

Rehabilitation Psychiatry Fellowship Program **South London and Maudsley NHS Foundation Trust**

Requirements:

- Medical Degree and completion of Specialist Psychiatry training to consultant level or equivalent.
- IELTS / OET pass with the appropriate score to practice medicine in the UK.
- As a minimum, a doctor applying for registration with an offer of sponsorship must have been engaged in medical practice for three out of the last five years including the most recent 12 months.
- Candidates must meet the GMC's Good Medical Practice standards which can be found on http://www.gmc-uk.org/guidance/good_medical_practice/index.asp.
- Sponsored doctors will already have relevant specialist experience before coming to the UK and are expected to be at least at the level of a UK graduate with a minimum of three years post-qualification experience at the point they apply for registration.
- Applicants will need to supply evidence of an acceptable primary medical qualification and of their knowledge of English and show that their fitness to practice is not impaired.

Position Description

The South London and Maudsley NHS Foundation Trust provides the widest range of NHS mental health services in the UK and aim to be a leader in improving health and wellbeing – locally, nationally and globally.

We serve a local population of 1.3 million people in south London, as well as specialist services for children and adults across the UK and beyond.

Each year we provide inpatient care for over 5,000 people and treat more than 40,000 patients in the community in Lambeth, Southwark, Lewisham and Croydon.

Excellence in treatment, research and training

There are very few organisations in the world that have such wide-ranging capabilities working with mental illness. Our scope is unique because it is built on three major foundations: care and treatment, science and research, and training:

- Service users benefit from the highest level of care.
- Research teams explore new and better treatments.
- In-house training facilities pass on the latest knowledge and skills to staff members.

Working in partnership

We work in partnership with others to achieve our vision of improving the lives of the people we serve.

We are part of King's Health Partners an academic health sciences centre and are the only mental health trust in the UK to have our own biomedical research center - hosted jointly with the Institute of Psychiatry, Psychology and Neuroscience.

Promoting mental health and wellbeing

We are also focused on promoting mental health and wellbeing. Our philosophy of care is the recovery model. We provide treatment that helps people get well and stay well, so they can achieve their full potential. Above all, we believe change is possible, no matter how long someone has had a mental health problem, or how much this has changed their life.

Our integrated adult services make it possible for us to address both an individual's mental health and social care needs. In particular, we are focusing more on early intervention: getting help to people sooner and supporting them at an earlier stage in their lives – especially younger people. Our work is about changing lives, not just for individuals, but in partnership with them.

Our Rehabilitation Services

Each of the four London Boroughs has its own complement of Rehabilitation and Recovery services, providing both community and inpatient care, along with a whole host of supporting services, which allow patients to live as full a life as possible, in the community, in the least restrictive, most socially included way, as much as is possible.

The Recovery and Rehabilitation Team in Croydon will be the host team for the Fellow, with attachments with other teams throughout the Fellowship.

The service is a community-based team focused on supporting service users in nursing, residential or 24 hour/funded supported living placements in the community. We also work with service users who are currently in in-patient high dependency rehabilitation services, both within the borough and in other areas of the country. The role of the team is to ensure placements are being reviewed and step-down to more independent settings is supported through rehabilitation care planning in close partnership with the care providers. It is a multidisciplinary team including Psychiatrists, Psychologists, Occupational Therapists, Nurses, Social Workers and Support, Community Pharmacists, Time & Recovery Workers.

Currently the teamwork with service users with Complex Mental Health needs and manage the implementation of rehabilitation interventions that will enable their recovery.

The primary supervisor will be a nationally and internationally recognised expert and leader in the field of mental health Rehabilitation.

EDUCATION

At South London and Maudsley NHS Foundation Trust, we embrace our responsibility to advance the mental health care system and expand our research, teaching and education expertise. As a teaching hospital, and with our affiliation with the Royal College of Psychiatrists, we provide many opportunities for student placements, both undergraduate and postgraduate, as well as training medical students from Kings College London medical school, Core and Higher Trainees in psychiatry and Clinical Academic Fellows. The close affiliation to the Institute of Psychiatry, Psychology and Neuroscience, also means that undergraduate and postgraduate research students are also supported.

