

Trainee Job Description

Job Title	HIGHER PSYCHIATRIC TRAINEE (ST4 – ST6)					
Educational Supervisor						
Clinical Supervisor	DR GURDAVAL SINGH					
Hospital Address	EAST LANCASHIRE HOME TREATMENT TEAM (HTT), PENDLE HOUSE, LEEDS ROAD, NELSON, BB9 9TG					
Trust	LANCASHIRE CARE NHS FOUNDATION TRUST					
Speciality	GENERAL ADULT PSYCHIATRY			Sub Speciality		N/A
Full Time/Part Time	FULL TIME			Days Worked		MONDAY - FRIDAY
Year of Trainee (Delete those N/A)				4	5	6

Description of Placement

This post offers an excellent training opportunity in the community. The East Lancashire HTT is based at Pendle House in Nelson. The East Lancashire HTT sits within the Adult Mental Health Network and covers the following geographical areas: Burnley, Pendle, Rossendale, Hyndburn and Ribbles Valley. The East Lancashire HTT is now part of the wider, and fairly recently established, East Lancashire Access and Treatment Team, which also encompasses two Specialist Triage, Referral and Assessment Teams (STARTs) and the Mental Health Liaison Team.

The East Lancashire HTT supports patients between the ages of 16 and 65 ('general adult' population) and has the capacity to offer daily support. The team covers a very large geographical area (i.e. the whole of East Lancashire, excluding Blackburn with Darwen) and cares for a fairly heterogeneous (from a sociodemographic perspective) group of patients. The team focuses on supporting patients with a severe and enduring mental illness and those who are presenting with a mental disorder associated with a significant risk to either themselves (e.g. suicidal thoughts/plans etc.) and/or others (e.g. homicidal thoughts/plans etc.). However, the team also supports individuals presenting in a mental health crisis due to a variety of psychosocial stressors (e.g. financial problems, accommodation issues, interpersonal difficulties, bereavement, work-related problems, recent or historical traumatic events etc.). You will be involved in caring for patients presenting with acute and chronic mental disorders, which are associated with various types and levels of risk.

Collectively, the East Lancashire HTT has multiple aims, including acting as gatekeepers for all acute adult inpatient psychiatric admissions; providing an alternative to hospital admission by offering home-based treatment to those patients for whom this is deemed a safe, effective and feasible option, and facilitating early discharge of patients from the inpatient units. The team is multidisciplinary in nature and consists of the following professionals: two full-time consultant psychiatrists, a post for one full-time higher psychiatric trainee, one full-time specialty doctor, one full-time team manager (Band 8a), two full-time deputy team managers (Band 7), one part-time clinical psychologist, 14 full-time Band 6 practitioners, three part-time Band 6 practitioners, one full-time Band 5 practitioner, one part-time Band 5 practitioner, two full-time occupational therapists, six full-time Band 4 Support, Time and Recovery (STR) workers, one Band 4 part-time STR worker and three full-time administrative staff members (two Band 3 and one Band 4). The Band 8a team manager is also the manager of the two East Lancashire STARTs, the Blackburn with Darwen HTT, the Blackburn with Darwen START, the East Lancashire Mental Health Liaison Team (MHLT) and the Mental Health Action Line (MHAL).

Referrals to the HTT are received 24 hours a day 7 days a week and originate from a variety of sources, including GPs, the STARTs, the Community Mental Health Teams (CMHTs), the East Lancashire Early Intervention in Psychosis Service (EIS), MHLTs, Inspire (East Lancashire Alcohol and Drug Service), the Crisis Support Unit (CSU), the Acute Therapy Service (ATS), acute psychiatric inpatient wards, Criminal Justice Liaison Teams (CJLTs), the police, voluntary organisations, patients and carers. The HTT therefore has a key role in establishing and maintaining productive working relationships with multiple teams/services. Patients have

their needs holistically assessed and any HTT input is care planned accordingly alongside any other team/service provider concurrently involved in the patient's care. All patients have the right to refuse engagement with the HTT and are under no statutory requirement to engage with the care and treatment offered. Any disengagement by patients is discussed clinically and on any occasion that this occurs, there are procedures in place that HTT staff members are expected to follow in order to address this.

