

**JOB TITLE:** CT 1 General Adult Psychiatry – Psychiatric Adult Inpatient Unit

**CLINICAL SUPERVISOR:** Dr Rupa Ramesh

**EDUCATIONAL SUPERVISOR:** will be allocated

**LOCATION:** Pinewood ward, Littlebrook Hospital  
Dartford, DA2 6PB

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

**ON CALL RESPONSIBILITY:** Yes

**DISCLOSURE REQUIRED:** Yes

**Job Purpose:**

The trainee will be encouraged to gain skills, knowledge in General Adult Psychiatry.

Trainees will be able gain relevant competencies as part of ARCP process. Trainees are expected to achieve the outcomes as per GMC Good medical practice and achieve competencies as set out by Royal college of Psychiatrist.

**The Pinewood ward:**

The inpatient unit consists of 16 beds for managing patients with mental health problems requiring acute setting for treatment. The ward Multi-Disciplinary Team (MDT) provides excellent, safe and consistent care to address complex needs associated risks holistically in a least restrictive way.

The aim of the unit is to provide a high standard of care using a range of therapeutic interventions within a safe environment. The goal is to stabilise acute mental illness and send patients' back to the community.

Our multidisciplinary team staff level:

- A Consultant Psychiatrist
- A Staff Grade Psychiatrist
- A Core Psychiatric trainee (THIS POST)
- An Occupational Therapy (OT)
- A Psychologist
- A Wellbeing Nurse – part time

- A Ward Manager
- 3 Deputy Ward Managers
- Psychiatric Nurses
- Health Care Assistants
- A Ward Secretary and
- 3 House Keepers

The nursing staff work on a shift pattern of internal rotation, are divided into 3 teams each comprising of a Deputy Ward Manager, Staff Nurses and Health Care Assistants.

### **Roles and responsibilities:**

- To provide acute psychiatric care to patients admitted to the inpatient unit under the supervision from Senior Medical staff.
- To attend trust Junior doctor Induction programme
- To provide medical expertise within the Multi-disciplinary In Patient Team
- To work as part of the Multi-disciplinary Team, being available and accessible to provide input when appropriate
- To participate in regular clinical/ educational supervision with the Supervisor.
- To prepare medical reports for the Mental Health Review Tribunals and Mental Health Act Managers hearings and give evidence with support from Senior Medical staff.
- With the patient's consent, to involve of families and carers as part of treatment planning.
- To take prominent responsibility to ensure the physical health and safety of patients admitted to the Adult Inpatient unit.
- To liaise with medical and surgical specialties, other agencies and CMHT colleagues as appropriate to deliver safe and high quality of patient care.
- To participate in weekly journal clubs, case presentation, Ward based teaching and Balints groups.
- To participate in clinical audit/research, as agreed with the Supervisor.
- To participate in the on-call rota, covering out of hours responsibilities including weekends and Bank Holidays.
- To comply with the Trust's agreed policies and procedure and always to practice in line with the Royal College of Psychiatrist's "Good Psychiatric Practice" and the General Medical Council's "Good Medical Practice"

## ACADEMIC TRAINING

- Attendance at the full-day, alternate Thursday MRCPsych academic training in Brighton
- Attendance at the Journal Club, Case Presentations and other academic activities organised by KMPT Medical Education.

### JOB PLAN: Core Trainee

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>9:00 – 9:30</b><br>Acute Care pathway meeting<br><b>9.30 – 12.00</b><br>MDT Ward reviews | <b>9:00 – 9:30</b><br>Acute Care pathway meeting<br><br><b>9.30 – 12:00</b><br>Cardio metabolic monitoring clinic | <b>9:00 – 9:30</b><br>Acute Care pathway meeting<br><br><b>9.30 – 12:00</b><br>Care Programme Approach (CPA) reviews | <b>9:00 – 9:30</b><br>Acute Care pathway meeting<br><b>9:30 – 17:00</b><br>Ward work<br><br><b>9.00 - 17.00</b><br>Academic programme, Brighton alternate weeks | <b>9:00 – 9:30</b><br>Acute Care pathway meeting<br><br><b>9.30 - 12.30</b><br>MDT Ward reviews |
| <b>12:30 – 13:30</b><br>Academic programme<br><br><b>13:30 - 17.00</b><br>MDT Ward Reviews  | <b>13:30 – 14:30</b><br>Ward Balint group<br><b>14.30 – 17.00</b><br>Admin/ Audit                                 | <b>13.00 – 17.00</b><br>CPA reviews  | <b>9.00-17.00</b><br>Ward work/ Ward based therapeutic activities   | <b>13.30 - 14.30</b><br>Supervision<br><b>15:00 – 17:00</b><br>Emergencies/ Ward work           |