

Trainee Job Description

Job Title	Doctor in Training - Psychiatry		
Educational Supervisor	Dr John Stevens		
Clinical Supervisor	Dr Amarinder Sandhu		
Placement Address	Stein Centre, St Catherine's Hospital, Birkenhead CH42 0LQ		
Trust	Cheshire and Wirral Partnership NHS Foundation Trust		
Speciality	GA Psychiatry	Sub Speciality	Early Intervention
Full Time/Part Time	Full time	Days Worked	5 Days
Year of Trainee (Delete those N/A)	ST4	ST5	ST6

Description of Placement

Wirral Early Intervention in Psychosis is a multi-disciplinary, outpatient service based in Stein Centre, St Catherine's Hospital, Birkenhead. The service has good links with CAMHS, Primary and Secondary Care adult psychiatric services, including crisis resolution and (adolescent/adult) in-patient units. Wirral EIP comprises of a well-established multi-disciplinary team providing a mental health service for Adults in the age range (18-65). There are strong academic links with universities and the medical school, as well as other national and international research groups. The team has a Consultant Psychiatrist, Clinical Psychologists, STR worker, pharmacist and Generic EIP clinicians (RMNs, occupational therapist or social worker). Work will be based both in clinic and community settings, with liaison with in-patient units. The service is well supported by the Service Manager and administrative staff.

Roles and Responsibilities of the Trainee

The trainee will spend 8 sessions a week in clinical training in Early Intervention in Psychosis Team.

The trainee will be carrying out Outpatient assessment of patients and their families presenting with First Episode Psychosis/At Risk Mental State including a wide range of mental health and substance misuse problems of varying complexity, requiring a multi-disciplinary comprehensive assessment. There will be opportunity to assess patients under the mental health act in the community. There will also be opportunity to write reports for tribunals and attend managers/tribunals for patients subject to community treatment orders.

The trainee will take an active role in assessment, investigation, treatment and follow-up of patients referred to the EIP team by primary care, CAMHS and adult psychiatric services, third sector organisations, Education and Social Service agencies.

The trainee will be exposed to a broad range of psychiatric disorders occurring in adolescents and young people and working age adults. Interventions include psychopharmacology, CBT, family work and other psycho-social approaches.

The trainee will be undertaking these duties under regular supervision and support from Dr Sandhu.

The trainee is expected to maintain patients' notes/electronic record to very high standards, write

GP/other letters and work closely with the multi-disciplinary team.

The trainee will be responsible for physical health monitoring together with the MDT

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)*

- Conduct new patient assessments in outpatient clinic or on domiciliary visits.
- Conduct CPA reviews
- Assess patients under the mental health act in the community
- Writing reports for patients subject to Community Treatment Order for tribunals/managers hearing
- Review patients in the urgent pathway (Under CRHTT)

Intended Clinical Learning Objectives (ILO 1-7, 16) *Indicate specifically how the trainee will achieve portfolio curriculum requirements in this post, e.g. specific experience which will allow achievement of competencies.*

To develop Clinical expertise in:

With reference to the 2016 General Adult Psychiatry Curriculum :-

ILO 1, 2, 3 (history, exam) will be met through assessments carried out in the community. Experience will be gained through developing a clinical lead for the patients, autonomous working, supervised working and work-placed based assessments.

ILO 4 (legal framework) competencies will be met through work with patients on CTOs in the community, as well as on call /community MHA assessments. There will also be opportunity to gain experience in more complex legal frameworks such as report writing for courts.

ILO 5 (psychological therapies) will be addressed through liaison with MDT's, in outpatient settings. There is a part time psychologists attached to the team and complex psychological patients are regularly discussed. There will be opportunity for training in CBT for psychosis and Family Intervention work.

ILO 7 (management of severe mental illness) will be addressed through review of patients in community settings. Patients with first episode psychosis, have high levels of comorbidity. The post-holder will be exposed to a range of complex patients with severe mental illnesses.

ILO 8 (research) Early Intervention in Psychiatry is an exciting area of psychiatry with many advances in recent times. There is ample opportunity for a range of research from a medical or psychological perspective. Cheshire and Wirral Partnership NHS Foundation Trust Early Intervention Team is involved in research on a national level and the post-holder will have many opportunities to become involved.

