

# Foundation Placement Description

<b>Foundation School (Delete as appropriate)</b>		<b>Programme No. (eg. L006 OR T102)*:</b>			
Trent		T103			
<b>Year (Delete as appropriate)</b>	<b>Specialty:</b>	<b>Subspecialty (If appropriate):</b>			
F1	Psychiatry	Child and Adolescent Psychiatry			
<b>Site:</b>		<b>Trust:</b>			
City Campus post but based at Thorneywood Unit		Nottinghamshire Healthcare Trust			
<b>Main duties:</b>					
<p>This post will be based at the Adolescent Unit (AU), which is the inpatient part of CAMHS (child and adolescent mental health services). The AU is a 12-bedded ward for 12-18 year olds presenting with severe and complex mental health problems, from Nottinghamshire and Derbyshire. The unit has a fulltime Consultant Psychiatrist, and a specialty trainee and core trainee/GP trainee both of which rotational posts are full-time on the AU. It also has a multidisciplinary team of nurses, teachers, dieticians, OT and family therapist, who contribute to the education of medical students including assistantships, foundation, core and higher trainees.</p> <p>The foundation trainee will be able to satisfy requirements of the Foundation Curriculum and will be supported by the trainees and consultant working on the unit. The placement offers direct supervision of clinical practice and workplace based assessments, alongside a clearly delineated role to permit the trainee to meet their Intended Learning Objectives for the foundation programme.</p> <p>The AU is an established training resource which offers a safe learning environment and the opportunity to experience work with children, young people, parents and families.</p> <p>The medical team on the AU is responsible for psychiatric management of mental health issues, risk assessment and much of the liaison with paediatrics and primary care. As well as the management of mental health issues, the AU post includes the management of severely physically unwell teenagers with low weight eating disorders and primary and secondary physical healthcare issues for all the inpatients.</p> <p>The placement also involves three sessions a week in outpatient services, working under the supervision of consultant psychiatrists to see: neurodevelopmental disorders, mood and anxiety disorders, OCD, self harm, and early psychosis as well as comorbid substance misuse in teenagers. The clinical supervisor is Dr Lucy Allsop, Consultant Child and Adolescent Psychiatrist.</p>					
<b>Example Timetable</b>					
<b>For example: W/R (Outpatients), MDT, Meetings, X-Ray Conference etc</b>					
	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
<b>AM</b>	Ward round	Ward round	Journal club  Outpatients	Ward work (CPA meetings)	Ward work (preadmission appointments, community meeting)
<b>Lunchtime</b>				F1 teaching	
<b>PM</b>	Out-patients	Step ahead meetings, ward	Out-Patients	Ward work	Ward work supervision
<b>Educational Activities:</b>					
<p>Daily handover meetings, weekly ward round and step ahead reviews (patient centred discussion of care and goals, weekly), CPA review meetings with networks around the child, daily contact with the young people to organise and deliver care and review their mental states, risk assessments of inpatients and outpatients, observation of structured diagnostic assessments and family therapy, participation in groupwork with young people, multidisciplinary discussions in ward round and specific case discussion meetings, observation of young people in the AU's education base (hospital school), participation in outpatient assessments and reviews, admission clerkings on the AU.</p> <p>Weekly academic sessions with the expectation to present a case, and to participate in the discussion of journal articles. Participation in the monthly academic session in CAMHS (case discussion and journal club). Teaching and supervising medical students in a range of undergraduate placements. Involvement in audit and the opportunity to undertake small research project if appropriate.</p> <p>Opportunity for taster sessions with consultant colleagues in other psychiatric specialties eg adult, older age; also with paediatrics</p>					
<b>Other Comments (if appropriate):</b>					
<p><b>General areas</b> The foundation trainee will learn generic skills in history taking, mental state examination, physical examination and obtaining a collateral history. They will be involved in organising appropriate investigations, and referring on to other specialists. They will learn how to manage difficult consultations and communication skills, and about the use of the MHA. Risk assessment and management is learned throughout the clinical management of cases.</p> <p><b>Specialist areas</b> The trainee will gain experience in the management of mental illness in children and adolescents, and the skills needed to ensure effective communication, attention to confidentiality and highly complex consent issues. They will be exposed to a wide range of presentations including psychosis, neurodevelopmental disorders, eating disorders, affective disorders, OCD, severe self harm and substance misuse, in the under 18 population. There will be experience in the management of severely physically ill teenagers with anorexia, and close liaison with paediatrics about such inpatients. The safeguarding of children, and when and how to refer to Local Authority social work or the police in response to child safeguarding concerns, will be part of the specialist experience. Working with networks around the child will also be experienced in the placement.</p>					

\*can be found on the Trent/LNR Allocations Spreadsheet

## Disclaimer:

Please note that the placement information provided is subject to change.