Roles and Responsibilities of the Trainee

- Assessing, diagnosing and treating/managing HTT patients presenting with a wide range of mental disorders and associated risk factors
- Using the biopsychosocial approach when formulating a patient's problems and subsequently developing a management plan in accordance with RCPsych General Psychiatry curriculum guidelines
- Conducting careful risk assessments and subsequently formulating robust risk management plans
- Working flexibly and responding to urgent clinical situations in a timely manner.
- Seeing patients in a variety of settings (e.g. conducting home visits; seeing patients at Trust sites etc.)
- Following the clinical journey and eventual discharge of patients originally seen by you
- Reviewing patients on behalf of other HTT medics when requested (e.g. when the other medics are on leave etc.)
- Reviewing patients you have been seen if your East Lancashire HTT colleagues believe they require an inpatient psychiatric admission
- Attending the daily HTT MDT meeting and contributing to multidisciplinary clinical discussions and decision-making
- Discussing patients and making decisions about their care and treatment in collaboration with other colleagues in the spirit of multidisciplinary team work
- Making yourself available for weekly clinical supervision with your supervising consultant
- Working closely with HTT staff members in delivering safe and effective care to patients
- Liaising with professionals in other teams and services in the best interest of patients
- Attending the weekly East Lancashire Academic Teaching Programme on Wednesday afternoons
- Engage in appropriate Special Interest and Research sessions
- Attend courses, conferences and events relevant to your training needs
- Complete relevant mandatory training activities
- Engage in quality improvement activities with support from your supervising consultant (e.g. clinical audits, service evaluations etc.).
- Engage in activities that develop your leadership and management skills with support from your supervising consultant
- Complete Mental Health Act (MHA) assessments on patients currently under the care of the East Lancashire HTT, or East Lancashire patients unknown to a psychiatric team/service, during normal working

hours

- Flag up any quality or safety concerns to your supervising consultant and East Lancashire team/deputy team managers
- Participating in the middle grade on-call rota
- Regularly seek out opportunities to complete WPBAs and meet your ILOs
- Complete your administrative duties (e.g. GP letters, electronic records etc.) in a timely manner
- Teaching, supervising and assessing medical students and trainees (e.g. Foundation Year 1 and 2 doctors, CT 1 – 3 psychiatric trainees, GPST 1 – 3 trainees etc.) when they spend time with the East Lancashire HTT

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)*

You will be involved in assessing/reviewing and managing a wide variety of acute and chronic clinical presentations, which are associated with various types and levels of risk. You will be expected to conduct a comprehensive psychiatric assessment when assessing a patient for the first time, and subsequently formulating a management plan in collaboration with the patient, relatives and HTT colleagues. You will conduct assessments/reviews in a variety of settings, including patients'/relatives' homes, Trust sites (e.g. Pendle House in Nelson, Gannow Lane Resource Centre in Burnley, Balladen House in Rossendale and The Mount in Accrington), GP practices, acute hospital sites and other settings (e.g. police stations etc.). The East Lancashire HTT medical secretary will arrange appointments on your behalf and try to ensure these are done as efficiently as possible to avoid you having to travel excessively from one appointment to another (e.g. arranging for you to see patients on a particular day at one Trust site only etc.).

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

This post will offer an excellent opportunity to meet your RCPsych General Psychiatry curriculum requirements and consequently allow you to achieve your Intended Learning Outcomes (ILOs). You will meet up with your supervising consultant at the beginning of your post in order to identify which ILOs you wish to address during the post and how you can evidence that you have successfully achieved them. If there are any ILOs that cannot be easily achieved by working in the post, your supervising consultant will support you to identify other ways to achieve them.

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

You will participate in the East Lancashire middle-grade rota on a 1:9 frequency. There will be a consultant on-call who you can access for supervision purposes. You will have a 'Rest Period' between 2 AM and 7 AM, during which the on-call consultant will cover your duties. Your main on-call duties will include:

- Conducting MHA assessments in a variety of settings (e.g. community, inpatient wards, police stations etc.).
- Conduct Section 136 assessments in the Section 136 Suites or police stations.
- Offer clinical support, supervision and advice to the East Lancashire first on-call doctors and mental health professionals (e.g. MHLT practitioners).
- Conduct mental health assessments if requested (e.g. by the first on-call doctor)
- Seek support and advice regarding clinical or professional matters that may arise, and which are beyond your clinical competence/responsibility, during the course of your on-call from the on-call consultant
- Be willing to 'step down' to cover a first on-call shift (e.g. if one of the first on-call doctors rings in sick)

to ensure the delivery of safe and effective patient care is not compromised out-of-hours. Note: This situation would only arise if all attempts to get the first on-call shift covered have been exhausted.

