



**South West  
Yorkshire Partnership**  
NHS Foundation Trust

## **Job Description**

**FOUNDATION YEAR 1  
IN PSYCHIATRY**

**Based at Fieldhead Hospital, Nostell Ward,  
Wakefield**

## **INTRODUCTION TO THE TRUST**

South West Yorkshire Mental Health NHS Trust was formed 1st April 2002 and became South West Yorkshire Partnership NHS Foundation Trust on 1st May 2009. This brought together Mental Health & Learning Disabilities Services within the populations of Wakefield, Kirklees and Calderdale.

Through Transforming Community Service (TCS) in early 2011 we acquired further services and now include the population of Barnsley for the provision of Mental Health and Learning Disability Services and also provide Community Physical Health Services in Barnsley and Wellbeing Services in some areas of the Trust.

We have an income in excess of £220million and our services are provided from approximately 85 sites by more than 4,400 clinical and non-clinical staff and cover a combined population of over 1,200,000. The medium secure services are delivered to a wider geographical area.

Services are commissioned by 5 local Clinical Commissioning Groups and 4 Local Authorities (the forensic services is commissioned by NHS England through the Area Team) and are delivered primarily on a locality basis with an overall Trust management structure.

We are committed to a clear leadership and management framework with our Trust Board being responsible for the strategic direction of the organisation and professional leadership and development for medical staff being led by our Medical Director.

## **SUMMARY OF THE POST**

Foundation Year 1 doctors will be placed on the Nostell Ward (acute female psychiatric ward, 22 beds) which has been specifically selected to offer them the training opportunities to practice and strengthen their clinical skill, whilst receiving appropriate supervision and support in a caring and supportive environment.

The emphasis will be on the examination of in-patients on an acute ward patients admitted with range of acute mental health issues on voluntary/ involuntary basis.

Trainees will be expected to undertake physical examinations, including ordering appropriate investigations and documentation and managing the physical health needs of the in-patients and seeking advice as needed. The trainees will actively take part in the on-going care planning of inpatients as part of ward rounds and the care programme approach process and will also help co-ordinate the discharge process. They will be expected to liaise with the service user's carers, GP and other health care professionals as required.

They will gain exposure to a wide range of psychiatric presentations and gain experience of psychiatric history taking, mental state examination, risk assessment and use of psychotropic medication and psychological therapies, principles of mental health act/ mental capacity act.

The trainees will be expected to integrate into the multidiscipline team which could include for example other psychiatric trainees, nurses, occupational therapists, psychologists.

Clinical supervision will be provided by an inpatient consultant on a weekly basis. Educational and pastoral advice can also be sort from the Educational Supervisor / College Tutor.

## **OTHER ASPECTS OF THE POST**

### **On-Call Commitments**

The Foundation Year 1 doctors do not take part on the rota and work 9:00-17:00 Monday to Friday.

### **Education**

The trainees will attend induction which includes mandatory training and are encouraged to regularly take part in journal clubs, lecture programmes and case presentations. They have an opportunity to attend monthly trust wide educational programme, JAPS where range of clinical, academic and professional topics were presented. They are also encouraged to participate in audit.

### **Library Facilities**

The Trust has a large library and postgraduate centre at Fieldhead Hospital, Wakefield and that is supported by a librarian and offers excellent facilities for general training.

A satellite facility is located at Folly Hall Mills, Huddersfield and a small medical library is also available in the Dales Unit at Calderdale Royal Hospital, Halifax.

There is also a small library and access to a variety of online journals at the Keresforth site, Barnsley.

## **ADDITIONAL INFORMATION**

### **Policies and Commitments**

All trainees working within the Trust must comply with the Trust's policies and commitment to:

- complying with Trust Policies and Procedures at all times particularly those concerning mandatory training, equal opportunities, health and safety and the prevention, control of infection and Information Governance.
- Progressive employment practices and Investors in People (IIP) Standards.
- Safeguarding the health and wellbeing of children and vulnerable adults, by being familiar with and adhering to Trust safeguarding policies and participating in relevant training.
- the national NHS smoke free policy, which prohibits smoking anywhere on Trust grounds
- being a socially responsible organisation by introducing measures that reduce or offset our environmental impact by being more sustainable
- Ensuring equality in employment by treating everybody equally as determined by the Equality Act (2010).

