Bridge house detoxification unit

Kent and Medway NHS and Social Care Foundation Trust

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**Job Description** for CT2/ 3 in addictions psychiatry

**Employing Trust**: KMPT

**Name of Consultant Trainer**:

Dr Annie McCloud, MB BChir. MSc. FRCPsych

Dr Sally Braithwaite, MB ChB, MRCPsych

Clinical supervisor

About Bridge House: Bridge House is a 9 bedded in-patient detoxification unit based in a converted Oast house in a secluded location in Maidstone. It is one of only a few NHS detoxification units in England and the only one in SE England. It is a flagship service taking in individuals with complex addiction problems and significant physical and mental health co-morbidity. As a regional service we see pregnant patients and others with complex and unusual drug and alcohol problems. Patients are referred by community drug and alcohol teams and typically stay for 10-28 days.

**Details of Clinical Team**

1 x full time consultant (job share between two experienced addictions consultants from Feb 2023)

Sessional input from GP with special interest, senior pharmacist, chaplain, pharmacy tech.

Senior Trainee (from Feb 2023)

1 team administrator

1 x senior manager and 2 ward managers

MDT of approx. 14 staff including nurses, support workers and volunteers

Nursing students, pharmacist students, visiting staff

Volunteers from 12 step organisations, hepatitis C outreach.

Responsibilities and opportunites of post holder

1. Setting
   1. Bridge House is an entirely in-patient service but visits to community drug and alcohol teams, local rehab etc can be arranged
   2. There is a high turnover of patients with 1-2 admissions and discharges daily.
   3. Medications reconcilliation and maintaining/ reviewing drugs charts and medication / detox regimes is a key aspect of the medical staff at Bridge house given the complex nature of patients
2. Induction. As trainees may have limited experience in addictions psychiatry a minimum 2 week induction will be provided with the trainee shadowing the work of the consultants and senior nurses.
3. Type of core work – all under consultant supervision
   1. Attending twice daily board rounds/ handovers
   2. Admitting patients along with nursing staff including physical assessment, writing medication regimes, completing VTE / NEWS and related assessments; reviewing blood tests, ECGs and other investigations
   3. Reviewing patients especially with respect to detox regimes and co-morbid mental and physical health issues, medication effects and side effects
   4. Patient psychoeducation e.g. around liver disease and blood tests
   5. Carrying out specialist assessments as needed: cognitive assessments; Trauma and PTSD; screening for ADHD etc
   6. Maintaining and completing discharge summaries in a timely manner
   7. Liaising with referrers, rehabs and other agencies
   8. Shadowing consultant and manager around management of service as a whole including managing referral process
4. Other learning opportunities as available
   1. Attending therapeutic groups on the unit
   2. Visits to local community drug and alcohol agencies
   3. Visit to local rehab
   4. Shadowing pre-admission assessments/ phone calls
   5. Shadowing Multi agency meetings (on line)
   6. Assessing Bridge House patients who have been admitted to Maidstone Hospital
   7. Sitting in on medication rounds
   8. Meeting with managers and nurses to discuss their role and challenges
5. Details of on call rota: day and night duty rots to cover in patient sites, supervised by SpR and / or on call consultant
6. Opportunities with directorate / Trust
   1. Attendance at local teaching programme including journal club and lectures
   2. MRCPsych course held on Thursdays
   3. Trust based mandatory training
   4. Attendance at Balint Group held every Friday
7. Supervision
   1. There is a minimum of one hour timetabled personal supervision from consultant(s) in addition to clinical supervision.
   2. The consultants are ward based so there are excellent opportunities for formal and informal supervision at Bridge house
8. Learning objectives in addiction psychiatry (as per RCPsych) <https://www.gmc-uk.org/-/media/documents/2017-core-psychiatry-curriculum-20190621c_pdf-77957847.pdf>
   1. independently take a competent history and perform an examination on adult and elder patients who present with a full range of substance misuse disorders
   2. understand organisation of services available for people with addictions, and to visit local examples
   3. understand the biology of addiction, to apply psychopharmacology appropriately and safely, including in patients with a variety of physical and mental health disorders including chronic liver disease
   4. assess and make recommendations in person with substance misuse related cognitive impairment
   5. appropriate assessment physical examination, to recognise and identify the effects of alcohol and substance misuse, including prescribed or illicit psychotropic medication including effects of acute and chronic intoxication, dependence and withdrawals, and chronic effects such as liver disease, neuropathy
   6. become familiar with psychosocial approaches to addictions
   7. recognise and respond appropriately to substance misuse related emergencies such as overdose and delirium tremens
   8. become familiar with indications for in patient detoxification and rehabilitation and referral processes for such treatment
   9. recognise and assess the presentation of co-existing mental health problems in patients with addictions (“dual diagnosis”) and the risks / needs of this group of patients
   10. understand the importance of “trauma-informed care” in patients with addiction problems.

CT2 /3 timetable

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | monday | tuesday | wednesday | Thursday | Friday |
| am | Clinical work  Assessments / discharges | Clinical work  Assessments / discharges | Clinical work, shadow GPSWI | MRCPsych course alternate weeks/shadow consultant e.g. managing referrals/ liaison with other agencies | Balint Group  9-10  10-11 supervision |
| pm | Reviews, discharge summaries | Specialist assessments, visits to other substance misuse agencies | Attend groups at Bridge House/  Audit or quality improvement project | MRCPsych course alternate weeks/shadow consultant | Clinical work |

The timetable is indicative and changes can be made to accommodate other commitments e.g. holding beep, on calls, visits to community drug and alcohol services

Clinical supervisors timetable: From Feb 2023 two consultants job share on 50: 50 basis.

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| --- | --- | --- | --- | --- | --- |
|  | monday | tuesday | weds | thursday | friday |
| am | Clinical work  Assessments / discharges | Clinical work  Assessments / discharges  teaching | SPA session :GPWSI on ward  Supervision of GPWSI | Clinical work  Referrals meetings  Consultants meetings | Clinical work  / supervision |
| pm | Reviews, discharge summaries | Reviews, discharge summaries | SPA session | Clinical work/  CPD | Clinical work |