ILO 11 (clinical governance) will be focused on in supervision. There is also opportunity to attend the Wirral Locality Consultant Management Meeting to experience clinical governance on a day to day level.

ILO 15 and 15 (team work and leadership) are an integral component of this job as the role is highly dependent upon collaborative working with the MDT, colleagues in other mental health services, and colleagues in the wider medical settings

On Call (ILO4) Please state frequency of on-call and nature of duties plus arrangements for clinical supervision

On call commitments as per regional arrangements. Frequency is 1:10 but subject to change depending on service requirements.

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 (ILO 8, 9) *(These should include case conferences/Journal Clubs/Lectures etc)*

CWP offers a weekly Post-Graduate academic program which includes the MRCPsych syllabus for doctors in training. The teaching offers a wide range of subjects within Psychiatric Medicine including General Adult, Older People, Learning Disability, Substance Misuse, Eating Disorders, Liaison and Forensic Psychiatry.

The teaching is delivered through a range of methods including case presentations, journal clubs, and expert led sessions. All participants, from trainees through to Consultants, are encouraged to participate, engage, and lead the teaching. External experts are also invited to teach at times. The program aims to provide an environment for academic, clinical and professional development, as well as helping the junior trainees to prepare for their exams. In addition, the doctors are encouraged to make use of the library facilities to read widely on topics associated with their clinical work.

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 *(including clinical and educational, including cover arrangements when supervisor absent)*

There is weekly supervision on Monday at 11:30 with the clinical supervisor (Please see attached timetable), in addition to ongoing clinical supervision and teaching.

Teaching Opportunities (ILO 17)

CWP offers a weekly Post-Graduate academic program which includes the MRCPsych syllabus for doctors in training. The teaching offers a wide range of subjects within Psychiatric Medicine including General Adult, Older People, Learning Disability, Substance Misuse, Eating Disorders, Liaison and Forensic Psychiatry.

The postgraduate teaching programme 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 of level ST4-ST6 are provided with the opportunity to chair the event to provide additional management opportunities.

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

There will Opportunities to Teach Patients, Junior Medical Staff & Members of the MDT

Research Opportunities (ILO 8)

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.

Governance and Management Opportunities (ILO 10, 11, 14, 15)

Management opportunities also include having a separate case load managed by the trainee, along with staff support. Also opportunities to lead and make decisions in a leadership role. There are several Service Redesign Projects underway requiring Medical Staff involvement that The Higher Trainee can attend.

Psychotherapy opportunities (ILO 5) *(in service and / or in Trust)*

ILO 5 (psychological therapies) will be addressed through liaison with MDT's, in outpatient settings. There is a part time psychologists attached to the team and complex psychological patients are regularly discussed. There will be opportunity for training in CBT for psychosis and Family Intervention work.

There are a range of psychological skills on offer in the Wirral Locality and this includes psychotherapists attached to the complex care team who provide care to patients with personality disorders. In addition to that there will opportunity in the local Eating Disorder Service and the Liaison Service to get experience in broad range of psychotherapeutic modalities including CBT, CAT, DBT, IPT, CFT, and MANTRA.

Other/Additional Experience

There will be opportunity to join the RCPsych Early Intervention Network and participate in nationally driven quality improvement projects.

Description of Special Interest Opportunities *(in service and / or in Trust)*

There is opportunity in the following services to have a special interest session:

- Adult ADHD
- Adult ASD
- Psycho-oncology
- Eating Disorder Service
- Liaison Psychiatry
- Perinatal Service
- ECT

Timetables

Please ensure trainee and trainer timetable match for supervision arrangements

Trainer timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Team MDT Supervision	Outpatient Clinic	Outpatient Clinic	Outpatient Clinic	Admin/Mental Health Act Reports
PM	Admin	Urgent reviews at home or clinic	Post Graduate Course (Chester)	Home Visits/Mental health Act work	Urgent Work/Admin

Trainee Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Team MDT Supervision	New Patient Reviews in clinic	Home Visits/Mental Health Act Work	Special Interest / Research	CPA Outpatient Clinic
PM	Outpatient Clinic	Home Visits/Admin	Post Graduate Course (Chester)	Special Interest/ Research	Urgent work / Admin