

## Trainee Job Description

Job Title	Core Trainee in CAMHS				
Educational Supervisor	Dr Yogesh Sharma				
Clinical Supervisor	Dr Suhair Abbas				
Hospital Address	The Alders, Warrington CAMHS				
Trust	North West borough health care NHS trust				
Speciality	Psychiatry	Sub Speciality	CAMHS		
Full Time/Part Time	Full time	Days Worked	Monday to Friday		
Year of Trainee (Delete those N/A)	1	2	3		

## Description of Placement

The Alders is a community Child and adolescent psychiatry service. It offers comprehensive CAMHS assessment and treatment to children and adolescents between the age of 5 and 18. It offer assessment and treatment of various mental health and psychological difficulties in children and adolescents

## Roles and Responsibilities of the Trainee

To take part in assessment and treatment of patients referred to the service. To carry a case load of patients and take of care coordination of designated number of cases.  
To attend MDT meetings and take part in complex case discussion. to take part in urgent risk assessment and urgent assessment of some patients referred to the service under the supervision of the clinical supervisor .  
To take part in physical health monitoring where appropriate and to carry out initial assessment and formulation.

## 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)*

Assessment and treatment of range of mental health conditions in children and adolescents like depression, anxiety OCD, emotional dysregulation ect .....

Risk assessment and management of designated number of patients.

Taking part in some therapeutic work like CBT or FT as appropriate to the trainee stage of training and therapeutic modality requirement

Taking part in MDT assessment.

Care coordination of a designated number of cases.

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

ILO 1	The trainee will be able to perform specialist assessments on patients and document the relevant history and examination to include
	• Presenting or Main Complaints
	• History of Presenting Illness
	• Past Medical and Psychiatric History
	• Systemic Review
	• Family History, Social/Cultural History
	• Particular focus on Developmental History
ILO 2	The trainee should demonstrate the ability to construct formal assessments of patient's problems that will include formulations and appropriate differential diagnoses.
ILO3	The trainee will demonstrate the ability to recommend relevant investigations and treatment in the context of the clinical management plan. This will include the ability to develop and document an investigation plan including appropriate medical, laboratory, radiological, social, cultural and psychological investigations and then to construct a comprehensive treatment plan addressing biological, psychological and social/cultural domains.
ILO 4	Based on a comprehensive psychiatric assessment the trainee will demonstrate the ability to comprehensively assess and document a patient's potential for self-harm and/or harm to others. They will include an assessment of risk, consideration of the need for involuntary treatment and knowledge of associated procedures, the ability to intervene effectively to minimise the risk and the ability to implement prevention methods against self-harm and harm to others. This will be displayed whenever appropriate including in emergency assessments.
ILO 5	Based on a full psychiatric assessment the trainee will demonstrate the ability to conduct therapeutic interviews and to develop therapeutic engagement. The trainee will also demonstrate the ability to participate constructively in a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into every day treatment.
ILO 6	The trainee will demonstrate the ability to concisely, accurately and legibly record appropriate aspects of the clinical assessment and management plan.
ILO 7	The trainee will develop the ability to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management
ILO8	Use effective communication with the patients, relatives and colleagues. This includes the ability to conduct interviews in a manner that facilitates information gathering and the formation of therapeutic alliances,
ILO 9	The trainee to demonstrate the ability to work effectively with colleagues including team working in a multi-disciplinary team.
ILO 10	Trainee to develop appropriate leadership skills.
ILO 11	Trainee to demonstrate the knowledge, skills and behaviours to manage time and problems effectively.
ILO 12	Trainee to develop the ability to conduct and complete audit in clinical practice.
ILO 13	Trainee to develop an understanding of the implementation of clinical governance.
ILO 14	The trainee is to ensure that he/she is able to inform and educate the patients

effectively	
ILO 15	Trainee to develop the ability to teach, assess and appraise.
ILO 16	Trainee to develop an understanding of research methodology and critical appraisal of research literature.
ILO 17	Trainee to ensure that he or she will act in a professional manner at all times.
ILO 18	Trainee to develop the habit of lifelong learning.
ILO 19	Trainee to develop reflective practice including self-reflection as an essential element of safe and effective psychiatric clinical practice.

