

Trainee Job Description

Job Title	ST 4-6 in Rehabilitation Psychiatry					
Educational Supervisor	Dr Katherine Barnes					
Clinical Supervisor	Dr Katherine Barnes					
Hospital Address	Meadowbrook unit					
Trust	GMMH (Greater Manchester Mental health foundation trust)					
Speciality	Rehabilitation Psychiatry	Sub Speciality		Rehabilitation Psychiatry		
Full Time/Part Time	Full time or part time	Days Worked				
Year of Trainee (Delete those N/A)				4	5	6

Description of Placement

Inpatient 15 bedded unit located in Meadowbrook unit. Mixed sex ward for patients with SEMI. This is an inpatient based rehabilitation post. The post holder would gain experience of working with rehabilitation patients and staff in an NHS Hospitals, independent hospitals, Social Services hostels and voluntary sector services.

The post holder would be able to gain experience chairing weekly board rounds and attending the weekly MDT (both under consultant supervision).

Some new referrals would be assessed by the post holder with other members of the team and decisions made re: placement following discussion in supervision and multi-disciplinary approval.

The post holder would have office space at the main hospital site Meadowbrook

There will be multiple opportunities for multidisciplinary working and visiting other projects where patients reside in out of area placements.

Roles and Responsibilities of the Trainee

To develop patient management skills in terms of pharmacology for more complex cases.
 To develop an understanding of the principles and approaches used in rehabilitation psychiatry – the recovery model.
 To gain an understanding and experience of chairing team meetings (with consultant supervision).
 To gain experience in MHA work associated with patients who require longer periods of time in hospital. Report writing and tribunal experience.

The trainee will work within the multidisciplinary rehabilitation team. Other members of the team include an associate specialist, advanced practitioner, occupational therapist and psychologist. In addition to this there are members of staff across the various rehabilitation projects.

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)*

Work will take place across various settings. Dr Barnes has input to inpatient rehabilitation unit at Meadowbrook called Copeland ward which provides a locked rehabilitation service, and is an NHS facility which accommodates 15 Rehabilitation patients. There is a weekly ward round (MDT) on a Tuesday, for 4 patients each week. In addition there is a board round, for all of the patients, where work can be prioritised, held on a Monday afternoon.

There is another unit called Pendlebury House, which is in Swinton. This is run by the independent sector, Turning Point. Dr Hughes is currently the responsible clinician and members of the multi-disciplinary team become involved with the patients there. There are 10 beds in this all male unit. There is a weekly ward round on a currently on a Thursday afternoon.

The trainee will become involved in assessing these patients and also contributing to the multidisciplinary CPA meetings and risk assessment and management meetings. They will also have opportunities to jointly assess patients referred to Copeland ward, along with other members of the MDT.

The trainee will gain experience in working jointly with difference professional groups, for example Psychology, Occupational Therapy and Social Work to develop their understanding of the psycho-social interventions offered within the Service.

Trainee will have opportunities to prepare MHRT reports and attend tribunals.

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

ILO	
1	The doctor will perform specialist assessments of patients and document relevant history and examination on culturally diverse patients. This will be evaluated through information obtained from patients, their families, the patient's strengths, disabilities, risks and vulnerabilities. The post holder will develop an understanding of the individual as a person and how this affects their self-esteem, sense of autonomy and motivation. Assessments via CBD, ACE and Mini-Ace will help the post-holder develop in this area. The post will meet this aspect of the curriculum given the cohort of patients on Copeland ward, and in other settings that the trainee will have exposure to (both during assessments for suitability for a rehab placement, and whilst on call in the general adult setting /A and E/community).
2	The doctor will demonstrate the ability to construct formulations of the patient's problems that include appropriate differential diagnosis. This will be done in feedback discussions following assessments. WBPA's could be used to evaluate this if necessary. Although the trainee will be at a level where they have passed MRCPsych, it would still be beneficial to continue to demonstrate this skill as the complex nature of the patients in rehabilitation psychiatry may differ to the level of experience they have in earlier posts.
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 assessment of risk, knowledge of involuntary treatment standards and procedures, the ability to intervene effectively to minimise risk and prevent methods against self-harm and harm to others. This requirement would be met at routine MDTs, board rounds and at other times during acute situations and whilst on call. The post holder will gain an understanding of structured risk assessment tools, an understanding of how clinical features of psychosis can affect risk, and how other factors (substance misuse, high EE) can affect risk.

