a committee comprised of staff fellows and basic research fellows, (NIMH Fellows' Committee). The functions of the Committee are essentially threefold:

1. To assist the Associate Director for Fellowship Training, and the Deputy Director for Residency Training, in the establishment of policy and administration of both the clinical and basic research training programs in the IRP.
2. To advise the Associate Director for Fellowship Training, on the qualifications, selection and dissemination of Seymour Kety Fellowships among IRP tenured and tenure-track investigators
3. Provide consultation in the resolution of fellow/mentor grievances and/or disputes.

In addition to the above executive committee, the NIMH Fellows' Committee serves to develop fellow-sponsored educational and social events, such as the Annual IRP Scientific Retreat and workshops in professional development and grantsmanship. The NIMH Fellows' Committee also participates in Program evaluation and played a pivotal role in the establishment of an Office of Education and Fellowship Training, in the IRP, as-well as the recruitment of an Associate Director for Fellowship Training.

## **Teaching Program**

Residents are required to take the NIH Clinical Center Core Course in Clinical Research, which is organized each fall by Dr. John I. Gallin, Director of the Clinical Center. Residents receive formal instruction in the principles and practice of clinical research, which includes exposure to the multitude of ethical, legal and regulatory issues in clinical research. Modules of instruction include epidemiology and biostatistics, ethics and regulation, monitoring patient research, and preparation and funding, clinical research studies. Residents are also required to participate in the Clinical Research Seminar Series, which includes presentation and discussions of on going, IRP research, as well as consultation/liaison case presentations. In addition to these didactic sessions, teaching, and research seminars, journal clubs, clinical case conferences, walk rounds and grand rounds, are conducted on a weekly basis as part of the overall teaching program.

Residents receive multiple super-vision sessions each week. In addition to scheduled supervisory sessions with their Branch/Section Chief, residents meet regularly with the Director of the Consultation-Liaison Service, to review their consults. Residents also meet semi-annually both with the Deputy Clinical Director for Residency Training and the Associate Director for Fellowship training to address issues and/or concerns related to Program development and administration.

## **Resident Selection**

The selection of residents into the Program is based on their academic record, prior residency performance, letters of recommendation, and personal interviews. Interested applicants submit their application packet to the Associate Director of Fellowship Training through the Deputy Clinical Director for Residency Training. These packets are screened, and qualified applicants are scheduled for interviews with the Clinical Director, Deputy Clinical Director for Residency Training, Associate Director of Fellowship Training, and selected Branch/Section Chiefs. The interview process assures that residents have completed their basic psychiatric training and specifically addresses the applicant's interest and abilities in biological psychiatric research. The residents will then interview with appropriate Branch Chiefs based on their area of research interest. Essentially, selection represents an individualized matching process based on the mutual interests of the applicant and Branch/Section Chief. Residents are advised during their inter-views that they will not be rotating from one service to another, as is traditional in a university based program, but will spend the year working with one group in a focused area of research. Additionally, PGY-4 residents have clinical responsibilities through the Clinical Center Psychiatric Consultation-Liaison Service.

## **Resident Evaluations**

Residents are evaluated on an ongoing basis by their Branch/Section Chief and the Deputy Clinical Director for Residency Training. Evaluations are based on the residents' progress as assessed through frequent supervision sessions. Each super-visor completes a written evaluation twice yearly, noting the accomplishments of each resident along with specific recommendations for continued professional development. If a Branch Chief feels that a resident is performing in an unsatisfactory manner, the Deputy Clinical Director for Residency Training will facilitate a review of the resident's performance and identify specific remedial assignments. If the resident's performance is not improved such that he or she is in jeopardy of not satisfactorily completing the year of training, the issue is taken to the Clinical Director and Associate Director for Fellowship Training. The Directors then meet with the resident to discuss the problem and determine appropriate action. The Directors will review the supporting documentation submitted by the Branch Chief along with any information the resident feels is appropriate for review and pertinent to the case. The resident is assured the opportunity of due process through the NIH Ombudsman's Office, NIH Office of Education, and federal grievance guidelines. All meetings are held in confidence.

### **Teaching Staff and Faculty**

The NIMH IRP at the Clinical Center occupies four inpatient units in addition to an active outpatient research program. The majority of the resident's time is spent working on a research unit, functioning as a chief resident on a psychiatry service would in a university program. The resident's duties include the initial evaluation of research subjects (psychiatric history, medical history and physical exam, administration of psychometrics and biological procedures), and the supervision and teaching, when appropriate, of visiting medical students and junior residents, nursing staff and other allied health and mental health trainees and professionals. Additionally, the residents have the opportunity to utilize the resources of the National Library of Medicine, housed on the NIH campus. This is the world's largest medical library. Included in its collection are over five million medical books, journals, pamphlets, and rare manuscripts and films. It is considered the finest medical library in the world. The teaching staff includes all tenured and tenure-track investigators of the NIMH IRP, as well as staff physicians and Senior Medical Staff Fellows.

### **Medical Record System and Quality Assurance**

The medical record system at the Clinical Center is computer based. All residents are trained in the use of this system. The Clinical Director's office is responsible for quality assurance at NIMH. The residents are instructed in the review process and required to participate with chart audits. Monthly meetings are held to review all incident reports and Q/A issues. Residents attend these meetings and submit a chart audit from their unit.

### **Summary**

The NIMH IRP PGY-4 residency program is a unique and valuable training option for prospective psychiatric clinical researchers. The program has a very successful record of training academicians and investigators. In our experience, we attract both local residents from programs that lack substantive research training opportunities, as well as highly focused residents from the U.S. and abroad who wish to train with specific NIMH IRP investigators. The program provides the NIMH IRP with an important recruitment mechanism while simultaneously providing the psychiatric academic community with superbly trained clinical investigators.