

## Trainee Job Description

Job Title	Higher Trainee CAMHS					
Educational Supervisor	Dr Mischa Mockett					
Clinical Supervisor	Dr Mischa Mockett					
Hospital Address	Ellen House. Ellen Court, Preston					
Trust	Lancashire Care NHS Foundation Trust					
Speciality	CAMHS	Sub Speciality				
Full Time/Part Time	Full	Days Worked		5		
Year of Trainee (Delete those N/A)				4	5	6

## Description of Placement

The CAMHS service is part of the Children's and Sexual Health network at Lancashire Care NHS foundation Trust. Dr Mockett is an experienced trainer at both CT and ST level with over 10 years of experience, a PGCert, 8 years as a site tutor, 5 years as a deputy CAMHS TPD, TPD ID, CASC examiner and AAC panel member.

The CAMHS LD team covers Central, West, North Lancashire and Fylde and Wear. The team multiagency staff consists of

Consultant Child and Adolescent Psychiatrist LD CAMHS	Establishment 1.4 WTE
Senior Clinical Psychologist	Est 1.3 WTE
Team Leader	Est 1.0WTE
Highly Specialist Clinical Nurse (independent Nurse Prescriber)	Est 1.0 WTE
Senior Practitioners (LD nurses & Social Workers)	Est 6.0 WTE
Complex Needs Practitioners	Est 4.0 WTE
Speech and Language Therapists (ASD pathway)	Est 0.3 WTE
Nursery Nurse	Est 0.8 WTE

### Referrals

Following the initial assessment the care coordinator will develop an individualised plan of care in collaboration with the family. They will identify the most appropriate level of care from the current skill mix of the team. The care coordinator will continue to offer supervision and direction to the person carrying out the intervention. This includes behavioural interventions for a child or young person where behaviour may be challenging but is in keeping with the child's age and development. If a sensory element is indicated, as part of the assessment, the service will carry out a sensory preference checklist (this not a sensory integration assessment).

Children and young people who present with mental health concerns and challenging behaviours can be referred to our Consultant Psychiatrist as part of a holistic and multi-disciplinary approach and in line with NICE guidelines.

## Roles and Responsibilities of the Trainee

The trainee will work mainly in the outpatients department at Shawbrook House, Ellen House and Westgate House. They will be expected to participate in the weekly New Case Clinic as well as the weekly Autism Assessment Team assisting in Autism Diagnostic Observation Schedules. The trainee will be involved in the assessment and management of psychiatric conditions in young people

including mood disorders, ADHD, psychosis and behavioural disturbance. They will be expected to attend and participate in Care and Treatment Reviews for young people at risk of inpatient placement and if required fully participate in process of admitting people into child and adolescent inpatient beds. The inpatient unit in LCFT is the Cove and the trainee would be expected to liaise with the gate keeping service. They will be expected to gain full knowledge in the psychotropic formulary for the treatment of conditions in under 18s. They will be expected to work with other medical professionals with regards to physical health issues in young people including paediatricians, neurologist and clinical genetics. The trainee will be expected to gain experience of Mental Health Act assessment in and report preparation. LCFT has a Clinical Services Unit for section 136 presentations at Royal Preston Hospital. The Trainee will also be able to access to the paediatric inpatient beds at RPH.

**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 assessment of young people with mental health and Neurodevelopmental problems. This will be on an individual basis, as part of a multi-disciplinary team and also as part of a multi-agency team. The trainee will then provide treatment for young people. This will include pharmacological treatments, psychological treatment and psycho educational treatments. The trainee will undertake emergency assessments, risk assessments, capacity assessments and participate in mental health legal assessments as part of their training.

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

**ILO1**

- 1.1 Practices Child & Adolescent Psychiatry in a professional and ethical manner (via clinic)
- 1.2 Child and family centred practice (via clinic MDT working)
- 1.3 Understands the impact of stigma and other barriers to accessing mental health services
- 1.4 Inter-professional and multi-agency working (via MDT meetings)

**ILO2 *Establishing and maintaining therapeutic relationships with children, adolescents and families (Mandatory)***

- 2.1 Builds trust and respect (via clinic and via inter professional working)
- 2.2 Advise on young people's competence (capacity) to make treatment decisions, consent and refuse treatment and confidentiality .(mental health law and children's act via section 12 training and working with safeguarding)

**ILO3 *Safeguarding Children (Mandatory)***

- 3.1 Detects alterations in children's development that might suggest the child has been maltreated or neglected (via clinic)
- 3.2 Works with the family and professional network to assess and manage safeguarding issues (duty on call)
- 3.3 Contributes to the assessment and treatment of children/young people who have been abused and/or neglected (via safe guarding LCC and LCFT)

**ILO4 *Undertake clinical assessment of children and young people with mental health problems across the age range (Mandatory)***

- 4.1 History taking using developmental approach (from parents and child/adolescent across the age range) where appropriate (Via clinic)
- 4.2 Physical examination (Via clinic)

