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|  | **Perinatal Mental Health Community Service**  The Red House  20 Oakapple Lane  Maidstone  Kent ME16 9NW  Tel: (01622) 722321 |
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**Job Description for CT trainee in perinatal psychiatry**

**Employing Trust**: KMPT

**Name of Consultant Trainer**: Dr Bosky Nair

**Location**: 20 Oakapple Lane, Maidstone ME16 9NW

**Service Care Group**: Forensic and Specialist Services

**Trust:** Kent and Medway NHS and Social Care Partnership Trust

The Perinatal Mental Health Community Service is a Specialist Perinatal Mental Health service that covers the whole of Kent and Medway. PMHCS specializes in the assessment, diagnosis and short-term treatment of women aged 18 and above who are affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period.

The Community PMHCS service operates across Kent and Medway with a Hub and Spoke model. There are two hub sites:

• 20 Oakapple Lane, Maidstone, Kent; and

• Eastern and Coastal Area Offices, St Martins Hospital, Canterbury, Kent

Locality based services are provided from 4 spokes: Medway and Swale, West Kent, East Kent, Dartford, Gravesham and Swanley (DGS).

The service has extensive links with Kent and Medway maternity departments, health visitors, GPs, out of area mother and baby inpatient units and local children’s social services.

**Details of Clinical Team**

West Kent

1 x Consultant Perinatal Psychiatrist, 0.6 WTE for West Kent

1 x Consultant Perinatal Psychiatrist 1.0 WTE across Medway and West Kent

Band 7 Operational Team Leader

Perinatal Community Mental Health Nurses

Nursery Nurses

Peer Support Worker

Clinical Psychologist

Parent Infant Psychotherapist

Assistant Clinical Psychologist

Occupational Therapist

Occupational Therapy Assistant

Social Worker

**Placement**

This placement offers ample exposure to management, QI, audit and leadership activities. Research activity is also encouraged and supported.

**Training Objectives**

The training objectives will be formally agreed at the start of the post during clinical supervision. The objectives will reflect the requirements of the current Royal College Core Psychiatry Curriculum and any specific requirements arising from ARCP outcomes.

**Types of assessments and treatments**

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.

**Educational/Clinical Supervision**

One hour of weekly supervision will be provided by Dr Nair.

Clinical supervision (involving direct and close supervision or discussion) will be additionally provided, tailored to the competency level and experience of the

trainee by Dr Nair on Tuesdays to Thursdays. In the absence of the consultant this will be provided by the covering consultant, usually, it is Dr Nzekwue (consultant psychiatrist for West Kent and Medway).

**Tutor Supervision**

Core Trainees within the Scheme will be meeting the KMPT Tutor, as advised, to ensure training objectives, progression within the assessment Programme (WPBA’s) and completion of the Structured Assessments required for the ARCP.

**Psychotherapy Training**

Trainees are encouraged to contact the psychotherapy department for further training or approach the clinical psychologist/psychotherapist attached to the team to discuss available options/opportunities. They are encouraged to actively participate in the weekly Balint group. There is a fortnightly reflective practice on the ward and Trainees would be encouraged to attend.

**Library**

A library is available at Kent and Canterbury Hospital and Maidstone Hospital. In addition, trainees will have access to the online Athens library and can register to use the library at the Post-graduate Academic Centre in Maidstone Hospital.

**Audit**

The CT will be supported to participate & complete audit under the supervision of Dr Nair and may have the opportunity to supervise the development and delivery of audit by junior trainees or non-medical colleagues.

**Teaching and Training**

Opportunities for the CT to gain experience of developing, delivering and evaluating teaching and training will be considered according to their specific needs. In this post the core trainee has opportunity of organising and delivering teaching sessions to junior trainees during the weekly Thursday Journal Club.

**Induction and Mandatory Training**

All trainees are offered an induction programme at the start of the post. It is also a requirement to maintain necessary mandatory training including in areas such as breakaway, basic life support, CPA and Child Protection.

**On Call**

The CT will participate in the junior doctor on-call rota