

**JOB TITLE:** ST4-6 in Old Age Psychiatry

**DIRECTORATE:** Old Age Psychiatry

**REPORTS TO:** Dr. A. O. Ajiteru

**RESPONSIBLE TO:** Dr. A. O. Ajiteru

**LOCATION:** Elizabeth house, Holding St, Rainham, Kent ME8 7JP

**HOURS OF WORK:** 9am – 5pm Monday - Friday

**ON CALL RESPONSIBILITY:** Yes

**DISCLOSURE REQUIRED:** Yes

**OBJECTIVES:** To acquire the old age psychiatry competencies as outlined in the RCPsych curriculum

**INTRODUCTION:** Kent and Medway NHS and Social Care Partnership Trust was formed on 1<sup>st</sup> April 2006 following the merger of West Kent NHS and Social Care Trust and East Kent NHS and Social Care Partnership Trust. The Trust provides a wide range of services across all of Kent and Medway. The services primarily focus on mental health needs for adults (aged over 18years), older adults (people 65years and above), forensic mental health, mental health of learning disability, substance misuse, as well as a range of specialist services such as neuro-rehabilitation. We also work collaboratively with other providers of mental health care including North East London Foundation Trust (who provide Community Child and Adolescent mental health services and Eating disorders services to the region); and providers of community drug and alcohol services such as 'Turning point'. The Trust serves a population of around 1.7 million people.

The Trust has a newly developed department in research. The Trust has a dedicated audit department. The post holder has access to a local library at the postgraduate center and will have an Athens account. The library provides an excellent service in terms of books and assistance for literature searches. The post holder will be expected to attend the Calman days. Additionally, there is an expectation to support the local teaching sessions including the weekly journal club; and the weekly Balint group.

**THE LOCALITY:** Medway (known colloquially as the Medway Towns) is a unitary authority in South East England. The main towns are Strood, Rochester, Chatham, Gillingham, and Rainham. Over half of the area is parished and rural in nature. Because of its strategic location by the major crossing of the River Medway, it has made a

wide and historically significant contribution to Kent, and to England, dating back thousands of years, as evident in the siting of Watling Street by the Romans and by the Norman Rochester Castle, Rochester Cathedral (the second oldest in Britain) and the Chatham naval dockyard and its associated defenses. Medway includes parts of the North Kent Marshes, an environmentally significant wetlands region with several Sites of Special Scientific Interest (SSSIs). Medway is one of the boroughs included in the Thames Gateway development scheme. It is also the home of Universities at Medway, a tri-partite collaboration of the University of Greenwich, the University of Kent and Canterbury Christ Church University on a single campus in Chatham. Medway's strategic location provides excellent road and rail networks to great shopping opportunities such as Bluewater. London is just 40 minutes away and there are excellent road and rail links to the continent.

#### **THE TEAM:**

The Medway Community Mental health services for older people (Medway CMHSOP) is based at Elizabeth house, Rainham, Kent.

The team is divided into an East and West pod covering GP localities in the East and West of Medway respectively. The team comprises of 3 full time Consultant psychiatrists; 1 Specialty doctor; 1 core trainee; one GP trainee and an FY2 grade doctor. There is a dedicated multidisciplinary team of CPNs; Psychologists (and psychology assistants); and OTs; all supported by a Service Manager and two operational team leaders (one for each pod). There is a fully staffed administrative support team. Although not integrated; we work collaboratively and have good links with the Medway Council Social work team.

The Older Adult inpatient unit is Ruby ward which is a female only, 14 bedded unit, located in Medway Hospital. The medical input to the ward is the single consultant model. The ward provides treatment for both functional and organic mental illness. The inpatient ward is staffed with a complement of nurses; nursing assistants; Occupational therapy (OT) and OT assistants. Psychology sessions are time-tabled regularly to the ward, and we have a full-time assistant psychologist. We also work collaboratively with the hospital teams including the physiotherapists, geriatricians, and the palliative care team.

#### **THE POST:**

The trainee would be expected to work within the Medway OPMHS across both the inpatient and community settings. There will be opportunities to engage with other services such as the liaison psychiatry service or the local geriatric services in the DGH.

There are opportunities for teaching; and the trainee would be expected to support the training and development of junior medical colleagues in the locality

The weekly timetable allows for 2 sessions devoted to any relevant special interest or research activity.

Dr Ajiteru is the named educational supervisor. Dr Ajiteru holds dual accreditation in adult and old age psychiatry and holds a masters' degree in medical education from Brighton University; and is one of the higher specialist training programme directors for the Health Education KSS school of psychiatry. Dr Ajiteru is involved with service development and service improvement initiatives across the trust.

