

Poster

📅 Sun. Sep 28, 2025 2:00 PM - 3:00 PM JST | Sun. Sep 28, 2025 5:00 AM - 6:00 AM UTC 🏛️ Poster Session (Foyer 1)

Poster 27

[P-27-02] Dedicated Teaching Clinics as a Pathway to Positive Mental and Professional Well-Being in Psychiatry

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Background: Junior doctors often face stress and anxiety due to lack of confidence and uncertainty. In Singapore, post-graduate medical education is traditionally on-the-job learning rather than structured teaching. This poses challenges in psychiatry, where medical school exposure is limited, and history-taking and management differ from other specialties. Confidentiality concerns also make it less common for junior doctors to observe seniors. Teaching clinics in other specialties have balanced education with clinical workload effectively, but this has not been explored in psychiatry locally.

Methods: In August 2022, a weekly teaching clinic was introduced at the Department of Psychiatry, Singapore General Hospital. Junior doctors rotating for 3–6 months ran the clinic alongside a consultant psychiatrist, managing new referrals and receiving feedback on clinical and communication skills.

Results: Between August 2022 and December 2024, 14 junior doctors (aged 26–35, psychiatry experience 0–5 years, medical experience 2–9 years) participated in surveys before and after the clinics. They were most concerned about handling difficult patients (12/14), misdiagnosing (12/14), and prescribing incorrect treatment (11/14). Confidence correlated most strongly with psychiatry experience. Thirteen found the clinics helpful, with the least confident doctors improving in 2–5 areas. The most notable gain was in formulating management plans, with one-quarter reporting increased confidence. Those with the least psychiatry experience benefited most. Eight consultant psychiatrists surveyed found supervising valuable, as it provided insight into junior doctors' strengths and weaknesses, enabling better-tailored teaching.

Conclusion: Teaching clinics offer a structured and supportive way to introduce clinical psychiatry while contributing to workload. They promote learning, stress reduction, and social support but require significant senior doctor involvement. Prioritizing junior doctors newer to psychiatry may maximize benefits.