

Wessex School of Psychiatry Placement Profile

ST4-6

**Community Child and Adolescent Psychiatry Post
Sussex Partnership NHS Foundation Trust**

Base: Basingstoke CAMHS

01256 842800

Educational and Clinical Supervisor:

Dr Liz Winburn Consultant Child and Adolescent Psychiatrist

This post has an on-call component with Consultant cover on the Solent Out of Hours CAMHS rota (covering Southampton and Portsmouth).

Proposed Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
am	Generic clinical work	Eating Disorder Team Meeting OR Urgent appointment slot Admin	On-call supervision and Academic programme OR Basingstoke team meeting (alternate weeks)	Neurodevelopmental assessment work OR NDT consultation/diagnostic meetings (alternate weeks)	Generic clinical work
pm	Systemic Therapy Clinic	ADHD review clinic	Academic programme OR	Supervision hour weekly Admin	Research/audit/teaching

			DSH assessment/ i2i (alternate weeks)		
--	--	--	---	--	--

Core Clinical Work

Basingstoke CAMHS is a Tier 3 community CAMHS service for young people age 0-18 provided by Sussex Partnership NHS Foundation Trust. The team has 2.2 wte Consultant Child Psychiatrists and a mix of other professionals including nurses, psychologists and other therapists, offering experience in several therapeutic modalities including CBT, Systemic, Psychodynamic, EMDR, Play and Art.

The trainee will be expected to assess and manage a number of different conditions including Depression, Anxiety, Psychosis, OCD, Tic Disorder, ADHD, ASC and Learning Disabilities under the supervision of the Consultant. They will also offer consultation when appropriate to other members of the team or offer joint appointments and be fully integrated into the team attending the weekly team meeting.

The trainee will also have the opportunity to work in the new Hampshire CAMHS Specialist Eating Disorder Team where they will be able to obtain experience of Family Based Treatment for the management of Anorexia Nervosa. The trainee will also have the opportunity to be involved in the Deliberate Self Harm Rota and Paediatric Liaison covering North Hampshire and Basingstoke Hospital and to work with the i2i Intensive Support Service.

Administration

On arrival the Trainee will be provided with an induction to the team. They will have admin support and work in a shared office with telephone and computer access. The trainee will be expected to work from 09:00-17:00.

Clinical responsibilities

The trainee will have a caseload and will manage the treatment of each patient under the supervision of the consultant. They may be required to undertake urgent assessment of new referrals or young people known to other members of the team where there are concerns about mental state or risk. They will be able to discuss any concerns they may have with a senior member of the team. When necessary they may be required to liaise with i2i the intensive support team or Leigh House Hospital the local Adolescent Inpatient Unit. If inpatient admission is required the trainee will be encouraged to remain in contact and follow the young person's progress.

The trainee will be able to complete DSH assessments at the North Hampshire and Basingstoke Hospital.

The trainee will also have the opportunity to spend sessions with the North Hampshire Specialist ED Team joining initial assessments, treatment appointments with other clinicians and review meetings, as well as attending team meetings and supervision.

Note keeping

The trainee will be expected to use Carenotes (electronic patient record) to record risk assessments and all clinical information, as well as to access information entered by others (for example i2i) and for correspondence.

Physical Health Monitoring

For young people with ADHD taking medication the trainee will be required to assess physical observations during a review and to record these as well of the centile for height weight pulse and BP. They may also need to assess physical health for a young person with an eating disorder requesting paediatric assessment when necessary. The trainee would need to ensure appropriate monitoring for any young person prescribed anti-psychotic medication.

Management Meetings

The trainee would be expected to attend the weekly clinical team meeting and the weekly rotating Business, CPD, Reflective Practice and Clinical Governance meetings. They would also be welcome to attend the Hampshire Consultants' Meeting on occasion for management and leadership experience.

Teaching and Audit

There are Core Trainees attached to the CAMHS team and the Higher Trainee will be encouraged to support their training and exam preparation. A final year trainee may provide some supervision for a Core Trainee, under the supervision of the Consultant. There may also be opportunities to teach other members of the team or professionals from other local services.