### **Standards**

This Trust aims towards maintaining the goodwill and confidence of its own staff and of the general public. To assist in achieving this objective it is essential that, at all times, all those working within the Trust carry out their duties in a courteous and sympathetic manner.

### **Confidentiality**

All matters relating to any client of the Trust are confidential and, on no account, may this confidence be betrayed, even to close relatives. Any breach of confidence, other than those for clinical/statutory purposes, renders the members of staff liable to instant dismissal.

Similarly, information concerning members of staff, e.g. home telephone number, private address, work record, are subject to the same conditions.

The Trust policy on Information Sharing and Confidentiality should be applied at all times.

### **Alcohol/Drugs**

The consumption of alcohol and/or the use of illicit drugs during working hours is not permitted.

## **OVERVIEW OF WAKEFIELD SERVICES**

### **ADULT SERVICES – WAKEFIELD**

#### **Inpatient / Residential Facilities - Fieldhead Site**

There are currently 2 wards – Stanley ward and Nostell ward (44 beds) providing care for general adult psychiatric patients and one 14 bedded trust wide intensive care ward (PICU) – Walton ward. There is also a section 136 suite on unity centre adjacent to Walton ward. ). There is a comprehensive bed management system, the Crisis Resolution/Intensive Home Based Treatment Service providing a single point of entry to the wards and thus acting as gatekeeper for those individuals potentially requiring admission.

On the Fieldhead site there is also a Treatment Unit with adjoining Electro-Convulsive Therapy (ECT) suite and depot clinics are provided from this base, together with a specialist Clozaril Service.

#### **Other Accommodation**

In addition there are a number of supported housing schemes supported by the Local Authority both in the Wakefield and Pontefract parts of the locality.

#### **Day Treatment Services**

Adult Day Treatment Services are provided in two locations. Garden Street Centre is located in central Wakefield and Baghill House in Pontefract.

Both services provide a wide range of treatment interventions for people of working age experiencing mental ill health, which leads to a significant reduction in their everyday ability to cope. The service offers specialist assessment followed by treatment if appropriate, on a time limited basis.

Treatment is predominantly provided through group work or a combination of group and individual work:

Occupational Therapy - Activity groups and coping strategy groups such as anxiety management, assertion and relaxation training. Specialist functional assessment.

Cognitive Behaviour Therapy - Structured therapy groups for example depression, panic relief, generalised anxiety and self acceptance. If required, therapy may continue on a 1:1 basis following group work if appropriate.  
Counselling - 1:1 and exploratory group work such as bereavement, creative therapy.

### **Community Services**

Within each locality (Wakefield east and Wakefield west) there are currently 3 CMHTs who provide assessment and treatment of adults with severe mental illness. Each team is linked to groups of GP practices and is multidisciplinary with a Team Manager from either a health or local authority background.

Each team is multidisciplinary and consists of a Community Consultant and associated junior medical staff, Community Psychiatric Nurses (CPNs) and Psychiatric Social Workers together with dedicated administrative support. The teams operate a single point of access to Psychiatric Services with no referrals being made directly to the team Consultant, with the exception of sector liaison psychiatry referrals where a medical opinion is specifically required. The Trust however is committed to the development of specific Pathways & Packages for care in line with national drivers and has commenced a process of re-engineering of multidisciplinary teams to reflect this.

### **IAPT Wakefield - Rightsteps**

The Improving Access to Psychological Therapies (IAPT) programme supports the implementation of the National Institute for Health and Clinical Excellence (NICE) guidelines for people suffering from depression and anxiety disorders. It is a national programme to improve the availability of effective psychological treatments for people with depression and anxiety disorders (including panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, social phobia, generalised anxiety disorder, specific phobias and health anxiety).

Within the Wakefield District the IAPT model is provided by Turning Point, through the 'Rightsteps' Team. The service comprises of a large team of therapists within accessible settings taking referrals primarily from GPs to deliver effective, evidenced based therapies. All services within the National IAPT programme deliver a system of stepped care and are staffed by high and low intensity therapists.

