

PRCP Newsletter

April 2019

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1. PRCP Newsletter Editor's Report



Dear PRCP Colleague, it is now five months since the very successful PRCP Congress in Yangon, Myanmar. How time flies! This meeting was an important breakthrough for the PRCP. It was hosted by a vibrant and developing country and was well attended by PRCP members and by many of our younger psychiatrist colleagues from Myanmar and the Asia-Pacific region. A report on this meeting is included in this newsletter. It makes for very satisfying reading. We are indebted to our Myanmar colleagues and the Congress organizing committee led by Prof Tin Oo.

An important initiative arising from the Yangon Congress is the formation of the Young Asia Pacific Psychiatrist Network (YAPPNET). This internet-based group will facilitate support for career development for young psychiatrists across the Asia Pacific region. The founding document (Declaration of Yangon) and an information piece on the group are included in this newsletter.

Members of the PRCP Board met recently in Sydney, Australia. A number of important decisions were made at this meeting including the choice of Seoul, Korea to host the next PRCP Congress from 8-10 April 2021. This Congress will be held in conjunction with the Korean NeuroPsychiatry Association with Prof Yong Chon Park as the chair of the organizing committee. Prof Park's leadership ensures this meeting will be a tremendous success. A preliminary report on preparations for our 19th Congress is included in this newsletter. Please save the date for our 2021 Congress!

Other decisions made at the Sydney Board meeting are highlighted in the reports of our President, Prof Mian-Yoon, and our Secretary General, Prof Tsuyoshi Akiyama in this newsletter. As your Treasurer I am pleased to report that the PRCP is financially in good health and a small surplus budget is planned for 2019. However, the continued financial success of the PRCP depends on growing our membership base. Please encourage your colleagues to join the PRCP! An application form is attached to this newsletter.

I look forward to contacting you with further newsletters over the next two years. And I look forward to meeting you in person at the 2021 Congress – this meeting is now only 24 months away!

Prof Philip Morris

2. PRCP President's Report



It is my great honour and pleasure to serve you as the 19th president of Pacific Rim College of Psychiatrists (PRCP). The PRCP was founded on May 14, 1980 with aims to promote research, training and the exchange of information between psychiatric professionals. I look forward to continuing the work of my predecessors who have laid a good foundation to enhance the tasks of PRCP: Participation, Responsibility and Collaboration among colleagues and countries in the Pacific Rim region.

One of the platforms for the exchange of information is the biannual scientific meeting. The recent successful 2018 PRCP congress in Yangon is an example and it was the first international psychiatric meeting that ever held in Myanmar. It inspired and motivated a group of early career psychiatrists who participated the educational and leadership workshops to establish a peer group (Young Asia Pacific Psychiatrists Network, YAPPNET) under the auspices of PRCP. We welcome our new members and look forward to work with you in any future endeavour.

We will also strengthen our relationship with other psychiatric societies in this region with greater participation in conducting seminars, training workshops or sponsor collaborative research in the area of mental health. We also hope to extend our collaboration to those countries where mental health has long been neglected or underdeveloped. I would like you to join and lead the special-interest groups (SIGs) that were set up in the last two years, to share your expertise among psychiatrists in this region and to publish your research, evidence and experience at our official journal-the Asia Pacific Psychiatry (APPSY).

Our next biannual scientific meeting (the 19th PRCP Congress) will be held in Seoul on April 8-10, 2021, hosted by the Korean NeuroPsychiatry Association (KNPA) who have good records in organizing successful congresses including the 15th PRCP Congress in 2012. In order to have more time to prepare a meeting, we are also considering Australia as a venue for the 20th PRCP Congress in 2023. I look forward to seeing you and it is a responsibility for all of us to actively participate in these and other activities and be proud of being a member of this prestigious academic society of psychiatry.

Mian-Yoon Chong, MD., PhD., FRCPsych
President, PRCP

Professor of Psychiatry, Chang Gung University School of Medicine, Taiwan
Vice-Superintendent, Chang Gung Memorial Hospital, Chiayi, Taiwan

3. Secretary General's Report

Staff changes

The previous staff, Ms Mari Sato was recruited as private secretary of the Australian ambassador in Japan. And new staff, Ms Hisako Nagao has been in the office since October 2018. On behalf of all PRCP members, I express my profound gratitude to Ms Sato's dedication and hearty welcome to Ms Nagao.

