

Job Description ST4-ST6

Sussex Partnership NHS Foundation Trust

Post: ST4-6

Specialty: Old Age Psychiatry

Base: Beechwood Unit, Uckfield Community
Hospital, Uckfield, E. Sussex

Trust: Sussex Partnership NHS Foundation Trust

Trainer: Dr N Tabet, Consultant & Senior Lecturer
in Old Age Psychiatry

Catchment Area: North Wealden

The Time -Table:

It is expected that the weekly Time-Table will include an outpatient clinic, one multidisciplinary team meeting and few sessions for community work and liaison. In addition, two sessions will be dedicated to research activities and/or special interest. Another session will be dedicated to the weekly academic meeting arranged by the Trust. The trainee has an one hour supervision with the consultant.

ST4-ST6 Timetable: This Time – Table only represents a general outline. There will be some degree of flexibility to meet any specific commitment or requirement that a trainee may have or require.

Specialist Registrar Time-Table	Monday	Tuesday	Wednesday	Thursday	Friday

AM	Community assessments	Administration, audit & dementia Clinical Trials	Community team meeting	Research (with Dr Tabet at University)	Memory clinic
PM	Alternate clinic/ community assessments	Community assessments	Academic meeting	Research (with Dr Tabet at University)	Supervision And emergency community assessments

The Post:

This is a ST4-ST6 training post in Old Age Psychiatry based at the Beechwood Unit, Uckfield Community Hospital which is part of the Sussex partnership NHS Foundation Trust. The ST4-ST6 is an important member of a team of dedicated professionals caring for older people with dementia and mental health problems in the North Wealden area of East Sussex. The ST4-ST6 is responsible to the consultant. He/she has an important role in providing specialist clinical expertise and will work closely alongside the multidisciplinary team in delivering excellent care to patients. It is recognised that ST4-ST6s are doctors in training; hence, every aspect of this post is educational in nature and dedicated to the doctor's training needs. The trainee is exposed to a wide area of clinical practice in the field of Old Age Psychiatry including community assessments and treatment, Memory Clinic, Functional Disorder Clinic, Day Resource Centre, and in-patient assessment. In addition, the trainee has ample opportunity to gain experience in teaching, research and audit. The aim will be to encourage the trainee to develop their clinical, teaching and research skills and knowledge in preparation for future independent practice. This will be accomplished at all times within the boundaries of accepted professional standards and as delegated by the consultant and under his full supervision.

The Unit:

Beechwood Unit is an active community mental health team for older people living across the northern part of East Sussex bordering Kent. In addition to the ST4-ST6 trainee, the medical team include the Consultant, whole-time Associate Specialist, Part time Specialty doctor and a Foundation Year 2 trainee. Beechwood Unit also accommodates the sector Team Manager and administrative support, Community Psychiatric Nurses, Social Workers, Occupational Therapist and a Psychologist. On site there is also a 16-bedded in-patient ward for the acute assessment and treatment of older people (65 years

and over) with dementia. Our team is responsible for the care of patients admitted from our sector.

The Catchment Area:

Beechwood Unit is located in a tranquil and beautiful part of the South East of England. The North Weald is situated somewhat midway between Greater London and the South East Coast and both are easily accessible and within one hour's drive. The catchment area makes up a considerable part of geographical East Sussex and has approximately 15,000 older people above the age of 65. Although the sector is mainly rural and semi-rural in character, it also contains 2 important East Sussex towns: Uckfield and Crowborough. The city of Brighton with its medical school, Eastbourne, Haywards Heath and Tunbridge Wells are all within easy reach. University of Brighton, University of Sussex and Brighton and Sussex Medical School are 20 minutes away.

Training:

I. Clinical:

In addition to working closely with the consultant, the ST4-ST6 will be an active member of a progressive multidisciplinary team. The main aim of the post is to help the trainee to develop an up-to-date expertise in the management of older people with mental health problems at various settings. Increasingly a considerable amount of work is being carried out in the community and this will be reflected in the clinical training of the ST4-ST6 which will include elements of all of the following:

- Routine and emergency assessment of community-based older patients with dementia and mental health problems including assessment under the Mental Health Act.
- Gaining experience in the diagnosis and treatment of mental health disorders among older people in the community.
- Gaining experience in Old Age Psychiatry liaison work by undertaking some assessment of older people admitted to local general hospitals.
- Some assessment of patients at our local resource Day Centre. This will include working closely with nursing and occupational therapy staff and liaising with relevant outside agencies and GPs.
- Taking active part in memory clinics.

While it is recognised that clinical training is of utmost importance and that the trainee need to be exposed to a good mix of varied clinical practice, the clinical load will not intrude on other important aspects of the ST4-ST6 higher trainee.

II. Teaching:

Teaching is an essential element of the consultant duty and responsibility. Therefore, every opportunity should be provided so that the ST4-ST6 can develop the skills, expertise and attitudes expected in a teacher. This will be accomplished by exposing the trainee to teaching both at the Trust and University. The consultant (Dr Tabet) is a senior lecturer at the Institute of Postgraduate Medicine, Brighton and Sussex Medical School, and the trainee will be assisted in developing various teaching skills. In addition, the interested trainee will be encouraged to obtain a certificate in teaching during this placement.

III. Audit:

The ST4-ST6 is expected to attend Trust clinical audit training workshops organised by the Clinical Governance Department so he/she can become aware further of the process and practice of audit. The trainee will be encouraged to complete a small and relevant audit during the placement under the supervision of Dr Tabet and in coordination with Clinical Governance staff. It is envisaged that such training will increase the awareness of the trainee regarding the important role of audit in clinical practice.

IV. Research:

Research activities help to develop further the trainee's analytical skills, various research methodologies, literature searching, hypothesis formulation and testing, and critical assessment of reported findings. Skills gained from direct research work will inform and positively influence the trainee's future clinical practice. ST4-ST6 trainees are allocated 2 sessions for research and/or specialist interest a week. These will be utilised effectively and efficiently during this placement. The ST4-ST6 will be expected to carry a research project after discussion with and under the supervision of Dr Tabet. This will give the trainee the opportunity to formulate a hypothesis in an area of interest and to search the literature and design an experiment to test his/her hypothesis. The trainee will gain first hand experience through application to the Local Ethics Committee and Research & Development Committee, consultation with a statistician, research write up, submission process and peer review. The trainee will also gain experience from presenting the research ideas and findings at relevant clinical and research meetings. All higher trainees attached to this unit have published in peer review

journals or in the process of publishing their research work carried out whilst in this placement.

The consultant leads the Cognitive Treatment and Research Unit, which is based on site. This is an active research unit linked to and funded by NIHR Dementias and Neurodegenerative Disorders Network (DeNDRoN). The ST4-ST6 will be introduced to the work of a clinical trial research unit in the field of Alzheimer’s disease and dementia disorders.

The ST4-ST6 will gain knowledge from the latest advances in the field of dementia treatment.

Consultant Timetable Dr Naji Tabet

<i>Timetable</i>	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Staff clinical supervision	Medical School	Multi Disciplinary Team meeting	Medical School	Outpatient clinic
PM	Community work / Memory Clinic	Medical School	Academic afternoon / Emergency community work	Medical School	Community assessments/ Doctors supervision