High-intensity therapists engage in interventions at step 3 of the NICE Guidance, which are primarily face to face sessions of Cognitive Behavioural Therapy (CBT) for depression and anxiety disorders. Up to 20 sessions of therapy are recommended. Low-Intensity therapists offer interventions at step 2 of the NICE Guidance on depression and some anxiety disorders. This may take the form of watchful waiting, guided self-help (which can be delivered over the telephone) or brief face-to-face psychological interventions (up to seven sessions). It can also include guided use of computerised CBT.

### **Outpatient Services**

A dedicated outpatient suite is provided at the respective hub's (Horbury for Wakefield west, and Bagill house Pontefract for Wakefield east) with associated administrative support and medical records facilities.

### **Adult Psychological Services**

There is a well established Psychological Therapy Service which is community focussed and includes clinical psychologists with a variety of specialist skills including dynamic and cognitive behavioural psychotherapy together with a more general counselling service.

There are currently 3 teams providing specialist therapies in the Wakefield district based at 1) Castleford & Normanton District Hospital 2) Fieldhead Hospital,

Wakefield 3) Horbury Health Centre (3 miles west of Wakefield). Brief and longer term interventions are provided using a variety of individual and group therapies and the service also offers training and consultation to other parts of the service line.

The Trust, via the Wakefield Business Delivery Unit, is reviewing the provision of service for individuals who do not have psychosis but do have complex psychological needs and, in line with the Pathways & Packages initiative, is committed to the development of two Wellbeing Teams for the Wakefield locality. These teams will be fully multidisciplinary.

### **Substance Misuse Services/Dual Diagnosis**

There has been major investment in the local Substance Misuse Service which provides care and treatment for individuals using both alcohol and illicit drugs. The services are provided via a Social Enterprise with medical input via general practitioners with specialist expertise, the Chief Executive being a full time GP specialist. The service has bases in both the east and west of the District and provides a wide range of interventions including community detoxification. In addition, working within the team, is a Nurse Consultant in Dual Diagnosis appointed by the Trust, who co-ordinates the management and treatment for those with dual diagnosis within secondary services.

### **Crisis Resolution / Home Based Treatment Team**

The Wakefield locality has had its own Crisis Resolution Service for a number of years initially providing an assessment service only. In January 2003 the service was extended and now offers intensive home based treatment. The service has recently moved to a new base adjacent to the in-patient service for adults of working age at Fieldhead, and comprises a multidisciplinary team consisting of CPNs and Social Workers, together with dedicated medical staffing comprising a consultant and a specialty doctor. The service provides a 24 hour service, referrals coming from Secondary Services, Primary Care and A & E Departments and acts as the gatekeeper to the inpatient unit, being part of the Trust's commitment of offering a range of treatment options so as to provide care by the least restrictive means possible. The team also provide a timely Discharge Service, providing short term intensive home based support to those discharged from hospital and so minimising duration of stay.

## **OLDER PEOPLE'S SERVICES - WAKEFIELD**

### **Community Services**

Two CMHTs cover this locality, each a multidisciplinary team comprising CPNs, Social Workers, Occupational Therapists and input from Clinical Psychology. Four Consultant Psychiatrists cover the Teams. There is a dedicated Assertive Outreach Service which inputs into each CMHT to provide longer term intensive support to service users with a history of severe and enduring mental illness and complex needs.

### **Fieldhead Hospital**

The Modular Accommodation is the base for the inpatient consultants and also the consultants in PLT. The Chantry Assessment Unit provides 16 beds for the assessment of functional service users. There is access to the expertise of a consultant geriatrician. Outpatient facilities are also currently available here.

### **Specialist Teams**

The Rapid Access Service provides assessment of referrals from primary care in the community or in the local general hospitals.

The Home Based Treatment team provides short term intensive support to enable the care of service users in their own accommodation.

The Hospital Liaison Team provides psychiatric input into enabling supported discharge of service users with mental health conditions from the 2 local general hospitals

The Care Homes Liaison team undertakes assessments in care homes.

The Memory service undertakes assessment of all referrals for memory impairment for service users above and under 65 years. It also undertakes treatment of service users with specific memory disorders who are suitable for such treatment.

The Lithium monitoring service provides monitoring of service users on Lithium and liaises closely with the different sector teams.