Board meeting

On 22 February 2019, Mian Yoon Chong, Chee Ng, Tao Li, Helen Herrman, Tsuyoshi Akiyama and Philip Morris had board meeting at Sofitel Sydney Wentworth. Philip Morris participated in the meeting via ZOOM. The group agreed that the PRCP provides two-year annual fee waiver to early career psychiatrists who have applied from Yangon meeting. The group agreed that the 19th PRCP congress be held in Seoul as has been proposed by Yong Chon. Philip Morris expressed an interest to consider hosting 2022 PRCP congress in Australia. The group appreciated the offer and decided to continue considering this issue.

The group discussed that we may give more clarification about responsibility / expectation for PRCP Board members. Chee Ng and Tsuyoshi Akiyama will draft this document and propose the following:

- Attendance of at least one board meeting during their tenure (in-person or remotely via teleconference)
- Contribution to the APPSY journal (ie being a regular reviewer of 2 papers per year or submitting at least one paper in 2 years)
- Leading a Special Interest Group endorsed by the PRCP
- Contributing an article to the PRCP Newsletter.

The meeting was short but very productive.

Brief financial report

Thanks to the great contribution from Yangon congress, the total income for 2018 was USD 21,139. Since the total expense was USD 9,829, the surplus was USD 11,310.

Tsuyoshi Akiyama
Secretary General PRCP

4. Report on the 18th International Congress of Pacific Rim College of Psychiatrists (PRCP) October 26-28, 2018, Yangon, Myanmar

The 18th International Congress of PRCP, the first international psychiatric congress hosted in Myanmar and the 5th Myanmar Mental Health Conference were successfully held in Yangon, Myanmar from October 26 to 28, 2018 at Sedona Hotel.

The sponsorships and supports were from Myanmar Mental Health Society (MMHS), HelpAge International Myanmar (funded by EU and World Diabetes Foundation), 9 regional and international psychiatric associations, and 23 pharmaceutical companies (platinum and gold sponsorships were contributed by Servier (S) Pte., Ltd. and Sun Pharmaceutical Industries Ltd. respectively).

The theme of the meeting was “Mental Health Development in Pacific Rim: Future Challenges and Solutions”, and it had indeed demonstrated a strong partnership among the colleagues of Asia Pacific region. There were a total of 7 keynote speeches, 6 lectures, 4 workshops (3 were pre-congress), 1 forum, 20 parallel symposia and 60 poster presentations.

There were total of 427 participants from 24 countries. Among them, 238 were local participants from Myanmar and 189 were international participants. Number of delegates according to countries were; Australia (12), Cambodia (3), Canada (4), China (4), Denmark (1), Germany (1), India (2), Indonesia (7), Iraq (1), Japan (18), South Korea (18), Malaysia (13), Nepal (1), Netherlands (4), New Zealand (1), Norway (1), Poland (33), Singapore (4), Switzerland (1), Taiwan (29), Thailand (25), UK (2), and US (4).

There were two award programs. For the Young Psychiatrists Award, 9 young psychiatrists were selected. The award was in terms of certificate of appreciation, 300 USD prize, and waiving registration fees in addition to the certificate of appreciation. For the Poster Presentation Award, 3 best posters were selected and the award was in terms of certificate of appreciation, 300 USD prize, and refunding registration fees.

Regarding the academic portion, it was rather a tight agenda to schedule such a substantial amount of presentations in a two-and-a half day program.

All the social events and refreshment programs went well. In every congress day, there was a complementary lunch for all registered delegates at D’Cusine restaurant. Precongress fine dining dinner was hosted by Taiwanese Academy of Psychiatric Epidemiology (TAPE) at one of the best 5-star teak hotels of Yangon, ‘The Belmond Governor’s Residence’. The presidential dinner with entertainments was proudly hosted by Myanmar Mental Health Society on the congress opening day at the pool-side of congress hotel. Gala dinner (with additional fees) at floating Karaweik (mythical bird) Palace was on congress day 2. After the gala dinner, delegates visited famous Shwe Dagon Pagoda.

