

Trainee Job Description

Job Title	Doctor in Training - Psychiatry		
Educational Supervisor	Dr John Stevens		
Clinical Supervisor	Dr Bhairavi Sapre		
Placement Address	Cherrybank Resource Centre, Wellington Road, CH65 0BY		
Trust	Cheshire and Wirral Partnership NHS Foundation Trust		
Speciality	GA Psychiatry	Sub Speciality	Perinatal
Full Time/Part Time	Full time	Days Worked	5 Days
Year of Trainee (Delete those N/A)	ST4	ST5	ST6

Description of Placement

The CWP Specialist Community Perinatal Team was established as part of the STP wide Specialist perinatal mental health service. The service has been running for 2 years. The team is based in Ellesmere Port but provides a community service to women across the whole of the CWP patch. The team provides a consultation role to other CWP services who are looking after women in the perinatal period but also holds a caseload of women who newly present whilst pregnant or post-natally. We provide support and supervision to secondary care services, IAPT, midwifery and health visiting services, primary care and children's centres. A key part of our work is managing mental health problems in women in the context of their relationship with the infant and the wider family

Roles and Responsibilities of the Trainee

- Assessment and management of women who present with mental illness in the perinatal period.
- Medical support to other members of the MDT in management of perinatal cases with serious mental illness
- Providing a consultation service (along with the rest of the MDT) to CMHTs and other CWP services
- Offering pre-conceptual advice clinics to women with previous history of SMI (under supervision of consultant)
- Attendance at team MDT meetings and contribution to case discussion there
- Participate in the perinatal teaching programme both as an attendee and to deliver teaching where appropriate.

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)*

- Trainee will be supernumerary and work will be covered by supervising consultant when trainee is absent.
- Trainee will assess and provide treatment for women in perinatal period.
- The team operates and assertive outreach approach. Some assessments may happen in team base at Ellesmere Port but the majority will occur in other settings across the CWP patch, such as

primary care sites, children's centres, maternity clinics or patient's homes. The trainee may be required to see patients alone or with other members of the MDT.

- Trainee will see patients for new assessment and follow up care. They will also contribute to MDT planning meetings such as those multiagency planning meetings required for pregnant women with mental disorder, including birth planning meetings. It is recognised that this work will be new and close supervision will be provided.

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.*

With reference to the 2016 General Adult Psychiatry Curriculum :-

ILO 1, 2, 3 (history, exam) will be met through assessments carried out within the inpatient and community work. 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 on call MHA assessments. There will also be opportunity to gain experience in more complex legal frameworks such as child protection, court work, and Court of Protection

ILO 5 (psychological therapies) will be addressed through liaison with MDT's and close working with the team psychologists. We work closely with colleagues in IAPT services and there will be an opportunity to work in collaboration with them. The team actively engages in team training opportunities such as compassion and solution focused therapies. Within the trust, there will also be the opportunity to undertake long and short cases in all settings, and there are dedicated psychologists who are able to supervise more formal psychological work.

ILO 7 (management of severe mental illness) will be addressed through both inpatient and community settings. Mothers with mental health problems can have complex issues relating to the parent-infant bonding and the impact of mental illness on the development of the child. There are complex issues to consider in relation to birth planning, safeguarding and involvement of social services and third sector providers. The post-holder will be exposed to a range of complex patients with severe mental illness.

ILO 8 (research) Perinatal 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. The service works across 3 trusts and there are a number of new research opportunities particularly in relation to mothers who experience loss/bereavement.

ILO 11 (clinical governance) will be focused on in supervision. There are a number of strategic development groups both locally, cross trust and regional which can be attended. The team is new and we have recently participated in the Royal College CCQUI as well as covering complete a number of annual audits in line with NHS England requirements.

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 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)*

Psychotherapy case management is available in Trust through our local Step 3 service provider. In addition to this there would be opportunity to gain experience in CBT, Mindfulness and IPT with the psychologists within the team

Other/Additional Experience

- Liaison with Mother and Baby units
- Opportunity to observe supervising consultants work with NorthWest Coast Strategic Clinical network for Perinatal Psychiatry

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

Opportunity to work with Infant Mental health team who support attachment of mother and baby

Timetables

Please ensure trainee and trainer timetable match for supervision arrangements

Trainer timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	OFF	MDT	Clinic/Meetings	Clinic	Clinic
PM	OFF	Supervision	MAPMED/ admin	Clinic	Admin/ Urgent clinical work/ Home visits

Trainee Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Special Interest	MDT	Clinic	Clinic	Clinic
PM	Research	Supervision	MAPMED	Admin	Urgent clinical Work/home visits