

# Job Description

CT1-3 in General Adult Psychiatry.

Clinical Supervisor: Dr Mohammed Sessay

Locality: Tower Hamlets

Main Base: Tower Hamlets Centre for Mental Health  
(Mile End Hospital) with 1 day a week at Isle of Dogs  
CMHT.

Service: Isle of Dogs CMHT

Address / Contact details:

## **Tower Hamlets Centre for Mental Health**

Mile End Hospital  
Bancroft Road  
London E 1 4DG

## **Isle of Dogs CMHT**

The Barkantine  
121 Westferry Road, London E14 8JH

Last updated: September 2020

### **Introduction & Summary**

This job description is for a core training post in General Adult Psychiatry, working at Mile End Hospital(4 days a week) primarily on Roman ward(female) or Lea ward(male) and Isle of Dogs CMHT(1 day a week).

The post holder will spend 6 months in this post, under the Clinical Supervision of Dr Mohammed Sessay, but also providing some inpatient clinical support to the Stepney and Wapping CMHT Consultant (Dr Pandis -Mile End Hospital) when providing cross cover for his trainee on the wards. At Isle of Dogs CMHT the post holder will be mainly seeing patients under the care of Dr Rachana Singh and Dr Punita Sharma.

The post-holder will gain experience in assessing and managing patients presenting with a variety of mental health disorders in inpatient as well as community settings.

There may be other opportunities to support FY1 and GP trainees.

### **Brief description / profile of Clinical Supervisor**

Dr Mohammed Sessay is a Consultant Psychiatrist in General Adult Psychiatry with special interest in Addictions psychiatry. He is based at Mile End Hospital and also provides clinical input at Isle of Dogs CMHT.

### **The team (including staffing) / service description**

Tower Hamlets Centre for Mental Health is the main psychiatric hospital providing comprehensive inpatient treatments to younger and older adults in the London Borough of Tower Hamlets. Isle of Dogs CMHT is one of 4 CMHTs providing community psychiatric services in the borough of Tower Hamlets. Its catchment area includes the Canary Wharf area. Both the Inpatient and Community teams are multidisciplinary, comprising of Consultant Psychiatrists, Specialist registrar, Speciality grade doctors, Nurses, Psychologists, Pharmacists, Occupational therapists, Social workers, Support workers and Admin support staff.

### **Role of the Core Trainee (1-3) / Main Duties and Responsibilities**

#### **Tower Hamlets Centre for Mental Health- Mile End Hospital**

You will be assessing newly admitted patients under the Isle of Dogs CMHT Consultant at Mile End Hospital presenting with a variety of mental health disorders (including bipolar affective disorder, schizophrenia, severe depression, etc) on either Roman or Lea wards.

You will be reviewing patients regularly (including mental state examinations) in order to monitor progress with the support of the clinical supervisor.

You will be conducting physical examinations of inpatients and arranging necessary investigations (ECGs, ordering blood investigations, etc).

You will be attending ward round and management round reviews 2-3 times a week depending on the need.

You will be expected to make contemporaneous and electronic clinical notes on RIO for all patients seen including recording results of investigations.

You will be prescribing medications on the JAC medication electronic recording system under the supervision of the Clinical supervisor and ward pharmacist as well as monitoring for any side effects to psychotropic medication.

You will be expected to complete discharge summaries within 24 hours of a patient being discharged as well as carrying out any other administrative tasks such as writing referrals letters to Royal London Hospital for patients who require transfer for medical attention.

You will have the opportunity to write reports for First Tier Tribunals-Mental Health using Trust Templates under clinical supervisor supervision.

You will be attending the daily morning huddle meetings on Roman or Lea wards.

You will be participating in the day on call rota once a week at Mile End Hospital and you will also be on the out of hours on call Rota at Mile End and Royal London Hospitals.

You will be providing cross cover with other trainees on the ward to cover annual or study leave.

You will have weekly supervision with Dr Sessay including support to achieve core training objectives.

### **Isle of Dogs CMHT**

You will spend one day a week at the CMHT (currently Thursday) carrying out assessments in the outpatient clinic for new patient referrals as well as follow-up patients under supervision of Community Consultant colleagues. **Currently most of the assessments and follow up appointments are via telephone due to the Covid 19 pandemic.**

You will learn to formulate treatment plans and initiate treatments of psychotropic medications under supervision of Community Consultant.

You will be expected to attend the safety huddle meetings and other multidisciplinary meetings.

You will be expected to write contemporaneous electronic clinical notes on RIO for all patients seen and to send assessment/follow up letters and reports to GPs in a timely manner.

### CT1-3 Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Ward round	Ward round	Ward work/admin	CMHT	Management Round
PM	Ward work/ on call duty bleep	MRCPsych teaching	Academic programme	CMHT	Supervision Ward work

### Clinical Supervisor Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Clinical	Clinical	Admin	CMHT	Management Round
PM	SPA	Clinical	Academic programme	CMHT	Supervision /SPA