The trainee will be supported and encouraged to undertake audit. This could be of their choice or an audit already running in the Trust.

Educational Opportunities

A weekly 1 hour supervision session will be provided by the Educational Supervisor. Clinical supervision may also be provided by other members of the team.

The Trainee will attend the ST4-6 Academic Programme at Ashurst Educational Centre fortnightly.

Psychotherapy

The trainee will be able to gain experience of the above mentioned modalities of therapy, if desired. There may be the opportunity to co-facilitate anxiety group work. The trainee will be encouraged to undertake CBT style work with supervision.

Appraisal

Appraisal will be provided by the Educational Supervisor. Workplace Based Assessment can be completed by the Educational Supervisor and other team members.

LEARNING OPPORTUNITIES

Curriculum	Eastleigh CAMHS	Post Number Supervisor Speciality Location Programme Director	Dr Liz Winburn Tier 3 CAMHS Basingstoke Dr Dhakras
1 Establishing and maintaining therapeutic relationships with children, adolescents and families	1.1 Builds trust and respect ST4-6		
2 Safeguarding children	2.2 Works with the family and professional network to clarify and manage safeguarding 2.3 Rehabilitating children who have been abused and/or neglected ST4-6		
3 Undertake clinical assessment of children and young people with mental health problems	3.1 History taking using developmental approach (from parents and child/adolescent) where appropriate 3.2 Physical examination 3.4 Seeking information from other sources 3.5 Formulation and feedback of assessment and management plan to parents and child/adolescent 3.6 Note-keeping and clinical correspondence ST4-6		
4 Managing emergencies	4.1 Assessment and management of psychiatric emergencies, including minimising risk to patients, parents and carers, yourself and others ST4-6		
5 Paediatric Psychopharmacology	5.1 To recognise the indications for drug treatment in children and young people. 5.2 To be able to explain the risks and benefits and develop treatment decisions collaboratively. 5.3 To be able to prescribe safely. ST4-6		
9 Paediatric liaison	9.2 To be able to assess and manage cases of deliberate self-harm and other psychiatric emergencies that present in the A & E department or on the ward. 9.3 To be able to assess and manage		

		somatisation disorders, abnormal illness behaviour, and cases of unexplained physical symptoms. ST4-6
10	Working with Networks	10.1 Ability to work with key agencies - e.g. other health workers, social services, educational agencies, YOT, and other Tier 1 services and others ST4-6
11	Medico-legal aspect of child and adolescent psychiatry	11.1 Advise on young people's competence (capacity) to make treatment decisions, consent and refuse treatment and confidentiality ST4-6
12	Inpatient and day patient child and adolescent psychiatry	12.1 Manages complex clinical co-morbidity in inpatient or day-patient setting 12.2 Provides day to day medical leadership for an inpatient or day-patient multi-disciplinary team 12.3 Clinical care planning for child or adolescent patients 12.4 Working with families facing complex issues in an inpatient or day-patient setting 12.5 General medical skills for children / adolescents ST4-6
13	Adolescent Psychiatry	13.1 To be able to assess and manage psychiatric disorders commencing in adolescence or continuing from childhood 13.2 Is able to assess and manage early onset psychotic disorders in adolescence 13.3 Is able to assess and manage eating disorders in adolescence 13.4 Is able to assess and manage depressive disorders in adolescence 13.6 Is able to undertake risk assessment of dangerous behaviour in adolescents with psychiatric disorder or suspected psychiatric disorder ST4-6
17	Management	17.8 Audit ST4-6

Proposed Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
am	Generic clinical work	Eating Disorder Team Meeting OR Urgent	On-call supervision and Academic programme	Neurodevelopmental assessment work OR	Generic clinical work

		appointment slot Admin	OR Basingstoke team meeting (alternate weeks)	NDT consultation/diagnostic meetings (alternate weeks)	
pm	Systemic Therapy Clinic	ADHD review clinic	Academic programme OR DSH assessment/i2i (alternate weeks)	Supervision hour weekly Admin	Research/audit/teaching