

Trainee Job Description

Job Title	Doctor in Training Psychiatry		
Educational Supervisor	TBC by HENW		
Clinical Supervisor	Dr Andrew Boardman		
Hospital Address	Vale House Resource Centre, High Street, Winsford. CW7 2AS		
Trust	Cheshire and Wirral Partnership NHS Foundation Trust		
Speciality	Psychiatry Core	Sub Speciality	Early Intervention
Full Time/Part Time	Full	Days Worked	5 Days
Year of Trainee (Delete those N/A)	1	2	3

Description of Placement

The Central and Eastern Cheshire Early Intervention in Psychosis Team is a specialist mental health team providing evidence based care (as outlined in the NICE Guidelines for Schizophrenia and Psychosis) to people experiencing a first episode of psychosis or at risk mental state for psychosis between the ages of 14 and 65. The average age of patients in receipt of care from the team is 23. The ethos of the team is to be person centred and recovery focused. A 3 year service is provided to patients. The team has a case load of approximately 150 service users who reside in a very large geographical areas covering eastern, south and central Cheshire (main population areas are Crewe, Nantwich, Congleton, Sandbach, Alsager, Audlem, Middlewich, Northwich, Winsford, Holmes Chapel, Knutsford, Macclesfield, Poynton, Wilmslow, Alderley Edge, Disley; a car is essential. The team's main base is currently at Vale House Resource Centre in Winsford however there is a satellite base at Congleton Library.

The team has been in existence for over 10 years now, is well established and consists of a stable, settled and expert workforce. It consists of a consultant psychiatrist, team manager, 2 clinical leads (one for first episode psychosis and one for at risk mental state for psychosis), 10 care coordinators (including the clinical leads), 2 CBT therapists, 3 assistant practitioners and an exercise referral specialist/ personal trainer.

The team prides itself in providing evidence based care with a focus on demonstrable outcome measures. There is a particular focus on monitoring and offering interventions for cardiometabolic consequences of antipsychotic medication.

This placement would offer trainees an excellent opportunity to gain a thorough understanding of the community assessment, diagnosis and treatment of psychosis, a recovery focused model of care, multidisciplinary team working and audit as well as the management of co morbid mental health conditions, neurodevelopmental conditions and substance misuse issues.

Roles and Responsibilities of the Trainee

The trainee would be part of the multidisciplinary team, providing clinical input to the team alongside Dr Boardman. They would be expected to have a strong work ethic, good communication skills and respect for the skills, roles and expertise of other team members.

The roles and responsibilities of the trainee would be tailored to their individual level of experience and training needs rather than service provision and an appropriate level of supervision provided at all times.

Core Clinical Work *Include details of where this will be carried out, type of assessments and therapies for which the doctor in training will be responsible (all experience must be appropriate to the level of training provided)*

- This is a community based placement with no inpatient responsibilities (other than when on call) at the time of writing of this placement description.
- Initial assessment of new patients with other team members in the community
- Day to day clinical management of patients in liaison with individual care coordinators e.g. prescriptions, physical investigation results, crisis management.
- Outpatient work alongside Dr Boardman's existing clinics
- Facilitation/ participation in the team's physical health monitoring and exercise referral scheme
- Possibility of gaining experience of CBT for psychosis/ family work in conjunction with the team's CBT therapists.
- Audit of team outcome measures/ interventions.

Intended Learning Objectives *Indicate how the post will meet the trainee's curriculum requirements as identified in the portfolio*

The HEE North West Core Psychiatry Training Scheme provides Doctors in Training the opportunity to undertake a three year programme with clinical posts to cover the clinical aspects of the curriculum. These placements are in a variety of settings, teaching centres and district general hospitals, covering both urban and rural populations.

The doctor in training will be expected to work in different clinical placements to achieve experience in in-patients and patients within community and in out-patient clinics. The clinical experience is complemented by opportunities in other aspects of training provided locally within training placements and centrally by the School of Psychiatry and Health Education North West (HENW) Mersey.

During the three year programme, doctors in training will be expected to meet all of the Independent Learning Outcomes (ILOs) in the Curricula set out by the Royal College of Psychiatrists. The ILOs are shown at the end of this document. Please note that it might not be possible to complete all ILOs in every post, but trainees should ensure that they are able to evidence them all during the three year programme.

On Call *Please state frequency of on-call and nature of duties plus arrangements for clinical supervision*

On call commitments as per regional arrangements. Frequency is currently 1:8 but subject to change depending on service requirements and staffing levels

There is on call work for all posts sufficient for trainees to attain the recommendation the RCPsych guidance for minimum number of on call duties.

Academic Activities *(These should include case conferences/Journal Clubs/Lectures etc)*

All Doctors in training have the opportunity to attend and participate in the local MAPMED teaching, held on a Wednesday afternoon.

The MRCPsych course provides opportunities for Doctors in Training to present:

- A Case presentation
- A Journal Club
- 555 Presentation

The course also includes an expert led session on a different topic each week.

Doctors in Training are also encouraged to participate in the supervision and teaching of Undergraduate Medical Students.

Facilities

Doctors in Training are provided with internet access and training on the Carenotes electronic database. Doctors are also able to use the electronic Library facilities, which include access to journal and online teaching resources.

Supervision Arrangements

There is weekly supervision with the clinical supervisor (Please see attached timetable), in addition to ongoing clinical supervision and teaching.

There will be a minimum of three meetings across the placement with the educational supervisor.

Teaching/Academic Experience

All Doctors in training have the opportunity to attend and participate in the local MRCPsych teaching, held on a Wednesday afternoon, and attend the quarterly Grand Round

The MRCPsych course provides opportunities for Doctors in Training to present:

- A Case presentation
- A Journal Club
- 555 Presentation

The course also includes an expert led session on a different topic each week.