## **DUTIES:**

- 1.1 Applying the principles of philosophy and strategy which guides the Old Age Psychiatry Service
- 1.2 The trainee will be expected to develop and hold an appropriate caseload, under supervision of the consultant
- 1.3 Taking full histories, including a mental state examination, and conducting physical examination focusing in particular on the central nervous system.
- 1.4 Summarising the history; making diagnosis; and making a care plan, jointly with the other members of the MDT.
- 1.5 Requesting appropriate laboratory investigations and ensuring that the results are documented in the notes, and appropriately managed
- 1.6 Taking corroborative history from the relatives and arranging family meetings in relation to the management of patients and in respect of future management of the patients
- 1.7 Working collaboratively with a range of professionals across various partner organisations to provide holistic care to patients
- 1.8 Maintaining close collaboration between junior and senior doctors working in other specialities and when appropriate making referrals of patients to other medical specialists at the local DGH
- 1.9 Participating in ward rounds, and CPA meetings on the ward
- 1.10 Participating in MDT, CPA, adult protection and safeguarding, and professional meetings in the community
- 1.11 Keep accurate appropriate and up-to-date medical and administrative documentation records. The Trust uses the RIO system, training in and using the system is mandatory
- 1.12 Operate within the relevant guidelines, policies and procedures. These are available on the Trust website or through the Service manager
- 1.13 To engage with trust mandatory training requirements
- 1.14 When necessary, covering duties of other colleagues, in order to ensure continuity of medical care to patients
- 1.15 To provide guidance and support to newly appointed and less experienced medical colleagues.
- 1.16 To provide reciprocal cover for leave periods for medical colleagues

- 1.17 To engage with the Royal College educational portfolio
- 1.18 To engage with agreed learning objectives; and complete workplace based learning assessments in a timely manner
- 1.19 Participating in teaching and learning opportunities both on the ward and in the community including teaching sessions to the nursing and allied health care staff
- 1.20 Developing clinical leadership skills across the various clinical settings by engaging with service development and improvement initiatives, and quality improvement activities

### **EDUCATIONAL OBJECTIVES:**

- Learn advanced skills in assessment, diagnosis and management of psychiatric disorders and concomitant physical disorders/vulnerabilities associated with chronic mental ill-health
- Expand their knowledge and experience of psychopharmacology and gain experience in using psychotropic drugs including less common drugs such as clozapine and those involved in rapid tranquillisation
- Gain experience in working with a multi-disciplinary team and in time management, also in providing leadership to a MDT
- Learn advanced aspects of risk assessment, management and communication and keeping proper medical documentation for inpatient care
- Gain further experience in drafting reports, summaries and letters
- Gain further experience in managing acute psychiatric emergencies
- Develop advanced knowledge of and competence in the use of the Mental Health Act
- Understand the range of psychological and social treatments in psychiatry
- There are opportunities to develop old age psychiatry community competencies
- There are opportunities to develop old age psychiatry inpatient competencies

### **TEACHING AND TRAINING:**

- There are opportunities to deliver teaching to Core trainees, Foundation trainees and GP trainees through local teaching programmes, in addition to CPD teaching sessions for members of the multidisciplinary team
- The trainees will have the opportunity to participate in organising local and trust wide induction programmes for junior doctors
- Neuro-radiology meetings are held regularly at Medway hospital
- Arrangements are available for supervision in suitable psychological interventions
- There are opportunities for involvement with local psychiatric liaison services

- Library services are available at the Maidstone postgraduate centre and at the Medway hospital postgraduate centre
- Individual supervision will be provided by the approved Clinical Supervisor who will provide clinical supervision for a minimum of one hour every week

### **AUDIT AND RESEARCH:**

- KMPT has an excellent audit department that is willing to involve trainees in on-going projects, or support the Trainee in designing appropriate audit or service improvement projects
- There is an active research forum for higher specialist trainees within the trust, run and supported by the DME and the medical education department
- In addition the Trainee will have the opportunity to engage in, and/or supervise audit projects by junior medical trainees or non-medical colleagues.

### **SUPPORT TO POST HOLDER:**

An office space and administrative support is available at the team base at Elizabeth house and a mobile phone and laptop will be provided with access to electronic records (RIO), as well as access to pathology results and radiology images and results.

### **ON CALL DUTY ROTA:**

- The ST4-6 will take part in the Senior doctors/Consultant On Call Rota for Dartford or Maidstone
- The frequency of On Call is 1:11, Banding 1B
- On Call work involves supervision and advice to Junior Doctors and MHA assessments in the Community and Section 136 Assessments at either Maidstone or Dartford

**TRAINEE'S INDICATIVE TIME-TABLE:**

Please note that the weekly timetable allows for 2 sessions devoted to any relevant special interest or research activity, which may be adjusted in the timetable by agreement to support these activities

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Multi – Disciplinary Team Meeting Elizabeth house  12-1pm Supervision	Ward round Ruby ward	Clinic	Clinic/care home-visits	Home visits/emergency clinic  1-2pm CT Journal Club/Clinical presentations
MDT Clinic	Ward round Ruby ward	Research/special interest sessions	Research/special interest session	Management ward round Ruby ward/Liaison psychiatry session