- 4.3 Use rating scales/questionnaires/structured assessment instruments
- 4.4 Seeking information from other sources (via MDT)
- 4.5 Diagnosis, formulation and feedback of assessment and management plan to parents and child/adolescent (Via clinic)
- 4.6 Note-keeping and clinical correspondence (via electronic case records)

**ILO5 *Main Clinical Conditions (including Axis I diagnoses) in Childhood and Adolescence (Mandatory)***

- 5.1 Assesses and manages the main clinical conditions in the under 5s (via clinic)
- 5.2 Assesses and manages the main clinical diagnoses in preadolescent, school aged child or continuing from under 5s (via clinic)
- 5.3 Assesses and manages the main clinical diagnoses in adolescence (via clinic)

**ILO66: *Managing Emergencies (Mandatory)***

- 6.1 Assessment and management of psychiatric emergencies
- 6.2 Management of young people presenting with risk in an emergency
- 6.3 Use of relevant legal frameworks for children and adolescents presenting in an emergency (duty on call Manchester, section 136 suite Preston, emergency assessments RPH)

**ILO7 *Paediatric Psychopharmacology (Mandatory)***

- 7.1 Recognises the indications for drug treatment in children and young people.
- 7.2 Able to explain the risks and benefits and develop treatment decisions collaboratively.
- 7.3 Able to prescribe safely. (via pharmacy, electronic prescribing, children's BNF and educational courses)

**ILO8 *Psychological Therapies in Child and Adolescent Psychiatry (Mandatory)***

Builds on Intended Learning Objective 2 (Establishing and maintaining therapeutic relationships with children, adolescents & families).

- 8.1 Ability to assess suitability of children, adolescents and families for specific therapies (via clinic MDT working close links with allied professionals)
- 8.2 Ability to refer appropriately and monitor progress of children, adolescents and families in therapy (access to FT)
- 8.3 Ability to engage and deliver therapy to children, adolescents and families

**ILO9 *Inpatient and day-patient Child and Adolescent Psychiatry (Mandatory)***

(not in this placement but would be expected to refer to cove and attend CP meetings at cove)

**ILO10 *Management ILO for all ST4-6 CAP trainees (Mandatory)***

- 10.1 Managing risk
- 10.2 Evidence based practice
- 10.3 Applying good practice standards
- 10.4 Involving service users
- 10.5 Audit

(via LCFT audit department and audit presentation up to national level, mini pat and patient feedback questionnaires, via management links within the directorate, undertake QIP, via involvement with service developmental changes within the directorate)

**IL11 *Teaching, Supervision & lifelong learning skills (Mandatory)***

- 11.1 Is able to organise teaching sessions in a variety of formats (via LCFT teaching lantern centre)
- 11.2 Can complete a structured assessment of another's performance and deliver constructive feedback
- 11.3 Can supervise another's clinical work (clinical supervision trainees)

**ILO12 *Research and scholarship***

- 12.1 Is able to find and analyse research carried out by others (Mandatory)

- 12.2 Can generate original research **Selective**  
12.3 Disseminates findings **Selective**  
(via research time)

**ILO13 *Assessment and Treatment in Child and Adolescent Neuropsychiatry (Selective)***

- 13.1 To be able to assess and treat the psychiatric and behavioural consequences, associations, and learning complications of acquired brain injury and progressive neurological disorder  
13.2 To be able to diagnose and treat neuropsychiatric disorders such as ADHD, Tic Disorders, Tourette Syndrome, and OCD  
13.3 To be able to carry out an assessment of an individual with autism spectrum disorder  
13.4 To be able to contribute to the management plan of an individual with autism spectrum disorder including use of psychotherapeutic and psychopharmacological interventions  
13.5 To be able to contribute to the management of neuroepileptic conditions (all via clinic)

**ILO14 *Psychiatric management of children and adolescents with learning disabilities (Selective)***

- 14.1 To be able to undertake a developmental assessment of child to make a diagnosis of learning disability and assess associated comorbid conditions  
14.2 To be able to take part in a multidisciplinary assessment of a child with learning disability and associated mental health disorder and to formulate, implement and coordinate a multidisciplinary assessment and treatment plan.  
14.3 To be able to liaise with colleagues and other child health professionals in associated agencies to provide advice about assessment, diagnosis and management of children with learning disability and associated mental health problems.  
14.4 To be able to advise the courts/legal process in relation to children with learning disability (via LD clinic, CETR, ADOS, ASD clinic, ID specialist school visits)

**ILO15 *Intended Learning Objective: Paediatric Liaison (Selective)***

- 15.1 To be able to advise on the presentation of psychiatric disorder in the context of physical illness.  
15.2 To be able to assess and manage cases of self-harm and other psychiatric emergencies that present in the A & E department or on the ward.  
15.3 To be able to assess and manage somatisation disorders, abnormal illness behaviour, and cases of unexplained physical symptoms.  
15.4 To be able to provide a liaison/consultation service to the paediatric team.  
(via RPH paediatrics and community paediatrics co located)

