

JOB DESCRIPTION

Job Title: Specialist Registrar – Perinatal Mental Health and Female Inpatient

Hours: Full Time

Location: Brighton and Hove

Educational Supervisor: Dr Jenny Cooke, Consultant Perinatal Psychiatrist

Clinical Supervisor: Dr Mike Harris, Consultant Psychiatrist Caburn Ward: Female Inpatient

Accountable to: Medical Director / Training Program Director

1. Introduction:

Sussex Partnership NHS Foundation Trust provides NHS mental health, learning disability, substance misuse and prison healthcare services across Sussex, and a developing range of specialist services across the south east of England and beyond. We are one of the largest mental health trusts in the country. As a teaching trust of Brighton and Sussex Medical School we have a national reputation for leading-edge research. Research income exceeds £1.5 million. There is a thriving Sussex wide training scheme in psychiatry.

2. Details of the services:

Perinatal

Sussex Partnership NHS Foundation Trust has been commissioned to provide a Brighton and Hove Perinatal Mental Health Service (BPMHS). The service has been operational since October 2013. There is full time administration support, 1.4 WTE Perinatal Practitioner Nurses, 0.2 WTE Team Leader and 0.6 WTE of a consultant perinatal psychiatrist.

The service is designed to target antenatal women who develop mental health problems related to pregnancy, women with post natal mental illness and women with pre-existing psychiatric disorder. The BPMHS can work with women throughout their pregnancy until one year post childbirth. The team accepts referrals for women who are experiencing severe mental health problems, but will also offer advice, information and signposting for health professionals working with women with less severe presentations. Most of the team's referrals come from midwives with a significant proportion coming from GPs and others coming from Obstetricians, Health Visitors and mental health teams.

The Royal Sussex County Hospital delivers approximately 3500 babies per year. The BPMHS run weekly outpatient clinics in the ante natal department and in Children's Centres where the trainee will have the opportunity to see a combination

of new and follow-up patients. There will also be opportunities for the trainee to see patients in community settings and at home.

The remit of the clinic is to see women pre, ante and postnatal, who have been identified by midwives, GPs, obstetricians and mental health colleagues as being potentially at high risk of perinatal-related mental disorder or who suffer serious mental illness in the perinatal period. The aim of the clinic is relapse prevention, early detection and treatment in women with pre-existing history of severe mental illness.

Clinical work involves thorough bio/psycho/social assessment with a particular emphasis on pregnancy and risk. The higher trainee will work with a Consultant Perinatal Psychiatrist and a Consultant obstetrician with a special interest in mental health to undertake joint clinical assessment with the most high risk patients. Women at high risk of severe and enduring mental illness are offered pre-birth mental healthcare planning meetings and postnatal review.

- After assessment patients may be offered follow up with the psychiatric nurse working within the perinatal service or the Consultant Psychiatrist, as appropriate.
- Onward referrals are made as needed and the service works in conjunction with other agencies in order to ensure the care plan is implemented.
- Collaborative working relationships are important in working with local mental health services in Brighton, including the Crisis Resolution and Home Treatment Team (CRHT), inpatient female wards, Early Intervention Team, Brighton Assessment and Treatment Service, Recovery Teams and the Liaison Psychiatry Team.

Learning Opportunities

To gain experience of specialist assessment and treatment of perinatal mental health problems in a range of settings.

To gain experience of the assessment and proactive management of high risk women with a prior history of serious mental illness to prevent avoidable recurrences in pregnancy and the postpartum period.

To work in partnership with the Consultant and Team Manager to gain experience of providing leadership, clinical supervision and development to the other members of the Perinatal Mental Health Team.

To gain experience of providing clinical liaison, advice, support and assistance and on perinatal mental health to clinicians involved in the care of childbearing women including GPs, health visitors, midwives, mental health professionals and obstetric colleagues.

To gain understanding of the process of inpatient psychiatric admission to a Specialised In-Patient Mother and Baby Unit.