The congress event went well and after successful conclusion, the delegates enjoyed the complementary half day city tour program. In fact, the constant support and guidance from our senior psychiatrists, cohesive and enthusiastic effort of our young psychiatrists and psychiatry residency trainees, sincere support from the PRCP members, and the good practices from the previous congresses were the essential elements for this successful congress.

For proper budget allocation, we collaborated with the local travel and tour company and IT team instead of hiring event organizer. To liaise with the international delegates and speakers, our psychiatry residency trainees contributed their services as volunteers. It was a great opportunity for them having exposure to international event.

Moreover, it also saved the budget on hiring liaison group.

Instead of printing a heavy program book with all the abstracts, we only provided program book with welcome speeches, keynote speaker information, detail day-to-day programs and important information relating the congress. For the whole abstracts, we provided as soft-copies in a memory stick. For all the information related to the congress and host country, online registration, convenient hotel booking and travel and tour arrangement, we launched the website www.prcp2018.org.

According to the experience, the following are some recommendations regarding local organizing committee and academic program for future events.

For local organizing committee:

1. Management of timelines such as announcement for abstract selection, announcement of program details.
2. Early collection of the presentation slides and short CVs of the presenters.
3. Contact with the chair persons of the symposium beforehand and sharing the information about schedule and room arrangement of each symposium.

For academic program:

1. Proper time allotment - Time allotment of four speakers in 70-minute symposium was a very tight schedule.
2. Poster presentation - Less chance for the audience to pay much attention to poster presentations.
3. Timely contact with the awardees – Informing best poster awardees to attend the awarding ceremony.

The last, but not the least, we would like to express our gratitude towards the Board and PRCP members, especially president of PRCP, Professor Pichet Udomratn (now immediate past president), president elect of PRCP, Professor Mian-Yoon Chong (now president) and general secretary of PRCP, Professor Tsuyoshi Akiyama for their constant support and active participation, PRCP officials, all the speakers, delegates and local organizing team without which this congress could not be conducted successfully.

Prof Tin Oo
Congress Vice President
President of Myanmar Mental Health Society





5. Announcement of Seoul for 2021 PRCP Congress

Over the last 6 months, the PRCP has been actively seeking a suitable conference venue for the 19th PRCP Congress.

Prof Yong Chon Park, the Vice-President of PRCP submitted a comprehensive proposal for Seoul as the 19th PRCP Congress venue for consideration at the Board meeting in Sydney on 22 February 2019. The Board members unanimously supported this proposal and fully welcomed Prof Park and his colleagues for their active support in convening the 19th International Congress of the PRCP in Seoul. The proposed date will be on 8 April (Thu) to 10 April (Sun) 2021, and the proposed venue will be at the Grand Hilton Seoul which has excellent conference facilities. The Congress will be hosted by the Korean NeuroPsychiatry Association (KNPA) who have successfully hosted previous PRCP Congresses including the 15th PRCP Congress in 2012.

Seoul is a global city that was awarded the Best MICE (Meetings, Incentives, Conferences and Exhibitions) City by Global Traveller in 2015-2018. Travel access to the city is both convenient and easy to get to by conference participants. Seoul is also known to have state-of art infrastructure and numerous tourist attractions. The 19th PRCP Congress promises to be an outstanding international conference with an exciting program that will provide participants with an enriching educational experience and networking opportunities. We look forward to seeing as many PRCP members and other affiliates as possible at the PRCP 2021 Congress in Seoul.

Professor Chee Ng MBBS, MD, FRANZCP
Healthscope Chair of Psychiatry, The Melbourne Clinic
Professor of Psychiatry, Melbourne Medical School , The University of Melbourne
President-Elect PRCP

6. PRCP 2021 Congress Welcome Message

Dear Colleagues,

On behalf of the local organizing committee and the Korean NeuroPsychiatry Association (KNPA), it is a great pleasure to invite you to Seoul, Korea for the 19th International Congress of the Pacific Rim College of Psychiatrists (PRCP 2021) to be held at the Grand Hilton Hotel from April 8 (Thu) to 10 (Sat), 2021.

The PRCP 2021 promises to be a great occasion to present advanced academic achievements and to share information, valuable scientific research results, and cases in the field of psychiatry. We are excited to prepare a scientific program that will propose high-quality sessions providing deeper knowledge and new perspectives in this field. As this is the third time that Korea will host the PRCP, we will develop even more innovative and insightful programs based on our accumulated experience to make the PRCP 2021 the most meaningful and memorable congress ever.

