

Psychiatry post

GP Curriculum statements – 3.10

Care of People with Mental Health Problems

Learning Outcomes that could be delivered in Secondary care

1. Understand the initial management of a patient with a suspected psychotic illness.
2. Understand specific interventions and guidelines for individual conditions using, where appropriate, best practice as described in the Scottish Intercollegiate Guidelines Network (SIGN) or NICE guidelines.
3. Understand how to access local health and social care organisations, both statutory and third sector, that are an essential component of managing people with mental health problems.
4. Be able to assess and manage risk/suicidal ideation.
5. Understand the range of psychological therapies available including cognitive behavioural therapies, mindfulness, counselling, psychodynamic, psychosexual and family therapy.
6. It is important that as a GP specialty trainee you gain a broader understanding of mental health than can be obtained in the psychiatry ward or clinics. Learn from community mental health teams about how referrals are assessed, which patients are cared for by both primary and specialist care, and understanding their physical health needs. There should also be opportunities to learn from graduate mental health workers/psychological practitioners.

<http://www.rcgp.org.uk/gp-training-and-exams/~media/Files/GP-training-and-exams/Curriculum-2012/RCGP-Curriculum-3-10-Mental-Health-Problems.ashx>

Top Tips

What to expect

- 9-5 post, outpatient-based at the Newtown Centre and on-call at Peterborough (5-9pm and 14 nights) / 4 months
- You will be running your own clinic which includes home visits when necessary. You will see 1-3 patients a day.
- You may be asked to do Clozapine clinic- you just need to take the blood sample and the pharmacist in clinic will process it and dispense the drugs accordingly
- The 4 month job is in Old Age Psychiatry (> 65 years old) – OPMH (Older People's Mental Health) or Community Adult Psychiatry
- On calls : Weekday evenings and weekends – 2 Doctors On-call - one covering wards and PCH A&E, one covering Hinchingsbrooke A&E and AAU – on weekends 9am-9pm.
Nights- 1 doctors – one for PCH A&E and wards (Cavell Centre) . Night manager is very good at fielding calls. Room for on-call – get key from Crisis Team or AAU. Work hand in hand with Crisis Team. Registrar available over the phone, or via Night manager when on call.
- Keep children on Holly Ward for next day assessment
- Go to see patients with a nurse on the ward for your safety

Learning opportunities

- 3 day corporate induction at the Ida Darwin in Cambridge which covers health and safety, safeguarding children/adults, CPR, information governance, infection control, rapid tranquilisation and drugs for acute behavioural disturbance etc. You will also have a self-defence session!
- Negotiate the number of patients you are happy to see, until you are more comfortable
- Friday teachings at Peterborough – expected to attend 1:30-3:30 pm. You will do one or two presentations during rotation.
- Make sure you ask for one afternoon of teaching during the week
- Maudsley guidelines useful – book available

TIPS

- Start out by shadowing the consultant and registrar, then pick up your own patients for reviews.
- Attend team meetings and bring patients for discussion.
- Dress code – consider risk e.g. avoid ties
- Carry personal alarm
- Learn the Mental State Examination and how to assess risk of suicide BEFORE starting the job – both very important.
- Dementia and depression –common in OPMH- learn which investigations are required for these as very useful for general practice.
- Learn about the different types of forms available for risk assessments, ask staff at Newtown to show you these, and how to enter onto computer
- Home visits: get business package on your car insurance to enable you make travel claim.
- Be prepared, read patient notes BEFORE attending the home visit
- Find out about the social circumstances of patient, take collateral history where possible
- Remember MDT (OT, social services, intermediate care, carers, nurses in nursing homes etc.)
- Make good use of CPNs
- Learn from psychologists, IAPT workers and other members of the Mental Health teams
- Parking is difficult at Newtown Centre
- Claim your travelling expenses!! – Claim early as the system and submitting forms to SERCO is very obstructive and forms need to be correctly filled in. Claims can be in excess of £1000

Further information regarding On calls:

- Very disorganised at present as it's a brand new system!
- Call Cavell Centre reception in advance (01733 776000) to book a room for any on call shift. They will check your credentials but there's an on call room and a guest room, both free of charge.
- There is no doctor's mess in the Cavell Centre.
- When you arrive for your on call shift, ask reception for your work mobile number, then wait for calls.
- There will always be a Registrar and a Consultant on call as well, and Reception will be able to give you their numbers.
- Parking at Cavell Centre – new permit needed – apply at Reception
- Be aware that you may randomly appear on rota when you are not on-call
- Due to staff shorgaes there are on-calls where one person covers everything with Registrar available on the phone

