Bridge house detoxification unit

Kent and Medway NHS and Social Care Foundation Trust

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**Job Description** for ST 4-6 in addictions psychiatry

**Employing Trust**: Kent and Medway NHS and Social Care Partnership Trust

**Name of Consultant Trainer**: Dr Sally Braithwaite, consultant addiction psychiatrist. Day to day clinical supervision would be shared with Dr Annie McCloud, Mb BChir MSc FRCPsych.

About Bridge House: Bridge House is a 9 bedded in-patient detoxification unit based in a converted oast house in a secluded location in Maidstone. It is one of a minority NHS detoxification units in England and the only unit in South East England. It is a flagship service taking in individuals with complex addiction problems and significant physical and mental health co-morbidity. As a regional service we see pregnant patients and others with complex and unusual drug and alcohol problems. Patients are referred by community drug and alcohol teams and typically stay for 10-28 days.

A year in this post will attract an endorsement in Addiction Psychiatry.

**Details of Clinical Team**

1 x full time consultant (job share between two experienced addictions consultants)

1 x CT doctor

Sessional input from GP with special interest, senior pharmacist, chaplain, pharmacy technician

1 team administrator

1 x senior manager and 2 ward managers

MDT of approx. 14 staff including nurses, support workers and volunteers

Nursing students, pharmacist students, visiting staff

Volunteers from 12 step organisations, hepatitis C outreach.

Responsibilities and opportunities of post holder

1. Setting
   1. Bridge House is an entirely inpatient service but visits to community drug and alcohol teams, local rehab etc can be arranged
   2. There is a high turnover of patients with 1-2 admissions and discharges daily.
   3. Medications reconciliation and maintaining/ reviewing drugs charts and medication / detox regimes is a key aspect of the medical staff at Bridge house given the complex nature of patients
2. Induction. As trainees may have limited experience in addictions psychiatry a minimum 2-week induction will be provided with the trainee shadowing the work of the consultants and senior nurses.
3. Type of core work – all under consultant supervision
   1. Attending twice daily board rounds/ handovers
   2. Admitting patients along with nursing staff including physical assessment, writing medication regimes, completing VTE / NEWS and related assessments; reviewing blood tests, ECGs and other investigations
   3. Reviewing patients especially with respect to detox regimes and co-morbid mental and physical health issues, medication effects and side effects
   4. Patient psychoeducation e.g. around liver disease and blood tests
   5. Carrying out specialist assessments as needed: cognitive assessments; Trauma and PTSD; screening for ADHD etc
   6. Maintaining and completing discharge summaries in a timely manner
   7. Liaising with referrers, rehabs and other agencies
   8. Shadowing consultant and manager around management of service as a whole including managing referral process
4. Flexible sessions for special interests, e.g. Neuropsychiatry, MIMHS
5. Other learning opportunities as available
   1. Attending therapeutic groups on the unit
   2. Providing guidance, assessments to patients with addiction issues admitted to Priority House or other nearby psychiatric units (e.g. Trevor Gibbens Unit, Rosewood MBU)
   3. Visit to local rehab
   4. Shadowing pre-admission assessments/ phone calls
   5. Shadowing Multi agency meetings (on line)
   6. Assessing Bridge House patients who have been admitted to Maidstone Hospital
   7. Audits and quality improvement activities, within Bridge house and across wider Trust in relation to substance misuse /” dual diagnosis” issues
   8. Meeting with managers and nurses to discuss their role and challenges.
   9. Links with NHS APA (NHS addiction providers alliance) in patient subgroup. This group networks other NHS in patient services to provide support including case presentations of each services work and challenges.
6. On call commitments: The post-holder will be part of a middle tier of out-of-hours on-call doctors operating between the duty junior trainees and the on-call consultant. This is currently a 1 in 10 rota. The post-holder will also participate in the West Kent daytime Section 136 rota.
7. Supervision
   1. There is a minimum of one hour timetabled personal supervision from consultant(s) in addition to clinical supervision.
   2. The consultants are ward based so there are excellent opportunities for formal and informal supervision at Bridge house
8. Learning objectives in addiction psychiatry (as per RCPsych) <https://www.rcpsych.ac.uk/docs/default-source/training/curricula-and-guidance/curricula-review-consultation-2021/2-psychiatry-of-addiction-curriculum.pdf?sfvrsn=4709a07b_2>
   1. To independently take a competent history and perform an examination on adult and elder patients who present with a full range of substance misuse disorders
   2. understand organisation of services available for people with addictions, and to visit local examples
   3. understand the biology of addiction, to apply psychopharmacology appropriately and safely, including in patients with a variety of physical and mental health disorders including chronic liver disease
   4. assess and make recommendations in person with substance misuse related cognitive impairment
   5. appropriate assessment physical examination, to recognise and identify the effects of alcohol and substance misuse, including prescribed or illicit psychotropic medication including effects of acute and chronic intoxication, dependence and withdrawals, and chronic effects such as liver disease, neuropathy
   6. become familiar with psychosocial approaches to addictions
   7. recognise and respond appropriately to substance misuse related emergencies such as overdose and delirium tremens
   8. become familiar with indications for in patient detoxification and rehabilitation and referral processes for such treatment
   9. recognise and assess the presentation of co-existing mental health problems in patients with addictions (“dual diagnosis”) and the risks / needs of this group of patients
   10. understand the importance of “trauma-informed care” in patients with addiction problems
9. About KMPT.
   1. Kent & Medway NHS & Social Care Partnership Trust (KMPT) covers the whole of Kent, which has a population of 1.7 million. The services provided by the Trust are acute mental health, community and recovery (including learning difficulties), forensic, and mental health of older adults. Further information about the trust can be found at [www.kmpt.nhs.uk](http://www.kmpt.nhs.uk).
   2. Bridge House sits within the Forensic and Specialist service care groups. There are close links with the Rosewood mother and baby unit, due to consultant cross cover arrangements.

Proposed ST4-6 timetable

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| am | Clinical work  Assessments / discharges | Clinical work/ teaching | Research or Special Interest | Admin  Supervision | Clinical work |
| pm | Journal club  QI and audit | Specialist assessments, visits to other substance misuse agencies | Research or Special Interest | Referrals meeting /shadow consultant and manager  Patient reviews | Clinical work |

The timetable is indicative and changes can be made to accommodate other commitments e.g. holding beep, on calls, visits to community drug and alcohol services

Consultant and GPwSI timetable (2 consultants job share).

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| am | Dr Sally Braithwaite Clinical work  Assessments / discharges | Dr Annie McCloud Clinical work  Assessments / discharges  teaching | Dr Braithwaite SPA session  GPWSI on ward | Dr Braithwaite Clinical work  Referrals meetings  Consultants meetings  Supervision | Dr McCloud  Clinical work  / supervision of CT doctor |
| pm | Dr Braithwaite  Reviews, discharge summaries | Dr Annie McCloud  Reviews, discharge summaries | Dr McCloud  SPA session | Dr Braithwaite Clinical work/  CPD | Dr McCloud  Clinical work |