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

Every Wednesday afternoon, you will have the opportunity to attend, and actively participate in, the weekly East Lancashire Academic Teaching Programme (ELATP). These meetings are periodically jointly delivered with other Trust localities. During these meetings, a variety of presentations are delivered, including case conference presentations, journal club presentations, '555' presentations, presentations delivered by consultants or higher trainees on particular topics/conditions (expert-led sessions) and best practice (e.g. audits, surveys etc.) presentations. The ELATP meetings deliver the MRCPsych programme. You will have plenty of opportunity to deliver presentations at these meetings (with support from your supervising consultant) and chair some of the meetings. You will also have the opportunity to get involved in delivering Interview Skills training to more junior trainees.

Facilities

- You will have access to several postgraduate libraries
- You will have a personal Trust laptop and a Trust mobile phone during your post
- You will have access to a computer at your usual work base (Pendle House in Nelson) and when at other Trust sites

Supervision Arrangements

- You will have weekly one-hour face-to-face clinical supervision with your supervising consultant. When your supervising consultant is unavailable (e.g. on leave), suitable arrangements will be made to offer you supervision with another consultant (e.g. with the other East Lancashire HTT consultant).
- You will have access to ad hoc supervision and support from your supervising consultant, which may be face-to-face, over the phone, via Skype or via email.
- You will have the opportunity to periodically meet up with your supervising consultant and other senior colleagues to complete WPBAs and ensure you are fulfilling the requirements of your training curriculum.
- You will have access to supervision from the team and deputy team managers, particularly relating to management-related issues

Teaching/Academic Experience

In addition to opportunities to teach in the context of the ELATP meetings, you will be able to teach medical students and more junior trainees spending time with the East Lancashire HTT. You will also have the opportunity to get involved in Trust-wide and/or regional teaching opportunities (e.g. acting as an examiner for OSCE and CASC exams for medical students and core psychiatric trainees respectively).

Audit/Research Opportunities

- There will be opportunity to carry out clinical audits (and complete an audit cycle) during this post with support from your supervising consultant and the wider team. These audits can be conducted on a local, regional or national level. You will have opportunity to present your audit proposals and your audit findings locally (e.g. at the ELATP), regionally and/or nationally
- LCFT is widely recognised as a research intensive NHS organisation. The LCFT Research Department will be happy for you to get involved in research activities, and support you through the process, in a variety of ways.

Management Opportunities

- There will be opportunities to get involved in management-related activities (e.g. reviewing a complaint or serious incident with support from your supervising consultant)
- There will be opportunities to attend and participate in meetings where management-related issues are discussed (e.g. local East Lancashire Consultants' meetings, Adult Mental Health Network Consultants' meetings, Medical Advisory Committee meetings etc.).
- There will be opportunities to attend relevant local, regional (e.g. Health Educational North West courses)

and national courses to develop your leadership and management skills.

- If you wish to pursue a particular management project, your supervising consultant colleague and/or other senior colleagues will be able to support you with this

Other/Additional Experience

On an ad hoc basis, there may be other/additional training opportunities that may arise, and which you may wish to get involved in.

Description of Special Interest Opportunities

There are a variety of Special Interest opportunities available locally (e.g. Eating Disorders Service) and in the wider North West region (e.g. Regional Affective Disorders Service). Further information on these opportunities will be provided upon starting the post. If you have any pre-existing special interests you wish to pursue, please discuss these with your supervising consultant when you begin the post.

Trainee Timetable

Please ensure trainee and trainer timetable match for supervision arrangements

The timetable below will give you a broad overview of a typical working week. The timetable can be amended depending on when your Research and Special Interest sessions take place.

Clinical Work: This includes assessments, reviews and telephone calls. As highlighted earlier, the assessments and reviews take place in a variety of settings (e.g. patients' homes, Trust sites, acute hospital sites, GP practices etc.).

Mon	Tues	Wed	Thurs	Fri
09:00 – 10:00: MDT Morning Meeting	09:00 – 10:00: MDT Morning Meeting	09:00 – 10:00: MDT Morning Meeting	09:00 – 13:00: Research Session	09:00 – 10:00: MDT Morning Meeting
10:00 – 11:00: Clinical Supervision	10:00 – 13:00: Clinical Work/Admin	10:00 – 13:00: Clinical Work/Admin		10:00 – 13:00: Clinical Work/Admin
11:00 – 13:00: Clinical Work/Admin				
13:00 – 17:00: Clinical Work/Admin	13:00 – 17:00: Clinical Work/Admin	13:00 – 17:00: East Lancashire Academic Teaching Programme	13:00 – 17:00: Special Interest Session	13:00 – 17:00: Clinical Work/Admin