Teaching and Training:

- Training other professionals on perinatal mental health is an important function of the perinatal mental health team. The team regularly delivers training to midwives, health visitors, GPs and mental health professionals. Training includes an overview of perinatal psychiatric conditions, the lessons to be learnt from Confidential Enquiries into Maternal Mortality, perinatal care planning, medication and a session on the impact on the baby.
- The trainee would have the opportunity to take an active role in developing and delivering this training with the support of the consultant and team leader.
- The trainee would also have the opportunity to engage in teaching psychiatric core trainees and GP VTS trainees as well as undergraduate medical students on elective periods or on attachments.

Service Development, Clinical Audit and Research:

This post provides some exciting opportunities for the specialist registrar to get involved with service evaluation and development

- The Specialist Registrar will be expected to actively participate in audit related to the development and evaluation of the service.
- The trainee will have the opportunity to attend regular service evaluation meetings with CCG leads.
- The trainee will have the opportunity to be a part of the NHS England Sussex Perinatal Clinical Network, chaired by the perinatal consultant and made up of psychiatric, maternity, obstetric and social services stakeholders working to develop equitable community perinatal mental health teams across the Sussex.
- Active participation in academic research is encouraged. The post holder's own research projects will be encouraged. There are opportunities for clinical and other basic research through Sussex University, Brighton University and the medical schools.

Female Acute Inpatient Work

Although the majority of the trainee's clinical time will be spent working in the perinatal mental health service (and educational supervision will be provided from the perinatal consultant) there will also be an opportunity for the trainee to gain experience as part of a multidisciplinary team treating females in an acute inpatient environment for 1-2 days a week depending on the post holder's training needs.

Clinical supervision for this part of the job is provided by the inpatient consultant. Millview Hospital, Nevill Avenue, Hove provides in-patient beds for all acute mental health patients aged 18-65 in Brighton and Hove. Caburn ward is a 20-bed female acute in-patient ward at Millview. The ward team offer treatment and care to women suffering from severe mental health problems including affective and psychotic illnesses as well as personality disorders.

The inpatient ward team consists of a Consultant Psychiatrist, an Associate Specialist doctor, 1 – 3 GP VTS trainees, 1 – 2 Foundation year trainees, a ward psychologist, Psychiatric Nurses, Occupational Therapists and supporting staff.

The specialist registrar would work under the supervision of the Consultant Psychiatrist. The focus of the work will be tailored to the individual's particular training needs but may include leading on patient assessments and reviews, preparing mental health act tribunal reports and attending tribunals and attending and leading multidisciplinary meetings involving ward patients. When on the ward, the higher trainee will provide clinical support and advice to junior medical colleagues and would be involved in teaching medical students placed on the ward.

Learning Opportunities

In addition to working closely with the consultant, the ST4-ST6 will be an active member of a progressive multidisciplinary team on Caburn ward.

The sessions will be structured so that the trainee has a "hands-on" experience of acute in-patient psychiatry.

The trainee will gain experience in the assessment and management of patients presenting in the acute phase of a severe mental illness.

The trainee will be encouraged to research and develop a protocol for a regular 60 minute group activity on the ward for patients along one of the following themes: 'healthy living and fitness', 'psychoeducation' or 'low-intensity therapeutic activities'. The design of the group will be with input and support from the occupational therapy and psychology leads. It should be modelled as an "outcomes based" activity that can be audited. If approved, then the trainee may facilitate the group. They will be expected to document the engagement and a brief mental state of any participants and audit the group outcomes.

The trainee will be supervised in the writing up of their outcomes which would create possibilities for research publication.

There will be opportunity to gain experience in Mental Health Act work, attending Hospital Managers hearings, Mental Health Review tribunals and completion of necessary Mental Health paperwork and preparing reports.

Teaching and Training:

- The trainee would have the opportunity to take an active role in developing and delivering training to junior medical colleagues in the team. Per 4 month rotation, Caburn ward receives between 1 and 3 GP VTS trainees and 1 – 2 Foundation year doctors, all working less than full-time. With the support of the consultant and ward manager, the trainee would be invited to engage in formal and informal teaching of core psychiatry skills and more pertinent skills for the inpatient setting.
- The trainee will have the opportunity to lead a case-based tutorial group for medical students.

Service Development, Clinical Audit and Research:

This post provides some exciting opportunities for the specialist registrar to get involved with service evaluation and development, including the development of an intervention (60 minute group activity).