The South London and Maudsley NHS Foundation offers flexibility with Fellowships depending on the area of expertise and interest of each applicant. Fellows are expected to contribute to the academic life of at South London and Maudsley NHS Foundation Trust and the Royal College of Psychiatrists as well, including engagement through teaching, quality improvement work, and/or research, to be determined with the applicant.

TRAINING PROGRAM

The of the Mental Health Rehabilitation Fellowship will be on the functional and cognitive rehabilitation of patients with severe mental illness to enhance recovery. In addition to clinical responsibilities caring for patients with severe mental illness such as Schizophrenia and complex mood disorders, Fellows will have the chance to train in relevant evidence-based modalities of treatment including psychotherapies and work on a quality improvement knowledge translation project to be able to bridge training back to their home country and sponsoring organisation in collaboration with South London and Maudsley NHS Foundation Trust and other members of the rehabilitation and recovery network.

Below is the outline of the activities of the fellowship:

Monday to Friday, 9 am - 5 pm with 30-minute lunch break (37.5 hours per week) divided into:

60% clinical duties between inpatient, ambulatory and outreach settings, working with interdisciplinary team of primary care physicians, nurse practitioners, nurses, social workers, psychologists, occupational therapists and other allied health professionals in collaboration with consultant psychiatrists.

20%: Education and training in the area of cognitive and psychosocial rehabilitation for patients with severe persistent mental illness especially treatment resistant schizophrenia and treatment resistant mood disorders. This includes training on evidence-based psychotherapy in treatment resistant mental illness (e.g. CBTp, CBT for mood disorders).

20%: development of a collaborative project around cognitive and psychosocial rehabilitation program for mental illness with key players from Research and Academics at South London and Maudsley NHS Foundation Trust and other partners including the Royal College of Psychiatrists, UK.

Time allocation per week: (3.5 hours per session)

6 clinical sessions

2 education/supervision sessions

2 project sessions

Sample Timetable - The timetable below should only be interpreted as a guide to the most regularly occurring duties.

Day	AM	Lunch break (30 minutes)	PM
Monday	Clinical		Clinical / Project
Tuesday	Clinical		Clinical / Supervision
Wednesday	Clinical		Education
Thursday	Clinical		Clinical / Supervision
Friday	Clinical		Education / Project

The above can be modified based on clinical opportunities first year and second year.

Duties:

- Assessment of new cases for diagnostic and treatment needs, starting new treatment, supervise treatment to optimise outcomes.
- Daily clinical handover, discussing cases in the red and amber zones.
- Weekly clinical MDT meeting for discussion, treatment planning and safety planning.
- Outpatient clinics, including visits in the community and assertive community treatment plans.
- Liaison with supported housing providers where the patients reside, inpatient-based rehabilitation services, acute physical health inpatient services and primary care (General Practice), drug and alcohol services, autism and learning disability services and other relevant services, to ensure holistic and patient-centered care.
- Clinical Pharmacy led medication reviews.
- Understanding Mental Health Act legislation and applying the principles of consent, mental capacity and safeguarding, to any legal framework.

- Team formulation meetings, led by our team clinical psychologist, for deeper understanding of our most complex patients and deeper, even more personalised, care planning.
- Staff support group to improve team working and also receive regular space to process challenging issues at work and improve wellbeing.
- Provision of evidence-based psychotherapy under supervision.
- Collaboration on quality improvement and knowledge translation project in the area of rehabilitation in severe mental illness.
- Other services which can be included in the fellowship, depending on interest and need, include inpatient rehabilitation, inpatient forensic rehabilitation, community forensic team, early psychosis team, drug and alcohol service. This is not a comprehensive list and depending on the individual Fellow, other services may be accessed for their training and development.

Education and Training elements are significant and can be tailored to the interest and needs of the Fellow. They may include:

Attendance and presentation at Maudsley Grand Rounds

Attendance at the Journal Club

Attendance and delivery of training on Rehabilitation to the local teams

Attendance and submission of conference symposia to national and international conferences, such as the Rehabilitation and Social Psychiatry Faculty Annual Conference and the Royal College of Psychiatrists International Congress.