### **Community Services**

The Rapid Access Service and the Wakefield Memory Service as well as other OAP Community Services are based in the Wakefield and Pontefract Hubs.

### **The Poplars (Hemsworth)**

A community Unit providing 15 continuing care and respite beds and up to 15 day places for service users with dementia. The unit also provides acute assessment for service users with dementia. There is access to the expertise of a community geriatrician in this unit.

### **SERVICES FOR PEOPLE WITH LEARNING DISABILITIES - WAKEFIELD**

There is a full-time Consultant with responsibility for this service which underwent a major reorganisation resulting in the majority of Residential Services transferring to the Independent Sector during 2003/04. Six assessment beds in a new purpose built facility (the Horizon Centre) remain on the Fieldhead site. This is also the base for a multidisciplinary team and a centre for out-patient day treatment. Within the community there are 2 community teams.

### **CHILD & ADOLESCENT MENTAL HEALTH SERVICES (CAMHS)**

The Wakefield District CAMHS works in partnership with colleagues in early intervention in psychosis, child health, primary care, social services and education to maximise the mental health and well-being of children within the District. It aims to provide a comprehensive provision for children and young people up to their 18<sup>th</sup> birthday, whose disturbance of emotional and psychological well-being substantially impacts on their lives to such an extent they require local intervention.

The tier 3 CAMH Service operates three out-patient locality access points forming bases for staff – one in Wakefield (Beech House), and 2 in Castleford (Mulberry House and Laurel House).

### **CROSS TRUST SERVICES**

#### **Attention Deficit Hyperactivity Disorder (ADHD)**

A Wakefield and Kirklees service providing a specialist adult ADHD service.

The service provides a comprehensive assessment and diagnostic, treatment and consultation service for adults aged 18+ with symptoms of ADHD, whether those are

diagnosed and known to CAMHS services or those who are suspected to have signs and symptoms of ADHD but have not been diagnosed during childhood, or where general psychiatric services are in doubt about the diagnosis and/or management of ADHD.

The service operates as part of a range of integrated services with transitional protocols, shared care guidelines and clear referral pathways. Treatment includes facilitated access to appropriate psychological interventions, medication therapy and information covering diagnosis, assessment, treatment and support provided to service users, and carers.

### **Psychiatric Intensive Care Unit (PICU)**

PICU is a 14 bedded unit for people with acute mental health care problems which require a high level of intervention. The PICU is located at Fieldhead Hospital but covers the Calderdale, Kirklees and Wakefield districts within the Trust. A consultant and a specialty doctor provide direct support to the unit as well as the two Wakefield district acute general adult wards.

### **Low Secure**

A 37 beds low secure facility, the Bretton Centre based at Fieldhead Hospital, Wakefield provides care to mentally disordered offenders or those with similar needs across the Trust. Three forensic consultant psychiatrists, a dedicated in-patient multi-disciplinary team, and community forensic team provide an assessment and management service.

The service operates principally on a tertiary referral basis, accepting referrals from secondary psychiatric services, secure psychiatric services and the prison and criminal justice systems.

### **Learning Disabilities Low Secure**

Newhaven is a new sub-regional service providing 16 beds (single rooms with en-suites) within a low secure environment for men with learning disabilities. The service opened in December 2009 and is based on the Fieldhead Hospital site in Wakefield.

### **Early Intervention in Psychosis (EIP)**

A service with bases in Calderdale, Kirklees and Wakefield for 14-35 year olds who are experiencing or suspected of experiencing their first episode of psychosis. Consultant psychiatrist input together with multidisciplinary teams in each of the three localities and working closely with the CAMHS providers, offer assessment and management of service users referred to the service. A range of facilities are being developed within the services including antipsychotic medications and therapy tailored to the needs of its service users.

### **Section 136 (Place of Safety) suite**

There are two Section 136 suites within the Trust, one based in Fieldhead Hospital which largely caters for the Wakefield and North Kirklees geographical areas and one based at The Dales in Halifax which largely caters for Calderdale and Huddersfield area. However Section 136 service users regardless of their geographical origin are preferably to be seen at one of these two suites rather than at the Police Station. There is a policy and procedure specific to this service which is agreed by all the relevant agencies including the West Yorkshire Police the three local authority social services and the Trust.