

Perinatal Psychiatry 1-year Fellowship Program
At the 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.

The Trust

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 centre - hosted jointly with the Institute of Psychiatry, Psychology and Neuroscience.

Promoting mental health and wellbeing

The South London and Maudsley NHS Foundation Trust aims to promote 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 Perinatal Services

The Perinatal Team is a multidisciplinary mental health service for pregnant and postnatal women with moderate to severe mental illness.

The team aims to prevent, detect, and treat perinatal mental health conditions. We work to improve the experience of pregnancy and the postpartum period for women and their families, as well as contribute to a healthier foetal development and better early life experiences for babies by carefully assessing and promoting a healthy parent-infant relationship.

Women at risk of relapse in pregnancy and following delivery are assessed at the pre-conception stage, otherwise in pregnancy or in the postpartum period to allow them time to consider the treatment and care options available.

The Perinatal Team work jointly with adult mental health services already providing care for a woman when she becomes pregnant. We work in partnership with maternity services, children and families' social services, primary care, and other Trust mental health services.

Our 12 bedded Mother and Baby Unit - one of the largest and oldest in UK – offers care for pregnant and postnatal women with the most severe perinatal psychiatric and psychological illnesses/ conditions. Linked are 4 Specialist Community Perinatal Mental Health Teams across the boroughs of Lambeth, Southwark, Lewisham and Croydon.

Our service consists of psychiatrists, psychologists, psychotherapists, family therapists, perinatal nurses, perinatal nursery nurses, midwives, occupational therapists, and administrators. The service works with women who cannot be effectively managed in primary care.

The primary supervisor will be a nationally and internationally recognised expert and leader in the field of Perinatal Mental Health.

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 King's 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 (IoPPN), 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 focus of the Perinatal Mental Health Fellowship will be detection, assessment and management of perinatal mental disorders, where 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.

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 women and their families alongside an interdisciplinary team of specialist perinatal nurses, psychotherapists, psychologists, nursery nurses, occupational therapists, specialist and mainstream maternity teams, neonatology and pediatric services, health visitors, primary care physicians, nurses, social workers, and other allied health professionals to co-produce appropriate perinatal care plans that are overseen by consultant psychiatrists.

20%: Education and training in the area of perinatal psychiatry. This includes training on evidence-based psychotherapy for perinatal mental illness (e.g. CBT, CBT for anxiety and mood disorders, when appropriate parent infant psychotherapy).

20%: development of a collaborative project around the program for perinatal mental illness in their own countries with key players form 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 throughout the year.

Duties:

- Assessment of new cases for diagnostic and treatment needs, starting new treatment, supervise treatment to optimise outcomes.
- Daily clinical handover, discussing new referrals as well as 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 inpatient-based perinatal 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-centred care.
- Liaison and in-reach within maternity departments for planned and unplanned reviews of perinatal patients, neonatology and pediatric departments where appropriate.

- 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 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.
- Other services can be included in the 1-year fellowship, depending on interest and need.

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 to local teams
- Attendance and submission of conference symposia to national and international conferences, such as the Royal College of Psychiatrists International Congress, the Royal College of Psychiatrists Perinatal Scientific Day, the Marce Society Perinatal Conference.