# Video transcript: Why Dr Patrick Hughes chose psychiatry

>>Dr Patrick Hughes: My name is Patrick Hughes, and I'm a higher trainee in general adult psychiatry. I chose to do general adult after experiences as a core trainee.

>>Dr Patrick Hughes: In general adult, I found complex, risky, difficult patients that caused a lot of stress and worry within the team. [They] caused a lot of stress and worry within the police, social work, and other areas.

>>Dr Patrick Hughes: And what I would see would be the general adult consultant come in, come into that stressful situation, ask a handful of pertinent questions, get to the heart of it, and simplify it for everyone. This is what we know, this is what we're responsible for. These are the risks with this option. These are the risks with that option and with the team, [and] making a decision [that] would just take a lot of that stress out of the equation.

>>Dr Patrick Hughes: I thought, yes, I, I want to be that calm, organised, pragmatic person who can do that and do that for the team. And higher training in general adult helps me to get there.