

**NW ThamesFoundationSchool**

**Individual Placement Description**

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| **Placement** | F1 in Adult Psychiatry: Community Mental Health Team |
| **The department** | The post is within a service covering South Kensington and Chelsea. The population is approximately 100,000 and is a varied and interesting one comprising of great wealth and also social deprivation. The Community Mental Health Team covers South Kensington and Chelsea and relates to three consultant psychiatrists.Within the local service the Community Mental Health Team interfaces with the In-patient services/Home Treatment Team, and with the Medication Management Clinic (Clozapine).As the first phase of reconfiguration the SKC CMHT includes Assessment and Brief Treatment, and Recovery work (working with people with complex and enduring mental health problems, often under CPA). Professionals in the team include doctors, psychiatric nurses, mental health social workers (and AMHPs), an occupational therapist, psychologists, input from a pharmacist, support workers and peer support workers, medical secretaries and administrative staff.There are also links to a variety of voluntary and statutory services within the borough which have specific provision for clients with mental health problems. These include SMART which is a local charity located near the mental health centre which provides daytime occupation and rehabilitation.Other services in the locality include:1. Department of Psychological Medicine which provides liaison service to Chelsea & Westminster Hospital.2. The Substance Misuse Service in K&C3. Child & Adolescent Services based at Chelsea & Westminster Hospital, Violet Melchett Clinic and 5 Collingham Gardens. |
| **Trust & Site** | CNWL NHS Foundation TrustSouth Kensington &Chelsea Mental Health Centre1 Nightingale Place, London SW10 9NG |
| **The type of work to expect and learning opportunities** | The F1 will provide community work for the South Community Mental Health Team under the supervision of Dr Clare Smith. The general clinical duties of the post include :* Participation in CPA meetings and relevant documentation.
* Liaison with other professionals within and external to the service, voluntary agencies and carers, including Primary Care.
* Annual physical and lifestyle reviews of patients on Clozapine, linking with the Clozapine clinic; also for patients on long acting antipsychotic injections and lithium.
* The preparation of psychiatric reports and clinical referrals to mental health and physical health services.
* Initial assessments under supervision.
* Joint home visits with experienced multidisciplinary team members.
* Crisis assessments for the Recovery Team, supervision provided by Dr Clare Smith in addition team consultants, ST4-6, CT1, depending upon availability. Also senior multidisciplinary support.

Specific Training Opportunities Include:* The assessment and management of acute psychiatric emergencies, the prescribing of medication and the monitoring of side effects. The integration of psychological and social interventions in the overall process of care planning.
* The use of the Mental Health Act and Mental Capacity Act in a community setting.
* The management of physical health needs and psychiatric co-morbidities.
* Community work including joint home visits with multidisciplinary staff.
* Experience of continuity of care.

**Psychotherapy Training**The F1 will be allocated to a psychotherapy supervisor (Dr Anne Patterson) who will assess the psychotherapy training needs (in terms of modality, setting and duration). Participation in weekly psychotherapy supervision and the Balint group is expected.Other specific psychotherapy experiences are potentially available within this service eg: cognitive behavioural therapy supervision |
| **Clinical Supervisor(s) for the placement** | The Consultant to whom the trainee is responsible is Dr Clare Smith. Other members of the team include Community Psychiatric Nurses, Social Workers, Psychologists and Occupational Therapists. The ethos of the team is eclectic and multidisciplinary. Our emphasis is on working in a Recovery focused way delivering both health and social care, and working with families and carers. |
| **Main duties of the placement** | Work with the multidisciplinary team to see patients for routine and urgent reviews, both in the mental health centre, and in their homes. |
| **Typical working pattern in this placement** |

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|  | AM | PM |
| Mon | Community reviews and urgent assessments | Community reviews and urgent assessments |
| Tues | Annual physical and lifestyle reviews of clozapine patients | Community reviews and urgent assessments |
| Wed | Clinical Review Meeting | Academic ProgrammeBalint Group |
| Thurs | Acute trust teaching (C&WH) | New out-patient assessmentSupervision with Dr Smith |
| Fri | Community reviews and urgent assessments | Psychotherapy supervision |

There are no out of hours on call commitments in this placement. |
| **Employer information** | The trainee will remain an employee of Chelsea & Westminster Hospital NHS Trust while in this placement but will have an honorary contract with CNWL. |

It is important to note that this description is a typical example of your placement and may be subject to change.