**CONSULTANT'S TIME-TABLE:**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Multi-disciplinary team meeting EH  12-1pm ST supervision	Ward round Ruby ward	Ward round Ruby ward	Consultant CPD	TPD session
1.30-2.30pm CT Supervision  Admin duties	Ward round Ruby ward	Clinic	Consultant CPD	Management ward round

## SPECIALIST OLD AGE PSYCHIATRY CURRICULUM DELIVERY:

ILO	Descriptor	Methods of Learning	Assessment methods
ILO 1	The doctor will be able to perform specialist assessment of patients and document relevant history and examination on culturally diverse patients to include: <ul style="list-style-type: none"> <li><input type="checkbox"/> Presenting or main complaint</li> <li><input type="checkbox"/> History of present illness</li> <li><input type="checkbox"/> Past medical and psychiatric history</li> <li><input type="checkbox"/> Systemic review</li> <li><input type="checkbox"/> Family history</li> <li><input type="checkbox"/> Socio-cultural history</li> <li><input type="checkbox"/> Developmental history</li> </ul>	By seeing patients in a variety of clinical settings; MDT case discussions in a variety of settings; clinical and educational supervision sessions	Mini-PAT, CBD, DONCS ACE, Mini-ACE, CBD, Mini-PAT
ILO 2	The doctor will demonstrate the ability to construct formulations of patients' problems that include appropriate differential diagnoses, liaising with other specialists and making appropriate referrals	By seeing patients in the variety of clinical settings; MDT case discussions in a variety of settings; clinical and educational supervision sessions	ACE, Mini-ACE, CBD, Mini-PAT, Supervisor's report
ILO 3	The doctor will demonstrate the ability to recommend relevant investigation 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 and psychological investigations and then to construct a comprehensive treatment plan addressing biological, psychological and socio-cultural domains	By seeing patients in the variety of clinical settings; MDT case discussions in a variety of settings; clinical and educational supervision sessions	CBD, CP, Mini-PAT, supervisor's report
ILO 4	Based on a comprehensive psychiatric assessment, demonstrate the ability to comprehensively assess and document patient's potential for self-harm or harm to others. This would include an assessment of risk, knowledge of involuntary treatment standards and procedures, the ability to intervene effectively to minimise risk and the ability to implement prevention methods against self-harm and harm to others. This will be displayed whenever appropriate, including in emergencies	By seeing patients in the variety of clinical settings; MDT case discussions in a variety of settings; clinical and educational supervision sessions	CBD, CP, Mini-PAT, supervisor's report
ILO 5	Based on the full psychiatric assessment, demonstrate the ability to conduct therapeutic interviews; that is to collect and use clinically relevant material. The doctor will also demonstrate the ability to conduct a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into everyday treatment, including biological and socio-cultural interventions	By seeing patients in the variety of clinical settings; MDT case discussions in a variety of settings; participating in relevant psycho-therapeutic interventions; participating in MDT complex case discussion forums; clinical and educational supervision sessions	PACE, SAPE
ILO 13	Use effective communication with patients, relatives and colleagues. This includes the ability to conduct interviews in a manner that facilitates information gathering and the formation of therapeutic alliances	By seeing patients in the variety of clinical settings; MDT case discussions in a variety of settings; participating in relevant psycho-therapeutic interventions; participating in MDT complex case discussion forums; clinical and educational	ACE, Mini-ACE, CBD, Mini-PAT

		supervision sessions	
<b>ILO 7</b>	Develop the ability to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management of these disease states Describe and recognise in practice mental disorders and their presentations that affect older people. Be aware of differences in presentations arising de novo in old age and those carried into old age. Be aware of atypical presentations of mental disorders in old age	By seeing patients in the variety of clinical settings; MDT case discussions in a variety of settings; participating in relevant psycho-therapeutic interventions; participating in MDT complex case discussion forums; clinical and educational supervision sessions	ACE, Mini-ACE, CBD, CP, Mini-PAT
<b>ILO 8</b>	To develop an understanding of research methodology and critical appraisal of the research literature	MERF forum in the trust; opportunities to join in the trust research network	Supervisor's report, DONCS, CBD, JCP
<b>ILO 9</b>	Develop the habits of lifelong learning	Engaging with the portfolio; regular clinical and educational supervision sessions	CBD, CP, ACE, Mini-ACE supervisor's report
<b>ILO 10 + ILO 11</b>	Develop the ability to conduct and complete audit in clinical practice To develop an understanding of the implementation of clinical governance	There are opportunities to conduct and participate in local and national audits including CQUINs	Supervisor's report, DONCS
<b>ILO 14</b>	To demonstrate the ability to work effectively with colleagues, including team working	MDT meetings, ward rounds, CPA meetings, Professionals' meetings, Best interest meetings	Mini-PAT, CBD, DONCS, supervisor's report
<b>ILO 15</b>	Develop appropriate leadership skills		
<b>ILO 16</b>	Demonstrate the knowledge, skills and behaviours to manage time and problems effectively		
<b>ILO 19</b>	To ensure that the doctor acts in a professional manner at all times		