The next PRCP has been set to take place in April 2021 as the congress of the World Psychiatric Association (WPA) will be held in October 2020. We are glad to be able to offer participants a chance to enjoy the host city during its most beautiful time of the season, spring. Various social events and tour programs will allow participants to get a taste of Seoul, the nation's capital city that blends cutting-edge technology and rich traditional culture.

We are confident that the successful hosting of the PRCP 2021 in Seoul will contribute positively to the future of PRCP in many ways. As such, we look forward to your participation, and hope to see you in Seoul, Korea.

Sincerely yours,

Prof Yong Chon Park, MD, PhD
Professor
Department of Neuropsychiatry
College of Medicine, Hanyang University
Chair, Local Committee of the 19th International Congress of the PRCP

Declaration of Yangon

“Support Accessibility, Competency, and Collaboration: From Young Psychiatrists, for Young Psychiatrists”

The idea was conceived by young psychiatrists following the Professional Leadership Skills for Early Careers Psychiatrists workshop by Professor Dr Norman Sartorius on 25th October 2018 in Yangon, Myanmar.

Preamble

1. Young psychiatrists, especially from developing countries, often face overwhelming challenges during the early part of their career. This could be due to a combination of many factors, often being the solo practitioner, uncertainty in future career pathway, lack of access to structured continuous supervision, financial restriction, limited resources for further training, and other ubiquitous reasons.
2. In order to support regional young psychiatrists, the Pacific Rim College of Psychiatrists (PRCP) as led by the current President, Prof Dr Chong Mian-Yoon and immediate Past President, Prof Dr Pichet Udomratn, together with their board members have agreed to strengthen the international collaboration through conjoint effort of young psychiatrists under the Young Asia Pacific Psychiatrists Network (YAPPNET) - a chapter under PRCP.
3. The Declaration of Yangon aims as a statement to ensure continuous free access to quality international peer-support. This is achieved through conjoint effort, especially from the Asia Pacific region, in order to help the young psychiatrists to gain up-to-date evidence-based global mental health perspectives and equip them with the necessary skills to be future proof.
4. Consistent with the mandate of the PRCP, the Declaration is addressed primarily to young psychiatrists, including clinicians, academicians, researchers, and trainees.

General Principles

1. A competent young psychiatrist means a capable future leader in mental health of the region which he or she belongs to.

2. Relevant competencies include core clinical skills, communication skills, managerial skills, leadership, continuous self-development, as well as innovation and research skills.
3. Free access to peer-supervision and continuous support through international and regional collaborations are necessary to ensure sustainable growth and development of young psychiatrists.
4. Efficient pooling of resources is important to assist young psychiatrists from resource limited regions.
5. Collaboration and networking with other important disciplines is essential to improve mental health services by young psychiatrists. This includes but not limited to allied health, media, law experts, educationists and entrepreneurs.

Signatories

Young Asia Pacific Psychiatrists Network, YAPPNET.

4th November 2018

Going International with Combined Local Resource: The Formation of Young Asia Pacific Psychiatrist Network (YAPPNET)

Nicholas Pang Tze Ping¹, Thant Zaw², Bintang Arroyantri Prananjaya³, Nay Chi Htoo⁴, Febrianti Santiardi Danasasmita⁵, Ravivarma Rao Panirselvam⁶, Su Myat Yadanar⁷, [Loo Jiann Lin](#)¹

¹ Faculty of Medicine and Health Science, Universiti Malaysia Sabah, Malaysia.

² Psychiatric Department, Defence Services General Hospital, Myanmar.

³ Faculty of Medicine, Universitas Sriwijaya, Indonesia.

⁴ Hlaing Thar Yar General Hospital, Yangon, Myanmar.

⁵ Department of Psychiatry, Universitas Padjadjaran / Dr. Hasan Sadikin Hospital, Bandung, Indonesia.

⁶ Department of Psychiatry and Mental Health, Bintulu Hospital, Malaysia.

⁷ Dawei General Hospital, Tannintharyi Division, Myanmar.

