

Trainee Job Description

| | | | |
|---------------------------------------|---|----------------|---------------------|
| Job Title | Doctor in Training Psychiatry | | |
| Educational Supervisor | TBC by HENW | | |
| Clinical Supervisor | Professor Rajan (Taj) Nathan | | |
| Hospital Address | Saddlebridge Recovery Centre, Soss Moss, Chelford Road, Nether Alderley, SK10 4UJ | | |
| Trust | Cheshire and Wirral Partnership NHS Foundation Trust | | |
| Speciality | Psychiatry Core | Sub Speciality | Forensic Psychiatry |
| Full Time/Part Time | Full | Days Worked | 5 Days |
| Year of Trainee (Delete those N/A) | 1 | 2 | 3 |

Description of Placement

Saddlebridge Recovery Centre is a low secure unit providing inpatient services for male patients between ages 18 and 65 years from Cheshire and the Wirral. All patients are detained under the Mental Health Act, both part 2 (e.g. section 3) and part 3 (e.g. sections 37, 37/41 & 47/49).

The team comprises a Consultant Forensic Psychiatrist, Consultant Clinical Psychologist, Occupational Therapist, Social Worker, Forensic Support Practitioner and ward based Nurses. Patients are referred to Saddlebridge Recovery Centre from other secure units (medium and low secure), from prison and from inpatient acute mental health services.

The aims of the treatment offered is to improve mental health and physical health care, identify and reduce risk and improve safe independent functioning. The supervising consultant is Professor Rajan (Taj) Nathan.

Roles and Responsibilities of the Trainee

The trainee will be given the opportunity to become involved in the assessment and treatment of the inpatients at Saddlebridge. This will include supported involvement in forensic approaches to the assessment of mental health problems and risk. The trainee will be able to undertake regular assessments of the in-patients, to become involved in the treatment of mental and physical health care, and to prepare reports for MDT meetings and CPAs.

The trainee will also be part of the CWP Out of Hours and daytime on call rota in East Cheshire.

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)*

The trainee will

- Undertake regular mental state examinations of in-patients within Saddlebridge Recovery Centre and where necessary more detailed psychiatric assessments (e.g. following admission and in preparation for CPA meetings).
- Become involved in the medical aspects of the management plan (e.g medication).
- If available, attend and contribute to the weekly MDT meeting at which each patient is reviewed every three weeks.
- Attend and contribute to the CPA meetings for inpatients (3 months following admission and 6 monthly thereafter).
- Attend and contribute to meetings to review and formulate the risk assessment (HCR-20 meetings)
- Contribute to other ad hoc case management meetings
- Attend and contribute to the meetings to review referrals for admission (gatekeeping meeting)

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 with 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

- The supervising consultant is very keen to support trainees who are interested in developing a research portfolio and this support would be available to the trainee in this post.
- There would also be an opportunity for occasional shadowing of Professor Nathan in his Trust-wide management role (Director of Research, Development and Clinical Effectiveness)
- There is an opportunity to have some involvement in the patients in the 'step-down' facility at Limewalk in Macclesfield.

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 |
|--|--|---|--|---|
| CPA meetings Saddlebridge | Weekly patient reviews Saddlebridge | MDT Meeting / MAPMED Postgraduate Teaching | Full secure service psychiatric assessments Saddlebridge | HCR-20 review and other ad hoc team meetings |
| Gatekeeping Meeting Saddlebridge | Report preparation (admin) Saddlebridge | MAPMED Postgraduate Teaching | Supervision | Ward reviews / report preparation (admin) Saddlebridge |

Trainer timetable

| Mon | Tues | Wed | Thurs | Fri |
|--|---|------------------------------------|---|--|
| CPA meetings Saddlebridge | Academic session (Universities of Chester and Liverpool) | MDT meeting | Limewalk MDT meetings / Limewalk patient reviews | HCR-20 review and other ad hoc team meetings and gatekeeping assessments |
| Gatekeeping Meeting Saddlebridge | | MAPMED Postgraduate Teaching | Supervision / Patient related admin | Saddlebridge patient reviews |