

Kent and Medway NHS and Social Care Partnership Trust (KMPT) – Placements in Psychiatry

Dr Elizabeth Junaid (ST5 Higher Trainee in Psychiatry)

Dr Sawsan Abdelrahim (Foundation Trainee Representative)

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My journey so far...Elizabeth

- Medical School in Manchester
- F1/F2 in Dorset (including my first post in Psychiatry!)
- Various roles in UK between Foundation and Speciality Training
- Core and Higher Psychiatry Training in Kent

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Kent and Medway NHS and Social Care Partnership Trust



To London



France by ferry



To Surrey

To Sussex

(Scope for return of)
France, Belgium,
Holland and soon
Germany by train!

France by
shuttle



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Psychiatric Services

- General Adult Psychiatry – Inpatient and Community
- Old Age Psychiatry – Inpatient and Community
- Liaison Psychiatry
- Crisis and Home Treatment Team
- Perinatal Psychiatry – Inpatient and Outpatient
- Addiction Psychiatry - Inpatient
- Psychiatric Intensive Care Unit
- Forensic Psychiatry – Low and Medium Secure Inpatient, Community
- Learning Disabilities
- Neuropsychiatry
- Rehabilitation Psychiatry
- Complex Psychosis Unit



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Facilities

- Each Hospital Site has:
 - Doctor's Resource Room
 - Computer
 - AV facilities for virtual meetings
 - On call rooms equipped with computer and bed
 - Library of books for reference
 - Chill out room at each site
 - Free Parking!

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Activities and Benefits

- Weekly Journal Club
- Weekly Balint Group
- Weekly Psychiatry Teaching
- Opportunities for Tasters
- Annual Trainee Conference
- Opportunities to be involved in local and national audits
- Research opportunities
- Friendly/helpful Medical Education Team!

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At least 1 in 4 people in the UK will experience mental illness in one year.

Physical ill health can result in mental health difficulties.
Mental ill health can result in physical health difficulties.



Kent and Medway
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Why do a placement in Psychiatry?

- Transferrable skills:
 - Communication. Communication. Communication.
 - Learning to manage the agitated/angry patient
 - Learning about legal frameworks such as Mental Health Act, Mental Capacity Act, DOLS (or LPS)
 - Learning how to give compassionate, holistic person-centered care to patient's who have co-morbidity with mental illness

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Why do a placement in Psychiatry?

- Expand your portfolio:
 - Time
 - Several Opportunities available
 - Make links – expansion of posts in the area

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My journey so far...Sawsan

- International medical graduate
- Currently in last placement of F1, based at Fern Ward, St Martins Hospital in Canterbury/one day in the community
- Out of sync due to time out of programme
- Coming from previous placements - anaesthetics/ITU, vascular surgery...
- How I ended up doing the psych placement

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Benefits

- Getting a good understanding of psychiatry with each case
- Long and thorough reviews for new admissions
- Plenty of opportunities to see patients yourself
- Discussion with colleagues/consultant means you are actually learning through practice
- Safe environment to work in
- A lot of teaching provided/teaching you can do for medical students

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Challenges

- Really does require good communication skills!
- Sometimes challenging patients

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Top 5 reasons to do Psych at KMPT

- A good induction means you are well prepared to start your job
- Well supported by a large MDT team
- Excellent environment to learn, improve your communication skills
- Extra curricular opportunities (teaching/audits/conferences)
- A good work/life balance, good working hours

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Contact the Team

Email Address: kmpt.medicaleducation@nhs.net

Website: www.kmpt.nhs.uk/medical-education

- Dr Rachel Daly – Director of Medical Education
- Angela Pendleton – Medical Education Manager
- Laura Griffiths – Postgraduate Administrator

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