5	Based on the full psychiatric assessment, the doctor will demonstrate the ability to conduct therapeutic interview, and demonstrate understanding of a range of individual, group and family therapies using standard accepted models and to integrate these into everyday treatment. By working with the ward psychologist, and by providing psycho-education/ referring to family therapy, will be able to assess and manage carer's needs and stress.
7	To be able to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management of these disease states. The post holder will develop an understanding of psychological effects of chronic illness. Copeland ward has a psychologist attached and working alongside them in reflecting on formulations will assist this. Gain a more in-depth understanding of mental health law, benefits and service provision. Develop an understanding of pharmacological management of psychosis resistant to conventional regimes. We have an active approachable ward pharmacist who assists in this. Sustain optimism and hope for recovery. Again, WBPA's will allow the post holder to gain confidence and demonstrate skills in these areas.
8	To develop an understanding of research methodology and critical appraisal of the research literature. This will be supported if the trainee wishes to attend the weekly journal club. In addition, if they are already participating in a research project, they will be supported to continue with this.
14	To demonstrate the ability to work effectively with colleagues, including team working. This curriculum requirement will be met by giving the post-holder opportunities to liaise with a range of stakeholders, including user/carer organisations , advocacy, independent services, CJS, and probation in developing care plans and understanding different roles and responsibilities of those bodies. Also, there are close links with the acute trust at Salford, and a good parity of esteem with addressing the physical healthcare needs of patients on Copeland ward.
15	Develop appropriate leadership skills. This will be met in day to day clinical practice on Copeland ward, by sustaining staff to work long-term with patients and their families with complex problems. By attending SLT meetings, complex care joint funding panel, and participating in the wards RCPsych accreditation process, a development of negotiation and management skills to promote and develop rehabilitation services will occur.
17	Develop the ability to teach, assess, appraise. This will be met by opportunities to present at the Wednesday afternoon trust wide academic meeting, and to chair at this. There are junior trainees on the on call rota which the post holder will have opportunities to teach and appraise. In addition, there are medical students attached to the service, who the post holder can appraise, and have opportunities to participate in more didactic teaching if they wish. Finally, the post will provide opportunities for the post holder to sensitively develop an understanding of staff in partner services, for example residential and community support staff.

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

The trainee will participate in the night time on-call rota, which is a 1 in 12 rota. The day time on-call will be for patients who come under the care of the trainer and not for the district service as a whole.

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

The post-holder will have opportunities to attend and chair the weekly academic meeting which is a trust wide meeting and is held at trust HQ in Prestwich. There is a weekly case conference, journal club which is aimed at all grades of Drs, and then additional teaching specifically aimed at trainees CT1-3. Whilst not expected to attend this, the post-holder may wish to gain experience in chairing this, alongside the other teaching which occurs on a Wednesday afternoon. The trainee may wish to attend the RCPsych rehabilitation psychiatry conference. In addition, they will supported to attend any additional higher trainee training days.

Facilities

Office space in Meadowbrook. Access to internet, email and patient electronic records.

Supervision Arrangements

The trainee will have supervision for at least one hour per week on a Monday or another day to suit the trainees need.

At the start of the post a discussion will take place about the learning objectives. These objectives will be reviewed on a regular basis to ensure that the trainee is able to meet their learning outcomes.

Teaching/Academic Experience

Wednesday afternoon weekly teaching programme at Prestwich. Please see above. Also, teaching opportunities with the medical students attached to MBU.

Audit/Research Opportunities

Has time within timetable to participate in research. Would be encouraged to complete an audit under my supervision within the 12 month post, or if they are already involved in a service development project, would be supported to complete this.

Management Opportunities

Many management opportunities including:
Attend mental health complex care joint funding panel meeting alongside Dr Barnes.
Attend trust rehabilitation SLT (senior leadership team) meeting which occurs monthly.
Participate in management project eg recent ST has completed one in context of RCPsych rehabilitation accreditation for Copeland ward.

Other/Additional Experience

Dr Barnes shares consultant representative position for Salford on mental health act and mental capacity act compliance committee and trainee could accompany her to this meeting for experience. Experience in general adult psychiatry out of hours by participating in middle tier on call rota.

Description of Special Interest Opportunities

Current trainee participating in special interest in Perinatal psychiatry, however, there are many different local opportunities including with the drug service, homeless peoples service, PICU,

Forensic, Psychotherapy etc.

Trainee timetable

Please ensure trainee and trainer timetable match for supervision arrangements

Mon	Tues	Wed	Thurs	Fri
Ward work	Monthly referrals meeting (other weeks: allocated time for tribunals/managers hearings)	Admin	Special interest session/research	Admin
2pm Board round 3.30pm Educational Supervision	Team meeting Copeland ward	Academic programme at trust HQ Monthly complex care package funding panel meeting. Monthly SLT meeting.	Pendlebury house MDT (this is likely to move to Monday am)	Special interest session/research