**ILO16 *Medico-Legal Aspect of Child & Adolescent Psychiatry (Selective)***

- 16.1 Prepare reports for the Family Courts.  
16.2 Prepare reports for the Criminal Courts in child & adolescent mental health cases.  
16.3 Attend court and presenting evidence.  
(via shadowing Dr Mockett reports, SAVRY, referring FCAMHS)

**ILO17**

***Substance misuse (Selective)***

- 17.1 Carries out screening for drug/alcohol misuse in young people presenting with other difficulties.  
17.2 Deploys a range of techniques explicitly directed at securing engagement in young people with substance use disorders.  
17.3 Carries out detailed, developmentally-sensitive assessments of drug/alcohol use in young people to determine the presence or absence of substance misuse, and to assess its impact, and contributory factors.  
17.4 Takes part in multidisciplinary/multi-agency assessments of children/adolescents with comorbidity (co-occurring substance misuse and a psychiatric disorder) in order to formulate, implement and coordinate a multi-agency intervention plan.  
17.5 Delivers integrated interventions for young people and their families with substance abuse or dependence to meet the young person's multiple needs

17.6 Contributes to the development of specialist psychiatric substance misuse services for children/adolescents. (Via clinic locals CYP drugs services)

**ILO18 *Transition to Adult Mental Health Care (Selective)***

18.1 To assist young people with enduring mental health problems engage with adult mental health services.

(via clinic referral and transition meetings)

**ILO19 *Public Mental Health (Selective)***

Ensuring the population has good mental health, preventing mental illness and ensuring optimised access to appropriate interventions and services is a public health issue

19.1. Knowledge of the findings of epidemiological research studies

19.2. Understanding of the interaction between wider social determinants and mental well-being

19.3. An awareness of the use of population screening

19.4. Promoting mental well-being and prevention of mental illness, including liaison with media

19.5. Understanding of the impact of stigma and other barriers to accessing mental health services

19.6. Understanding of the link between good emotional health and quality of life

19.7. Understands early intervention and economic evaluations

(via private study and research)

**ILO20 *Advanced Management and Leadership (Selective)***

20.1 Business and Finance

20.2 Handling complaints

20.3 Analysing and Monitoring Outcomes

20.4 Clinical Leadership within an organisation

(via shadowing Dr Mockett who is Associate medical Director and attending meetings)

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

The trainee will be placed on one of the greater Manchester CAMHS rotas.

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

Lancashire Care Foundation Trust has an excellent educational department and trust library. The trainee will be expected to attend and participate in the local educational teaching program held at the Harbour, the Lantern centre or in East Lancashire. They will have access to general psychiatry teaching and specific CAMHS teaching. There is a full range of audit presentations, journal clubs and academic lectures and expert led sessions. They will have the opportunity to teach at a variety of levels, medical students, foundation doctors and core and GP trainees..

**Facilities**

The trainee will have access to desk, computer and appropriate admin support. The trainees are provided with their own lap top in the trust. LCFT operates an electronic case record system and diaries are organised via outlook with admin support. This is currently transferring to RIO.

Library facilities are at the Lantern Centre.

**Supervision Arrangements**

Clinical and educational supervision will be provided weekly on a Thursday with Dr Mockett.

### Teaching/Academic Experience

Discussed in Academic activities.

Medical students are placed within the team and the trainee will have opportunities to participate in teaching.

The trainee will be able to teach on the local education program.

There are very good links with the local Manchester University Medical School training scheme. There are opportunities for teaching and OSCE examination. Trainees will be encouraged to undertake appropriate Manchester University training.

Further teaching experience can be acquired on the foundation year academic program.

### Audit/Research Opportunities

The trainee will be expected to participate in audit of a high standard.

The trainee will be expected to develop links with the trust audit department.

Previous audits have been presented at the Royal College CAMHS Conference and if possible the trainee will be expected to participate in this.

### Management Opportunities

The trainee will have opportunities to participate in multi-agency meeting with the possibility of chairing some meetings.

The trainee will be expected to provide a leadership role in pscho educational meetings for families will young people with LD and Autism.

The trainee will be expected to provide supervision to core trainees and non-medical prescribers.

The trainee will be expected to take part in service development and quality improvement projects.

### Other/Additional Experience

Dr Mockett had specific expertise around ADHD and learning disability and legal matters with neurodevelopmental conditions.

### Description of Special Interest Opportunities

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## Trainee timetable

*Please ensure trainee and trainer timetable match for supervision arrangements*

Mon	Tues	Wed	Thurs	Fri
Team Duty day RPH  Clinic Shawbrook House	Clinic Westgate House	New Case Clinic Shawbrook House (monthly team meeting)	Clinic Ellen House	Admin Supervision Dr Mockett 11.30- 12.30
Clinic Shawbrook House  ASD clinic Shawbrook House every other week	Clinic Westgate House	Local Education Teaching Program	Clinic Ellen House	Research