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The transition from a trainee to young psychiatrist can be challenging when the power of making decision has suddenly fallen on the shoulders of the new leader. As the learning curve is steep, this adjustment period requires extensive support in order to achieve competency in all areas, include both clinical and administrative aspects, although resource scarcity is a common daunting issue faced by the young psychiatrists in developing countries. Wouldn't it be nice if there is an international network that can harness regional pooled resource that allows the member to support and complement each other?

With the motto of “Support Accessibility, Competency, and Collaboration: From Young Psychiatrists, for Young Psychiatrists”, the idea of setting up a regional support was conceived by young psychiatrists following the Professional Leadership Skills for Early Careers Psychiatrists workshop by Professor Dr Norman Sartorius on 25th October 2018 in Yangon, Myanmar. Envisioned by the immediate past president of Pacific Rim College of Psychiatrists (PRCP) Prof Dr Pichet Udomratn and the current president Prof Dr Chong Mian-Yoon, the Young Asia Pacific Psychiatrist Network, aka YAPPNET is initiated by Dr Loo Jiann Lin with the help of his committee members in order to empower the regional collaboration of young psychiatrists.

A working committee was formed immediately to facilitate and organise the establishment of YAPPNET with the following members:

President	: Dr Loo Jiann Lin (Malaysia)
Vice President	: Dr Thant Zaw (Myanmar)
Secretary	: Dr Bintang Arroyantri Prananjaya (Indonesia)
Deputy Secretary	: Dr Nicholas Pang Tze Ping (Malaysia)
Treasurer	: Dr Nay Chi Htoo (Myanmar)
Deputy Treasurer	: Dr Febrianti Santiardi Danasasmita (Indonesia)

YAPPNET Liaison Officers:

- I. Dr Ravivarma Rao Panirselvam (Malaysia)
- II. Dr Su Myat Yadanar (Myanmar)

All young psychiatrists from Asia Pacific Region, defined as: 1) A trainee in psychiatry from his or her country, or 2) A psychiatrist (as defined by his or her practicing country) who is in the first seven (7) years of his or her career, are eligible to be a member of YAPPNET at no cost. All YAPPNET members are encouraged to join PRCP and also the Special Interest Group, subject to the prescribed fee and approval of PRCP. The need of regional YAPPNET members will be identified and activities will be planned accordingly in order to contribute to the gap of need, e.g. research training and collaboration, psychotherapy training, electroconvulsive training, and leadership training. A google group has been set up in order to assist dissemination of information, resource sharing, peer support and also pooling of resources.

With the help of Industrial Revolution 4.0, technological advancement has smoothed the process of collaboration and removes the geographical area. With this collaborative culture, the vision of having regionally and internationally future competent psychiatric leader can become a reality, and it is directly beneficial to both the members and the population they are serving. As Ratan Tata said, “If you want to walk fast, walk alone. But if you want to walk far, walk together.”

8. Report from editor Asia-Pacific Psychiatry

The First Anniversary of the Collaboration Between PRCP and AFPA in Our Journal Asia Pacific Psychiatry

The official journal of PRCP, *Asia Pacific Psychiatry* (APPSY), had its origins in 2004 during the start of my term as President Elect of the Pacific Rim College of Psychiatrists (PRCP). My vision was to develop an English language journal which would be the official journal of the PRCP and which would serve all the countries of the Pacific Rim and Asia as an important resource for publishing academic scholarship and research which would supplement opportunities available from national psychiatric society journals. At that time I had approached Afzal Javed, one of the key founders of the Asian Federation of Psychiatric Associations (AFPA), about whether AFPA would have an interest in the new PRCP journal becoming its official organizational journal. Understandably, AFPA wanted its own journal and launched *Journal of Asian Psychiatry* (JAP), at about the same time as APPSY began publication in 2008. After a number of years of JAP's publication, when Dr. Naotaka Shinfuku was president of AFPA, he asked if I would consider the potential for *Asia Pacific Psychiatry* to become the official journal of AFPA. My enthusiasm to fulfill our original vision through the collaboration with AFPA was shared by the PRCP board of directors which endorsed collaboration under PRCP President Helen Herrmann's and Pichet Udomratn's leadership.