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

The trainee will participate in day time and night time on calls at Hollins Park Hospital along with other junior colleagues. The 5 Boroughs Partnership Foundation Trust is EWTD compliant and there is senior cover for the on call rota.

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

There is a Warrington trainee academic programme currently every Tuesday pm which the CT1-3 will have the opportunity to attend and participate in

There will be time made available for Psychotherapy sessions and supervision if appropriate

The academic meeting involves: 4 hours from 1pm to 4.30pm including case conferences, and audit meetings approximately bi-monthly, journal clubs, expert let, 555 etc. All trainees are expected to take part.

### **Facilities**

There is a shared office with desks and filing cabinet and computer facilities (with internet access including journals and electronic patient

The Library is at Hollins Park . Trainees will have access to a mobile phone, Dictaphone and access to a personal alarm

### **Supervision Arrangements**

Weekly supervision from consultant. Clinical supervision available during other times from other consultants in the department when the consultant supervisor is not available. Clinical advice can be sought from consultant on call during his/her on call working hours and any issues arising can be picked up later in educational supervision and discussed further. The MDT will be available for informal supervision on subjects of mutual interest

### **Teaching/Academic Experience**

The trust has a well-developed Audit and Research governance Team based at Hollins Park. The Research, Audit and Clinical Effectiveness team support research and audit throughout the trust. Each trainee is expected to undertake audit and present their findings and other academic work as part of their professional development during each rotation. This is in line with Royal College of

Psychiatry guidance of fulfilling PMETB standards.

The trust is actively involved in research and the trainee can be provided supervision and practical support for research.

There is opportunity to teach in basic skills training sessions for CT1-3 psychiatrists and GP trainee doctors and also to teach on the MRCPSych course/GP/FY teaching programmes.

Trainees would be expected to contribute to teaching programme according to an established format.

### **Audit/Research Opportunities**

All trainees are expected to do audit projects and are supported in this by the Trust audit department. These projects can be presented at the local audit meetings as per teaching timetable.

### **Management Opportunities**

The trainee will have access to represent on management bodies and committees relevant to their training. This would include Trust clinical management forums, such as Clinical Governance/ Audit Groups, Trainee forum, as well as mainstream training management groups at Trust, Deanery and National (e.g. Royal College) levels.

The trainee is expected to attend the MDT meeting on Wednesday morning and to contribute to the case discussion and business meeting .

The trainee can acquire management experience through care coordinating a designated number of cases under the supervision of the consultants/ senior professionals.

### **Other/Additional Experience**

The trainee will receive advice about wider training issues and will have access to long term career guidance and support.

There are structured induction programmes at trust level addressing various issues such as HR, local clinical safety policies, statutory training including basic life support and immediate life support training amongst others.

### **Description of Special Interest Opportunities**

Trainee can access session in T4 inpatient unit if this is of interest.

They can access different form of therapy in the context of CAMHS like DBT, CBT and FT.

The trainee has the opportunity to experience working with one of the specialist techniques of the MDT

## Trainee timetable

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

Mon	Tues	Wed	Thurs	Fri
New patient clinic	Psychotherapy training	MDT team meeting	Supervision portfolio	Urgent appointment (new patient)
Follow up clinic	Teaching / audit	Follow up/ Admin	Urgent appointment	Admin/follow up

## Trainer timetable

*Please ensure that trainer and trainee timetables match for supervision arrangements. If part time please indicate on the timetable who will be providing supervision while you are not in work.*

**Name of Trainer: Dr S Abbas**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
New patient clinic	Follow up clinic	MDT team meeting / case discussion / allocation meeting	Supervision /admin/consultation	Off site
Follow up clinic	Teaching / audit / consultant meeting	Admin/ Follow up/ CPA meeting	Service development /meeting / audit	Off

## Additional information

Untimetabled / unpredictable but relatively frequent activities off unit - T4 assessments, 2<sup>nd</sup> Opinion reviews, Multiagency planning meetings etc