



# foundation school

Working with NHS Trusts across North and East Yorkshire and Northern Lincolnshire

## **JOB DESCRIPTION**

### **POST**

Foundation Year 1 in Working Age Adult Psychiatry

### **TRUST**

North Yorkshire and York Primary Care Trust

### **LOCATION**

Bootham Park Hospital

### **INFORMATION REGARDING THE HOSPITAL**

York Mental Health Services are part of North Yorkshire and York Primary Care Trust and are based at Bootham Park Hospital. The service covers a population of approximately 285,000 in a catchment area of approximately 400 square miles in and around the historic City of York and parts of North Yorkshire. Bootham Park Hospital is situated adjacent to York Hospital, close to the centre of the historic City of York. There are 14 psychiatric SHOs based at Bootham Park Hospital (2 GPVTS Trainee and 12 Career Trainees). There are 21 consultant psychiatrists working in different specialties in York, as well as 2 Associate Specialists and usually around 6 Specialist Registrars.

Bootham Park has assessment beds for general psychiatry and old age psychiatry, mother and baby beds and in York Hospital there is an assessment ward for elderly managed jointly by a Physician and a Psychiatrist. There is a PICU (psychiatric intensive care unit), 2 acute wards and a “recovery” ward.

### **Other Units/Services**

- Lime Trees – Child, Adolescent & Family Unit with out-patient, day patient and in-patient facilities.
- CRHHT (Crisis Resolution and Home Treatment Team).
- Early Intervention Team.
- The Community Residential and Rehabilitation Service comprising of 3 residential units, day services and the Assertive Outreach Team.
- Four Community Units for the Elderly (CUE's) with beds for continuing care, assessment and respite, and also day and outreach services.

- One Challenging Behaviour Unit for the Elderly (Peppermill Court).
- Westerdale – Low secure services for severely ill challenging patients.
- Riverfields – For ongoing care of patients with severe and enduring mental illness and behaviour problems.
- Learning Disabilities Services are provided in four Special Needs Units in and around York.
- St Andrews Psychotherapy Centre and Psychological treatment services.
- A number of Day Care Facilities jointly managed by Health and Social Services.
- Clinics are held in Bootham Park Hospital, York District Hospital and in community settings around the district.
- Addiction Services are run with a voluntary organisation.

## DURATION OF POST

4 months (as part of a 1 year rotational post).

## DEPARTMENTAL INFORMATION

The Department of Mental Health for working Age Adults is divided into 4 sectors. There is a multidisciplinary community mental health team (CMHT) for each sector. In addition there are 2 other specialist teams, described below.

### North Sector

Consultant Dr Bob Adams (Lead Clinician)  
 Consultant /Sen Lecturer Dr Simon Gilbody  
 Based at 98 Union Terrace, beds on ward 2.

### South Sector

Consultant Dr Paul Blenkiron  
 Consultant Dr Liz Elsworth (Consultant for ward 8)  
 CMHT based in Selby

### East Sector

Consultant Dr Susan Shaw (covers mother and baby unit)  
 Consultant Dr Jackie Holland (covers PICU)  
 CMHT based at Bootham Park Hospital

### West Sector

Consultant Dr Gopalaswamy (covers Acomb Gables)  
 Consultant Dr Stephen Reilly (psychotherapy services)  
 CMHT based in Acomb

### CRHT Team

Consultant Dr Ged Garry  
 Team based at Bootham Park Hospital

## **AOT**

Consultant Dr Andrew Elmslie  
Based at 22 the Avenue

### **DUTIES OF THE POST**

The F1 will have responsibility for looking after the in patients in the Recovery ward under the supervision of Dr Elsworth (approx 4 sessions). The rest of their time will be spent working with one of the other consultants for the 4 months of their rotation (approx 5 sessions). 1 session will be for education (Wed am). The PRHO will be expected to work closely with the SHO attached to the team and will be expected to gain experience (under supervision) of assessing over doses, assisting with administration of ECT, assessing new patients and seeing follow up patients in the community, and going on home visits with members of the community team. Clinical supervision will be provided jointly by Dr Elsworth (for Recovery ward work) and rotating consultant for rest of post.