After several years of collegial and fruitful negotiations, the boards of PRCP and AFPA, and our publisher Wiley, with special support from Julia Ballard who has served as our Wiley liaison for many years, all endorsed this new collaboration in which *Asia Pacific Psychiatry* became the official journal of the Asian Federation of Psychiatric Associations. All appropriate documents and contracts were signed, and a committee chaired by the APPSY Editor in Chief and including the organizations' presidents and presidents elect, was established to oversee the transition and ongoing collaboration.

In January 2018, a formal launch ceremony was held at the joint meeting in Manila of AFPA and the Philippine Psychiatric Association to commemorate AFPA joining PRCP in making *Asia Pacific Psychiatry* its only official organizational peer reviewed journal.

I am personally grateful for the diligent work of so many reviewers, editors, and editorial board members, and from our industrious, diligent, resilient, and collaborative editorial staff from both the Manila and Melbourne Wiley offices, as well of those who have entrusted us with their scholarly work, all of whose formidable and thorough efforts have helped bring great success to APPSY. Over the coming months the journal's editorial leadership will be enhanced with the addition of scholars from AFPA. We will be adding additional editorial pages and considering new formats and categories of publications which will

better meet the needs of our 20,000 new readers from AFPA who will have free access to the journal, just as our current PRCP members, as a result of the generous support of Wiley.

With a more diverse readership we know there may be opportunities to add new features which will better serve your needs. Please share any ideas you have with the journal via our website. Thanks for your historical support of APPSY and to the support of Afzal Javed, Malcolm Hopwood, Pichet Udomratn, and Mian Yoon Chong and the boards of the PRCP and AFPA for supporting this new collaboration, and my continuing leadership. The stage is now set to transform the original vision of what APPSY could become into reality. Working together I have no doubt we will succeed in this honorable task.

Allan Tasman, MD
Editor in Chief, Asia Pacific Psychiatry

9. List of PRCP Board Directors and Officers

President

Mian Yoon Chong (Taiwan)

President Elect

Chee Hong Ng (Australia)

Vice President

Tao Li (China)

Yong Chon Park (Korea)

Edmond Pi (USA)

Treasurer

Philip Morris (Australia)

Secretary General

Tsuyoshi Akiyama (Japan)

Past President

Pichet Udomratn (Thailand)

Board of Directors

Itsuo Asai (Japan)

Susanna Every-Palmer (New Zealand)

Julian Freidin (Australia)

Soma Ganesan (Canada)

Susan Shur-Fen Gau (Taiwan)

Helen Herrman (Australia)

Narei Hong (Korea)

Hong Ma (China)

Hiram Mok (Canada)

Shinji Shimodera (Japan)

Alan Teo (USA)

Nor Zuraida Zainal (Malaysia)

Kang Seob Oh (Korea)

Tin Oo (Myanmar)

Andi Tanra (Indonesia)

Samuel Law (Canada)

10. PRCP Application Form

APPLICATION FORM FOR MEMBERSHIP OF THE PACIFIC RIM COLLEGE OF PSYCHIATRISTS

DATE

TITLE

FIRST NAME

LAST NAME

DATE OF BIRTH

COUNTRY:

GENDER:

CURRENT POSITION

MAILING ADDRESS

HOME PHONE :

FAX:

OFFICE PHONE

E-MAIL

SPECIALIST BOARD: DATE RECEIVED:

- PSYCHIATRY
- NEUROLOGY
- OTHER (PLEASE SPECIFY)

CURRENT INTERESTS:

- CLINICAL
- TEACHING
- RESEARCH
- CROSS CULTURAL

SPECIALIST TRAINING:

QUALIFICATIONS:

YEARS WORKED AS PSYCHIATRISTS:

MEMBERSHIP OF NATIONAL ASSOCIATIONS:

INTERNATIONAL ACTIVITIES

Please return this form with your CV and one passport photo to the PRCP Secretariat located at:

Department of Neuropsychiatry, NTT MEDICAL CENTER TOKYO
5-9-22 Higashi-godanda, Shinagawa-ku Tokyo 141-8625 JAPAN

Phone: + 81 3 3448 6508 Facsimile: + 81 3 3448 6507

E mail: info@prcp.org

*PRCP recognizes World Bank Economic Categories. Please see the PRCP website for details:
www.prcp.org/members.html