

Job Description

ST4-6 in Perinatal Psychiatry

Team / Service: Bedfordshire and Luton Perinatal
Service

Clinical Supervisor: Dr Sonia Sangha

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Introduction

This job description is for a higher training post in perinatal psychiatry, working across the county. The post holder will spend one year in this post, under the Clinical Supervision of Dr Sangha.

The post-holder will:

attend weekly Multi Disciplinary Team Meetings (MDT). The MDT is an excellent forum in which to learn, as complex cases and management plans are discussed. In addition, there is input from a number of disciplines which will further help the trainee to increase their knowledge from what is discussed.

shadow nurses (on home visits) and the consultant psychiatrist (during out-patient clinics) which will enable the trainee to learn about assessing and monitoring women with severe and enduring mental disorders during the perinatal period as well as about giving pre-conception advice, support and counselling. Shadowing my clinics (whether this is virtually or face-to-face) is also an environment which lends itself to learning. The trainee will learn from observing but also will have the opportunity to ask questions after the reviews have finished which again would help the trainee increase their depth of knowledge.

Learn to formulate management plans and complete risk assessments with appropriate support and supervision.

Liaise with other health professionals involved in the patient's care including members of the CMHT, GP, Health Visitor, Midwife, Obstetrician, Socials Services and any other secondary care services involved (e.g. drug and alcohol or eating disorder services), to share information about the patient and the management plan to ensure patients consistently receive high quality care and are managed safely.

Have 1 hour of supervision every week to discuss complex cases but this would also be an opportunity for the trainee to complete work based place assessments, as well as receive teaching.

Have opportunities to be involved in QI and audit – this service is very new and is still in the process of developing and transforming as are all perinatal services at this very exciting time. This means there will be many projects a trainee could do, especially with respect to service development and pathways.

Brief description / profile of Clinical Supervisor

I am currently the Perinatal consultant psychiatrist for Luton and Bedfordshire. I initially commenced this post as a Locum Consultant to develop the service and initiate recruitment.

I have been working as a full time consultant psychiatrist for this service since March 2019. The service was only launched in April 2020.

I previously worked as a perinatal locum consultant psychiatrist in London (CNWL) before accepting this post.

I have an endorsement in addictions and liaison psychiatry.

The team (including staffing) / service description

The Specialist Perinatal Mental Health Service covering Bedfordshire and Luton has been open to referrals since April 2019.

It has been commissioned to provide a service for women (over 18) during the perinatal period as well as offering pre-conception advice

The 'Perinatal' period is defined as being during pregnancy and up until 1 year postnatally for the woman.

Base: tbc

The team members come from multiple disciplines with individual expertise.

The team consists of:

- Consultant Psychiatrist: Dr Sonia Sangha
- Team manager: Kara Greig
- Nurses (6), OT, Social worker, Nursery nurses (2), Psychologists (2 – both part-time), Pharmacist (part-time) and Team admin (2)
- One of the administrators is assigned to complete admin for the consultant and trainee

Role of the Specialist Trainee (4-6) / Main Duties and Responsibilities

The post-holder will provide a clinical psychiatric service, including:

attending and chairing weekly Multi Disciplinary Team Meetings (MDT)

shadowing nurses (on home visits) and the consultant psychiatrist (during out-patient clinics)

leading their own clinic and doing home visits (the latter, only if necessary) and formulating management plans and completing risk assessments

liaising with other health professionals involved in the patient's care

offering clinical advice and support to the perinatal team and other health professionals within and outside the trust

undertaking QI and audit

attending some of the Perinatal Steering and Mobilisation group meetings to help the trainee understand and have some involvement in helping to shape our current service

teaching and training other health professionals within and outside the trust including midwives, crisis and liaison teams

ST4-6 Timetable

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Clinic	MDT	Admin Audit/QI Supervision	Clinic Steering/Mobilisation groups meetings	
PM	Admin	Clinic	Joint localities training	Admin Delivering teaching and training	

Fridays are currently the trainee's special interest day but this is negotiable

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 Obstetric MDT	MDT	SPA (1.0) Supervision with trainee	Steering group meetings Mobilisation group meetings Delivering Teaching and training SPA (0.5)	Regional steering group meetings Peer group meetings Clinic
PM	Admin	Leadership Meetings HCG meetings Dashboard meetings Working group meetings	SPA (1.0) Joint localities training	Clinic	Admin