CHILD AND ADOLESCENT PSYCHIATRY

Child and Adolescent Psychiatry is a board-certified subspecialty of psychiatry. The subspecialty encompasses the diagnosis and treatment of disorders of thinking, emotions and behavior affecting youngsters, from infancy through early adulthood, and their families. During training, a thorough knowledge of normal child and family development, psychopathology, and a variety of treatment modalities is acquired. Special emphasis is given to disorders that appear in childhood, including but not limited to autism and other developmental disorders, attention-deficit hyperactivity disorder (ADHD), mood disorders, anxiety disorders, learning disabilities, mental retardation, drug dependency and delinquency (conduct disorder).

The child and adolescent psychiatrist performs comprehensive diagnostic examinations, integrating physical, genetic, developmental, emotional, cognitive, educational, family, peer, and social findings into a formulation that is shared with the patient, family and other stakeholders. Treatment, directed by the child and adolescent psychiatrist, includes evidence-based medication management, consultation with other physicians, schools, juvenile courts and social service agencies, and a variety of psychosocial interventions, including individual, group and family psychotherapies.
Profile
The following information reflects responses from 70 child/adolescent psychiatrists who completed the 2003 Pathway Physician's Survey.

A. Respondents by types of areas

- Large City: 21.43%
- Metropolitan City: 31.43%
- Small City: 34.29%
- Rural: 10.00%
- Other: 2.86%

B. Respondents by gender

- Male: 66.18%
- Female: 33.82%

C. Respondents by years in practice

- 1-5 yrs: 20.00%
- 6-10 yrs: 21.43%
- 11-15 yrs: 25.71%
- 16-25 yrs: 21.43%
- 26-30 yrs: 9.71%
- More than 30 yrs: 3.45%

Perspectives

A. Respondents' satisfaction with current specialty/area of work

- Very satisfied: 45.00%
- Somewhat satisfied: 21.43%
- Neither satisfied nor dissatisfied: 21.43%
- Somewhat dissatisfied: 10.00%
- Very dissatisfied: 2.86%
B. Would you choose this specialty again?

C. Respondents by practice environment

D. Respondents' satisfaction with practice environment
Rating and Weighting of Critical Factors

Critical Factors represent significant aspects of physicians’ experiences in their practices. The rating represents their assessment of their current practice characteristics, while the weighting represents the importance of each factor to physicians.

A. Caring for patients: How much time do you spend directly seeing and caring for patients?

<table>
<thead>
<tr>
<th>Rating</th>
<th>σ = 1.94</th>
</tr>
</thead>
<tbody>
<tr>
<td>No time at all</td>
<td>Most of my time</td>
</tr>
<tr>
<td>Weighting</td>
<td>σ = 0.53</td>
</tr>
<tr>
<td>Not at all important</td>
<td>Very important</td>
</tr>
</tbody>
</table>

B. Continuity of care: How much continuity of care do you have with patients, (i.e., the length of patient relationships)?

<table>
<thead>
<tr>
<th>Rating</th>
<th>σ = 1.97</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short Term</td>
<td>Long Term</td>
</tr>
<tr>
<td>Weighting</td>
<td>σ = 0.92</td>
</tr>
<tr>
<td>Not at all important</td>
<td>Very important</td>
</tr>
</tbody>
</table>

C. Autonomy: To what extent do you have the final word on the treatment of your patients?

<table>
<thead>
<tr>
<th>Rating</th>
<th>σ = 1.68</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very limited autonomy</td>
<td>Great deal of autonomy</td>
</tr>
<tr>
<td>Weighting</td>
<td>σ = 0.78</td>
</tr>
<tr>
<td>Not at all important</td>
<td>Very important</td>
</tr>
</tbody>
</table>
D. Diversity: How much routine (similar work) or diversity (different tasks/activities) is involved in your work?

![Diversity Rating](image)

E. Personal time: Does your work allow you to control the scheduling and amount of time you spend on personal activities, (i.e., family, leisure)?

![Personal Time Rating](image)

F. Expertise: How broad is the scope of your work?

![Expertise Rating](image)
G. Income satisfaction: Compared to all physicians, do you feel you are fairly compensated for the amount of time and effort you spend?

![Rating and Weighting charts for Income satisfaction]

- **Rating**: 5.6
  - **Weighting**: 3.9
  - **σ = 2.04**

H. Creativity: To what extent does your work provide opportunity for creativity?

![Rating and Weighting charts for Creativity]

- **Rating**: 7.5
  - **Weighting**: 4.1
  - **σ = 1.69**

I. Certainty of outcomes: How much certainty of clinical outcomes does your work provide?

![Rating and Weighting charts for Certainty of outcomes]

- **Rating**: 5.1
  - **Weighting**: 3.3
  - **σ = 2.06**
J. **Clinical decision-making:** On what basis are your clinical decisions made?

