**KENT AND MEDWAY NHS AND SOCIAL CARE PARTNERSHIP TRUST (KMPT)**

**JOB DESCRIPTION FOR CT3**

**Name of post** *CT3 in Perinatal Mental Health Community Service (PMHCS) East Kent*

**Type of post and name of employing Trust: KMPT**

**Name of Consultant Trainer** *Dr Ivana Pristicova*

**Details of multidisciplinary team (grades of medical staff; availability of clinical psychologists, CPNs, PSWs, OTs, others, including secretary)**

*2x 0.6 WTE Consultants*

*1 Team Administrator*

*1 Team Manager band 7*

*1 Specialist Perinatal Nurse band 7*

*2 x 0.8 Clinical Psychologist*

*6 Perinatal Nurses band 6*

*3 Nursery Nurses*

*1 Peer Support Worker*

*1 Trainee Doctor – CT*

*1 Medical Student, 1 Student Nurse*

**Responsibilities and opportunities of Core trainee (CT) post:**

**Core clinical work (consistent with RCPsych requirements)**

 **Settings where work will be carried out, numbers of beds, dayplaces, clinics etc:** *The post-holder will provide clinical input for the East Kent PMHCS service. The post is based at Eastern and Coastal Area Offices in Canterbury. The service provides outpatient clinics in Canterbury, Ramsgate (Beacon), Ashford and Dover/Deal.*

 **Types of assessments and treatments (all clinical experience must be related to SHO training*)*** *History taking, examination and ongoing care planning of patients in outpatient clinics and home visits. Follow up of these patients where applicable. Participation in weekly MDT meetings. Opportunities for joint assessment and joint therapeutic work with nursery nurses, perinatal nurses, taking part in perinatal care planning meetings.*

*Presentations will range from affective disorders, anxiety disorders , self harm and associated risk assessment, psychotic illnesses, puerperal psychosis, personality disorders, eating disorders. Opportunities for delivering education to medical students.*

 **Details of on call duty rota (number of tiers, arrangements for supervision by on-call consultant*):*** *Day and night duty rotas to cover inpatient sites at St Martin’s Hospital - supervised by HT and/or on-call Consultant.*

**Academic activities**

 **Opportunities within Directorate/Trust (e.g. case conferences, journal clubs, lectures** *Attendance at teaching programme held on Thursday includes case conferences, journal club and lectures and formal MRCPsych course held on alternate Thursdays. Additional multidisciplinary guest lectures and Trust based training for IT and CPA etc*

 **Attendance at Balint group meetings (all trainees must have the opportunity to attend)** *Held every Tuesday*

**Supervision**

 **There is a minimum of one hour/week timetabled personal supervision from Consultant, additional to clinical supervision** *Held every Thursday*

**Learning objectives (as per RCPsych):**

 *Assess and treat psychiatric disorders associated with pregnancy and the puerperium.*

 *Understand the issues involved in treating mentally ill women during pregnancy and lactation, with particular reference to the psychotropic drugs which can be safely used at these times.*

 *Demonstrate awareness of the indications for admitting mothers and babies to a special psychiatric unit.*

 *Assess the behaviour and mental state of mothers where child protection issues are involved.*

 *Demonstrate understanding of the normal psychological changes that take place in pregnancy and in the early postnatal period*

*Demonstrate an understanding of embryology, foetal and early infant development*

 *Describe the distinctive features of pregnancy-related and postpartum psychiatric disorders, including their onset and presentation, phenomenology, course and prognosis*

*Demonstrate understanding of modifying effect of pregnancy and postnatal period on pre-existing mental disorder and need to alter thresholds for intervention*

*Demonstrate a general understanding of the physical problems that may arise during pregnancy and the puerperium, including the physiology and complications of childbirth*

*Demonstrate understanding of the normal mother-infant relationship and its development through early childhood*

*Demonstrate an understanding of the effects of maternal mental illness on pregnancy, mother-infant relationship and child development*

*Carry out an assessment of mental illnesses in women of childbearing age, including illnesses that are specific to childbearing*

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| *Carry out an assessment of risk including:*  * Risk of self-harm*  * Risk of suicide*  * Risk to others, particularly to the infant and to other children*  *Work within teams that include mental health professionals and child health and welfare professionals* |

**CT specific: (probably different for each CT in post)**

*Opportunities to take part in service improvements and audit projects*

*Opportunities to deliver teaching to medical students*

*The post holder will be supported and encouraged to continue with supervised psychotherapy cases*