Doctors in Training are also encouraged to participate in the supervision and teaching of Undergraduate Medical Students.

Opportunities are available for all trainees that wish to participate in research projects, and to lead and participate in Trust wide audits.

Audit/Research Opportunities

All trainees are expected to participate/complete and audit project, and they are supported in this by the Trust audit department.

There are a number of consultants involved in research within CWP who offer opportunities to trainees, and can also offer advice and support to trainees when conducting research.

Management Opportunities

Doctors in Training are a vital part of the MDT and are encouraged to participate in departmental meetings.

Other/Additional Experience

Dr Boardman facilitates CWP's Balint/ case based discussion group and a focus on the psycho social aspects of service users experience and care is encouraged in the placement.

Participation alongside service users and care coordinators in the team's exercise referral scheme including weekly Crossfit session at Fierce Spirit in Congleton and other activities if available e.g. yoga, walking group.

Participation in the teams' family educational group e.g. running a session on psychosis or a particular aspect of treatment.

Possibility of short or long case CBT for psychosis if Balint/ CBD requirement met.

Gaining knowledge of mental health outcome measures, national mental health development programmes via NHS England, service quality improvement programmes.

Gaining experience of facilitating annual CPA reviews.

Description of Special Interest Opportunities

Not applicable to Core Training Placements

Description of Intended Learning Outcomes in this Post

ILO number	Curriculum Requirements
ILO 1	Be able to perform specialist assessment of patients and document relevant history and examination on culturally diverse patients to include: <ul style="list-style-type: none"> • Presenting or main complaint • History of present illness • Past medical and psychiatric history • Systemic review • Family history • Socio-cultural history • Developmental history
ILO 2	Demonstrate the ability to construct formulations of patients' problems that include appropriate differential diagnoses
ILO 3	Demonstrate the ability to recommend relevant investigation and treatment in the context of the clinical management plan. This will include the ability to develop and document an investigation plan including appropriate medical, laboratory, radiological and psychological investigations and then to construct a comprehensive treatment plan addressing biological, psychological and socio-cultural domains
ILO 4	Based on a comprehensive psychiatric assessment, demonstrate the ability to comprehensively assess and document patient's potential for self-harm or harm to others. This would include an assessment of risk, knowledge of involuntary treatment standards and procedures, the ability to intervene effectively to minimise risk and the ability to implement prevention methods against self-harm and harm to others. This will be displayed whenever appropriate, including in emergencies
ILO 5	Based on the full psychiatric assessment, demonstrate the ability to conduct therapeutic interviews; that is to collect and use clinically relevant material. The doctor will also demonstrate the ability to conduct a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into everyday treatment, including biological and socio-cultural interventions a. Psychological therapies
ILO 6	Demonstrate the ability to concisely, accurately and legibly record appropriate aspects of the clinical assessment and management plan
ILO 7	Develop the ability to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management of these disease states
ILO 8	To develop an understanding of research methodology and critical appraisal of the research literature
ILO 9	To develop the habits of lifelong learning
ILO 10	Develop the ability to conduct and complete audit in clinical practice
ILO 11	To develop an understanding of the implementation of clinical governance
ILO 12	To develop reflective practice including self reflection as an essential element of safe and effective psychiatric clinical practice
ILO 13	Use effective communication with patients, relatives and colleagues. This includes the ability to conduct interviews in a manner that facilitates information gathering and the formation of therapeutic alliances
ILO 14	Demonstrate the ability to work effectively with colleagues, including team working
ILO 15	Develop appropriate leadership skills
ILO 16	Demonstrate the knowledge, skills and behaviours to manage time and problems effectively
ILO 17	To develop the ability to teach, assess and appraise
ILO 18	To ensure that the doctor is able to inform and educate patients effectively
ILO 19	To ensure that the doctor acts in a professional manner at all times
Doctors in Training should aim to complete as many of the ILO's as possible in each placement. For further information regarding the requirements for Core Psychiatry Training, please refer to the Core Psychiatry Curriculum	

Trainee timetable

Please ensure trainee and trainer timetable match for supervision arrangements

Mon	Tues	Wed	Thurs	Fri
<p>09:30 Weekly timetable review with Dr Boardman-Winsford</p> <p>Outpatient clinic Winsford- either alongside Dr Boardman or co facilitating/ observing with Dr Boardman depending on level of competency/ type of case</p>	<p>Team meeting Winsford</p>	<p>09:30-10:30 Trainee supervision Winsford</p> <p>12:30- 13:30 Balint Group</p>	<p>Assessments/ visits with CCO's</p>	<p>Admin/ emergency clinical work</p>
<p>Outpatient clinic Winsford</p>	<p>Admin/ emergency clinical work</p>	<p>MAPMED Postgraduate Teaching</p>	<p>Assessments/ visits with CCO's</p>	<p>CPD/ emergency clinical work</p>

Trainer timetable

Mon	Tues	Wed	Thurs	Fri
<p>Out patient clinic Winsford</p>	<p>Team meeting Winsford</p>	<p>09:30-10:30 Trainee supervision Winsford</p> <p>Emergency clinical work Winsford</p> <p>12:30 Balint Group</p>	<p>Emergency clinical work Winsford</p>	<p>Admin</p>
<p>Out patient clinic Winsford</p>	<p>Out patient clinic Winsford</p>	<p>MAPMED Postgraduate Teaching- Chester</p>	<p>Outpatient clinic Macclesfield</p>	<p>CPD</p>