

JOB TITLE: ST4-6 in ATS / East Recovery, East Sussex

DIRECTORATE: Community Mental Health Services, SPFT

REPORTS TO: Consultant Psychiatrist, Dr Simon Baker, Educational Supervisor

RESPONSIBLE TO: Dr Simon Baker (Consultant Psychiatrist)

LOCATION: East Brighton Community Mental Health Centre
Brighton General Hospital
Elm Grove, Brighton, East Sussex
BN23EW

01273 696011

HOURS OF WORK: Whole Time

ON CALL RESPONSIBILITY: Yes

DBS DISCLOSURE REQUIRED: Yes

Sample Timetable

You are largely free to arrange your own timetable as long as you offer a total of 4 outpatient clinics (one for each of the consultants and one for the GTS). For illustration purposes here is mine (correct as of March 2014):

Monday am – Zoning (c. 10 minutes) then outpatient clinic for Dr Baker
Monday pm – Outpatient clinic for the GTS (often only one patient booked in so can be used for emergency appointments from other clusters or admin)

Tuesday am – Team Meeting
Tuesday pm – Outpatient clinic for Dr Yagoub

Wednesday am – Zoning then admin
Wednesday pm – Academic afternoon

Thursday am and pm – Special interest day

Friday am – Zoning then outpatient clinic for Dr Sales
Friday pm – Admin

Job description

The post is based entirely at East Brighton Community Mental Health Centre on the Brighton General Hospital site on Elm Grove. The ATS and Recovery team separation is artificial so in effect you will work within one very large team consisting of consultants, staff grades/associate specialists, SHO's, CPN's, social workers, OT's and a psychologist.

The Assessment and Treatment Service provides an interface between primary care services (the GP and the Wellbeing psychological therapies service) and secondary mental health services (the recovery service and other specialist services).

You will be asked to provide a specialist opinion on the diagnosis and treatment of patients presenting with a variety of psychiatric disorders – including mood disorders, psychosis, anxiety and personality disorders. There is provision to offer patients more than one appointment to clarify diagnosis and initiate treatment but we are encouraged to formulate management plans that utilise the patient's own GP, other specialist mental health services and non-statutory community services. You will become adept at identifying what treatment options exist when first and even second line treatments have been unsuccessful.

Additionally you will provide out-patient psychiatric input to the East Recovery Service. The East Recovery team manages patients who are suffering from a severe, enduring illness which requires an enhanced care plan approach with care coordination. The geographical catchment area is arranged into 'clusters' based on GP surgery. The three consultants on the team (Dr Simon Baker, Dr Sobhi Yagoub and Dr Timothy Sales) each look after one cluster. The nurses, OT's etc.. look after all of the patients, irrespective of cluster. There are two associate specialists (Dr Dan Bongale and Dr Leon Dinglestad) who see patients from all clusters.

In terms of the timetable, zoning (a team discussion of patients in crisis) happens at 9am every day except Tuesday. It takes 10 minutes and occurs in the CPNs hot desk room. You are encouraged to attend. On a Tuesday morning there is a team meeting from 11am to 12pm which everyone attends and is minuted.

You will have Wednesday afternoon off for academic study and will be expected to take part in Firm presentations at the academic afternoon.

There is a Group Treatment Service (GTS) which is essentially the day hospital re-branded. It provides group based activities and therapies for patients under the care of East Brighton. You will be able to refer your patients to it if necessary but are also required to offer one session to them for the purposes of patient reviews. As not all of the patients attending the GTS will be seeing a psychiatrist (they may have been referred in by a team member but not have a care co-ordinator or psychiatrist) you are responsible for undertaking any medication reviews that they may require or offering input if the GTS nurses have concerns about their mental states. The GTS nurses will email you direct to arrange appointments and usually there is a maximum of one per week needed, even though there is an entire clinic given to it. I often book in surplus patients from the other clusters into it.

You will be supervised educationally by Dr Simon Baker. You will also be able to access, on request, clinical supervision from Dr Sales and Dr Yagoub for cases pertaining to their clusters. There is no formal arrangement for educational supervision (e.g. one set hour per week) but it is freely available from Dr Baker on request.

Medical students often attend the clinics here so there is opportunity to do informal teaching. In addition Dr Sales and Dr Baker have their own SHO's who you will take

some role in providing clinical supervision for in the absence of the consultants. The learning disability SHO also does one session a week with Dr Baker.

You will have the freedom to manage your own diary and workload and will have a high degree of clinical autonomy. It's a very good post but does demand good organisational skills and an ability to work independently with complex cases.