See attached timetable. Sector team session content will vary with each post and will be finalised at commencement of post.

There may be opportunities to organise half days with specialist teams (AOT, CRHT, RAP team, Addiction team).

### **WORKING ARRANGEMENTS/JOB PLAN**

The weekly timetable will vary according to which sector the F1 is working in. F1s will be expected to attend the Wednesday morning academic sessions at Groves Chapel.

No out of hours duties will be worked in Psychiatry. On call evening and weekend shifts are worked in Medicine or Care of the Elderly.

### **EDUCATIONAL OBJECTIVES**

The first year of the Foundation Programme builds upon the knowledge, skills and competences acquired in undergraduate training. The learning objectives for this year are set by the General Medical Council.

### **EDUCATIONAL SUPERVISOR**

Each Foundation Year 1 Trainee will have a nominated Educational Supervisor, with whom they should meet formally at the commencement of each 4-month rotation, again at 2 months and at the end of the post, using the F1 Training Portfolio as a basis for discussion.

### **INDUCTION**

An induction programme is arranged for new starters at the beginning of August during which they have no other duties and attendance is mandatory. Departmental inductions will take place at the beginning of each 4-month rotation.

### **GENERIC SKILLS TRAINING**

All F1's are required to attend the Generic Skills Training Programme which is run in conjunction with the other Trusts in the North and East Yorkshire Coast Foundation School. You may be required to travel to other hospitals for this training. There is also a weekly F1 teaching session in Postgraduate Medical Education, which you are required to attend.

## ACCOMMODATION

This post is non-resident.

## HOURS MONITORING AND THE NEW DEAL

All doctors in training will be required to monitor their hours of work and rest during a set period throughout each period of employment at least once.

## TERMS AND CONDITIONS

Your pay and terms and conditions of employment are determined by the Medical and Dental Whitley Council as follows;

- a) Pay and allowances
- b) Rota/hours
- c) Annual Leave

## POSTGRADUATE MEDICAL EDUCATION

The Postgraduate Centre aims to ensure the provision of high quality Postgraduate Medical and Dental Education for all training grade doctors and dentists. In addition the Centre monitors training activity for all grades of medical staff and hosts multidisciplinary training events in order to support continued professional development.

## LIBRARY SERVICES

All doctors are welcome to join the library at York Hospital. The library contains medical, health and management resources. There is also access to electronic journals and databases. Computing, printing, scanning, photocopying facilities and study areas are available. Other services include literature searching, training on searching for information and inter library loans.

The main Psychiatric Library is at Bootham Park. This stocks all relevant journals and books and is always accessible. It is kept up to date with the Royal College of Psychiatrist reading list.

A computer with internet access is available in the Medical Library at Bootham Park Hospital, and in the Doctors Room.

## HEALTH AND SAFETY

The post holder must be aware of the responsibilities placed upon them under the Health and Safety at Work Act 1974 to ensure that agreed procedures are carried out and that a safe working environment is maintained for patient, visitors and employees.

You are required to inform your line manager of any safety issues that could affect you or others, in the workplace. You are responsible for your own health and safety and must co-operate with management, at all times, in achieving safer work processes and work places, particularly where it can impact on others.

You will be trained in the correct use of any equipment provided to improve safety and health within the Trust. You are required to use the equipment when necessary and as instructed, it is

your responsibility to ensure the equipment is safe to use, prior to its use and must report any defects immediately to your line manager.

## GENERAL INFORMATION

York is a richly historic city with a population of around 100,000. There are excellent road and rail links to surrounding towns and cities as well as easy access to the Yorkshire Moors, Dales and East Coast. London is accessible by train in less than 2 hours and there are regional airports in Leeds and Hull.

## ALL APPLICANTS PLEASE NOTE

All applicants are asked to check before applying for a post, that they will be eligible for registration with the General Medical Council.

You can check your eligibility on the website <http://www.gmc-uk.org> If there is any uncertainty please contact the GMC and seek advice. If you cannot register with the GMC you cannot be employed as a foundation Year 1 Trainee.