On Call Duties

The post holder will also participate in on-call duties as specified, shared with other junior colleagues.

All staff are required to:

- Abide by the standards of behavior expected by their professional body and the standards of behavior expected of all staff in the Trust disciplinary policy and procedure.
- Adhere to all Trust policies and procedures and are responsible for making themselves aware of these policies and procedures.
- Treat information relating to patient, employees and businesses of the Trust in the strictest confidence. Under no circumstances should such information be discussed with any unauthorized person(s) or organisations. At all times employees are required to comply with the provisions of the Data Protection Act.
- Maintain their own awareness of, and comply with, policies and procedures relating to Health and Safety (whether statutory or Trust), and assist in ensuring the compliance of other staff.

- Support the Trust's visions and values and in particular the promotion of a positive approach to diversity, equality, rights, and treating others with dignity and respect; to eliminate discrimination and disadvantage in service delivery and employment, and to manage, support or comply by adhering to the Trust's Equality and Diversity Policy.
- Demonstrate the core principles of safeguarding and protection Human Rights; treating people with dignity, fairness, equality, respect and autonomy.
- Develop and maintain positive relationships with all colleagues, taking account of their age, religion or belief, ethnicity, sex, marital or civil partnership status, sexual orientation, gender identity, pregnancy or maternity status and any disability. Ensure that they are approachable and that their conduct towards colleagues is open and honest, dealing with differences in opinion, in ways which avoid offence.
- Take responsibility for the safeguarding and protection of children and young people and vulnerable adults very seriously, as does The Trust. The Trust works with adult and children's social care to ensure that the integrated service has systems in place to equip staff with the knowledge and skills to recognize abuse, and take action to safeguard and protect vulnerable adults and children and young people. It is expected that all staff familiarize themselves with the appropriate structures and policies and with the Sussex child protection and safeguarding procedures and the Sussex multi-agency policy and procedures for safeguarding vulnerable adults and undertake the relevant essential training and further training appropriate to their role.

6. Resources available to the post holder:

The post holder will have the following resources available to them:

- Access to information technology such as a PC or laptop
- Access to a personal mobile telephone for work telephone calls
- Access to the Trust library service
- Access to the Trust research and development department
- Dedicated administration support
- Dedicated clinic space

7. Timetable

The timetable shown below is indicative only and is subject to negotiation on appointment taking into account the post holders interest.

The commitments shown are flexible and do not reflect fixed working arrangements. It is anticipated that the relative priority given to some tasks will evolve over time.

	Monday	Tuesday	Wednesday	Thursday	Friday
a.m.	Special Interest / Research	Perinatal Clinic at children's centre	Perinatal Home visits	Obstetric Liaison Clinic RSCH	Caburn Ward Handover and Assessment of new patients
p.m.	Special Interest / Research	Perinatal MDT Meeting and admin	Academic Meeting, Educational Supervision Perinatal Home Visits	Perinatal Audit / teaching / service development work	Caburn Ward Clinical supervision Facilitate group activity Opportunity to attend mental health act tribunals

8. Maintaining Medical Excellence and Continuing Professional Development

It is expected that the post holder will attend organised teaching sessions and appropriate external courses on study leave as well as Calman days.

The post holder will participate in an annual performance appraisal with their Supervisor.

The Trust is committed to providing safe and effective care for patients. To ensure this there is an agreed procedure for staff to raise concerns confidentially about the conduct, performance or health of colleagues (Chief Medical Officer, 1996). All

medical staff should ensure they are aware of this procedure and apply it if necessary.

9. Clinical Governance

The Trust is committed to clinical governance and has an agreed strategy to support staff in maintaining and monitoring the highest possible standards of practice and to establish a culture of continual improvement and personal development.

10. Non-Smoking Policy

A non-smoking policy applies throughout all premises administered by the Trust.

11. Terms and Conditions

The appointed doctor will be subject to the Terms and Conditions of Service for National Health Service Medical and Dental Staff except where amended by SPNFT.

12. Salary Range

Standard Whitley Council terms and conditions apply

13. Registration

The post holder will be fully registered with the General Medical Council and where appropriate will be a member of a Defence Society.