**Rating**

![Graph showing the rating of clinical decision-making based on application of theory to a situation](image)

**Weighting**

![Graph showing the weighting of clinical decision-making](image)

\[ \sigma = 1.71 \]

K. **Patient decision-making:** To what extent do your patients have input into decisions about their health care?

**Rating**

![Graph showing the rating of patient decision-making](image)

**Weighting**

![Graph showing the weighting of patient decision-making](image)

\[ \sigma = 1.43 \]

L. **Interacting with other physicians/members of health-care team:** To what extent does your work provide opportunities for you to interact with other physicians/ members of a health-care team?

**Rating**

![Graph showing the rating of interaction with other physicians](image)

**Weighting**

![Graph showing the weighting of interaction with other physicians](image)

\[ \sigma = 2.39 \]
M. Manual/mechanical activities: How often do you use manual/mechanical activities for highly skilled tasks (i.e., following procedures, performing operations)?

Rating

\[ \sigma = 1.40 \]

Weighting

\[ \sigma = 1.11 \]

N. Pressure: How much pressure do you have in your work (i.e., dealing with clinical crises, need for immediate decisions about patients, dealing with multiple patients simultaneously).

Rating

\[ \sigma = 1.91 \]

Weighting

\[ \sigma = 0.96 \]

O. Responsibility: How much responsibility do you assume for patient outcomes in your work?

Rating

\[ \sigma = 1.63 \]

Weighting

\[ \sigma = 0.73 \]
P. Schedule: What type of schedule do you have in your work?

Q. Security: How much professional security do you have in your position, (i.e., know where you stand and are certain of your future professionally, will there be a need for your services in the future)?

R. Sense of accomplishment: To what extent does your work provide the opportunity to see end results?
Weekly distribution of time
According to the survey, child/adolescent psychiatrists spend their week as follows:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Average Hours per week (may overlap)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient care activities</td>
<td>34.75</td>
</tr>
<tr>
<td>On-call (in contact)</td>
<td>8.35</td>
</tr>
<tr>
<td>On-call (available)</td>
<td>79.08</td>
</tr>
<tr>
<td>Administrative</td>
<td>8.61</td>
</tr>
<tr>
<td>Professional travel</td>
<td>5.15</td>
</tr>
<tr>
<td>Continuing education</td>
<td>2.34</td>
</tr>
<tr>
<td>Community service</td>
<td>2.61</td>
</tr>
<tr>
<td>Research</td>
<td>5.46</td>
</tr>
<tr>
<td>Other professional</td>
<td>4.90</td>
</tr>
</tbody>
</table>

Patient profile
A. Patient encounters per week

B. Patient characteristics

By age %
- Infants (0-2 yrs) 1.36
- Children (3-18 yrs) 61.51
- Adults (19-64 yrs) 33.97
- Older adults (65+ yrs) 7.04

By race %
- Underrepresented minority (URM) 27.31
- Non-URM 72.69

By type of insurance %
- Medicaid/Medicare 41.38
- Uninsured 17.06
- Other 41.56

Percentage of patient encounters that deal with: %
- Routine check-ups 15.86
- Acute illness 30.51
- Chronic illness 68.69
- Terminal illness 7.18

Percentage of time per patient encounter devoted to: %
- Acute conditions 36.00
- Chronic conditions 56.29
- Preventive health 21.55

C. Five types of illnesses/conditions most frequently encountered

<table>
<thead>
<tr>
<th>Number of responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood disorders</td>
</tr>
<tr>
<td>Attention deficit disorder</td>
</tr>
<tr>
<td>Anxiety disorders</td>
</tr>
<tr>
<td>Psychosis</td>
</tr>
<tr>
<td>Behavior problems</td>
</tr>
</tbody>
</table>
Specialty: Child & Adolescent Psychiatry
Total survey responses: 70

Summary of comments for question: List up to three other factors, if any, you would advise students to consider carefully before selecting your specialty?
Physicians who completed the Pathway Physician’s Survey, 2003, submitted the following comments. The majority of comments are categorized by the Critical Factors that are rated and weighted in another section. Numbers in parentheses indicate the total number of responses for a particular comment.

