

Job Description

CT1-3 in General Adult Psychiatry (Community)

Clinical Supervisor: Dr David Middleton

Locality: Bedfordshire

Main Base: Crombie House, Leighton Buzzard

Team / Service: Leighton Buzzard Community Mental
Health Team

Address / Contact details: Crombie House, 36 Hockliffe
Street, Leighton Buzzard, Beds, LU7 1HJ

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Last updated: March 2020

Introduction & Summary

This job description is for a core training post in General Adult Psychiatry working in the community at Leighton Buzzard CMHT.

The post holder will spend one year in this post, under the Clinical Supervision of Dr David Middleton.

The post-holder will gain experience in the following areas, listed according to the Intended Learning Outcomes (ILOs) from the Royal College of Psychiatrists core curriculum.

1. **ILO1** - Learning and developing history taking skills and mental state examination
2. **ILO2** - Developing differential diagnoses and biopsychosocial formulations, often with other members of the multidisciplinary team
3. **ILO3** – Becoming familiar with important investigations and appropriate treatment options, taking into account biological, psychological and social aspects of the patient's presentation
4. **ILO4** – Improving risk assessment skills and corresponding risk management plans
5. **IOL5** – Support will be given to attendance at county-wide psychotherapy teaching and to undertake psychotherapy cases as needed
6. **ILO6** – Maintaining a high standard of clinical record keeping
7. **ILO7** – Assessing and treating chronic mental disorder
8. **ILO8 and 9** – Improving communication skills, both with patients/carers and other professionals
9. **ILO11** – Improving time management
10. **IOL12 and 13** – Clinical audit/quality improvement projects will be supported and time made available to undertake such projects
11. **ILO14** – Developing effective strategies to educate patients and carers about their condition and treatment
12. **ILO15** – Encouragement to participate in teaching at Local Teaching Programme and also to members of the MDT
13. **ILO17 and 18** – Continuing the development of professional behaviour and life-long learning

Brief description / profile of Clinical Supervisor

Dr David Middleton is a Consultant Psychiatrist in General Adult Psychiatry who has been working at Leighton Buzzard CMHT since 2012. He is also the Core Training Programme Director for Bedfordshire and Luton. Dr Middleton is a CASC Examiner for the Royal College of Psychiatrists and a member of the Education and Training Committee.

The team (including staffing) / service description

The team members come from multiple disciplines with individual expertise. The team consists of:

- 1 Consultant Psychiatrist
- 1 Speciality Doctor in Psychiatry
- 1 Core Trainee
- 1 Organisational Team Lead
- 1 Deputy Team Lead
- 3 CPN
- 2 Social Workers
- 1 Psychologist
- 1 Assistant Psychologist (2 and a half days a week)
- 1 Occupational Therapist
- 1 Employment Specialist
- 2 Support workers
- 3 admin

Role of the Core Trainee (1-3) / Main Duties and Responsibilities

The post-holder will provide a clinical psychiatric service, including assessment and follow up of new referrals, urgent medical reviews, supporting colleagues within the multidisciplinary team and ensuring clear and timely liaison with other stakeholders.

Any other specific characteristics of this job

In addition to duties at Leighton Buzzard CMHT, the Core Trainee will:

- Participate in an on call rota (full shift) 1 in 9
- Participate in the ECT rota 2-3 days every two months
- Attend MRCPsych preparation course
- Engage in psychotherapy supervision and balint group sessions
- Attend the Wednesday academic meeting

CT1-3 Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Clinic (Crombie House)	MDT meeting (Crombie House)	Short case (Crombie House) Psychotherapy supervision/ Balint group (Wrest Park)	Clinic (Crombie House) Short case supervision (Crombie House) Clinical supervision (Crombie House)	Clinic (Crombie House)
PM	Admin (Crombie House)	MRCPsych Course (London)	Teaching programme (Wrest Park)	Clinic (Crombie House)	Urgent/ emergency reviews/ admin (Crombie House)

Clinical Supervisor Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Clinic (Crombie House)	MDT meeting (Crombie House)	New patient clinic and MDT meeting (Crombie House)	Supervision and admin (Crombie House)	Clinic (Crombie House)
PM	Clinic (Crombie House)	Core TPD session	Academic Programme (Wrest Park)	Clinic (Crombie House)	SPA