1. Caring for Patients

2. Continuity of Care
   - Willingness to find satisfaction/rewards in longer term patient care

3. Autonomy
   - Will they be able to be captain of the ship?
   - Autonomy - managed care (4)

4. Diversity
   - Diversity of activities
   - Tolerance for diversity

5. Personal Time
   - Family (2)
   - Life style
   - Impact on lifestyle
   - Personal life obligations and interests
   - Availability of leisure time

6. Expertise

7. Income Satisfaction
   - Don't expect money to validate the worth of your work.
   - Income potential (4)
   - Reimbursement by third parties
   - Income on lower end for physicians

8. Creativity

9. Certainty of Outcomes
   - Tolerance for uncertainty/ambiguity (5)
   - Patient outcome
   - Psychiatry has limited certainty in terms of outcome/not concrete (2)
10. Clinical Decision Making
   - In child psychiatry - or in psychiatry in general (no investigation can help you – i.e. x-ray, blood tests etc). You must be prepared to come to diagnoses without their help.

11. Patient Decision Making

12. Interacting with Other Physicians/Members of Health-care Team
   - Need to work with teams (3)
   - Ability to work with non-medical professionals (2)

13. Manual /Mechanical Activities

14. Pressure

15. Responsibility

16. Schedule
   - Flexibility of schedule/hours (2)
   - Hours
   - On call responsibility
   - Time to write
   - Regular hours, less on-call and fewer emergency call

17. Security
   - The future of the specialty
   - Shortage of child psychiatrists
   - Will their specialty be in demand in small towns or will they need to be near a tertiary care facility?
   - Need for specialty in a given area
   - Demand for services (3)

18. Sense of Accomplishment

19. Patient Characteristics
   - Willingness to work with difficult population

20. Types of Illnesses
   - Psychiatric illnesses are multi-determined .i.e., many causes, many etiologies

21. Practice Environment
   - Ability to integrate psychological with medical issues
   - Have child psych peers in community
   - Who is managing you – i.e.: a physician vs. a non-physician
   - Consider solo private practice
• Diverse practice settings
• Working in an area where research is needed
• Explore consultant roles with schools, juvenile detention, inpatient pediatrics
• Scarcity of this subspecialty in intended practice area

22. **Health Care Environment**
- Ability to choose level of involvement with managed care (0-100%)
- Managed care impact/HMO interference (2)
- Freedom from third party control, i.e. managed care
- Try to minimize/beware of/ managed care contracts (2)
- Realize more how regulating agencies can control much of what you can do

23. **Personality/Temperament**
- Personal comfort with emotional issues
- Have to be patient and understanding.
- Compassion first
- Good interpersonal skills (3)
- Ability to use yourself in interactions with patients
- Empathy (2)
- Enjoy teaching
- Love for people
- Sense of humor
- Ability to deal with emotional trauma
- Ability to enjoy being flexible in approach that includes neurobiology, psychology, systems theory, and social factors
- Be creative
- Listening skills
- Ability to tolerate patient resistance
- Knowing yourself
- Preferred learning/thinking style/ analytical skills/ ability to think about abstract problems (3)
- Enjoying working with children and their families (5)
- Like what you do
- Ability to form a therapeutic relationship with patients including psychotherapy (not just medication)
- Interest in working in and with systems (family, school, community, etc.)
- Ability to accept lack of evidence based medicine

24. **Miscellaneous Comments**
- Professional identity
- Change in priorities later in life
- Impact on child's life
- Outside emotional supports
• Long-term plans
• High personal satisfaction
• Have a spiritual base
• Do physicians get to do what they expect to do?
• Enjoyment of field/experience in clinical rotation
• Intellectual stimulation
• Degree of personal interest/strong interest (3)
• Include genetics in your background formation
• Academic is not real world
• Time to see patients
• Cultural competencies
• Follow your heart
• Length of training
• Undergoing change
• Ability to define a niche for oneself and choose patient population characteristics
• Difficulty in getting proper training in all treatment modalities
• Acceptance of ideas and feelings of others
• Support in training for multiple points of view
• Very interesting
• Rapid evolution of the field
• Not getting to do much therapy
• Location
• Never feeling bored
• Are your goals appropriate in the future?
• Past experience/info from practitioners
• Do it with fun
• Disappearance of true confidentiality in psychiatry
• Limited business advice in residency
• The privilege of listening to the important stories of individual lives is a treasure peculiar to psychiatry in great depth
• Neuroscience and psychology
• Population
• Continuing growth and self-expansion
• Do subspecialty training - forensic, child/adolescent, addiction
• Long residency/fellowship for amount of salary expected
• Opportunities for research
• Lack of hospital programs
• Debt incurred by training
• Balance
• Identity issues of are you really a physician
• Flexibility in change of interest over time
• Tolerance for criticism
• Will your work be enjoyable?
• Do not listen too much to your mentors, just respect them.
• Good role models
• Holistic approach
• Time to think
• Professional satisfaction (3)