Monash Health Prevocational Term Description

<table>
<thead>
<tr>
<th>Title of post</th>
<th>Mental Health – Child &amp; Adolescent (Stepping Stones)</th>
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<tbody>
<tr>
<td>Site</td>
<td>Monash Medical Centre, Clayton</td>
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**Important Contacts**

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<tr>
<th>Name</th>
<th>Contact</th>
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<tr>
<td>Program Director</td>
<td>Prof David Clarke</td>
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<td>HMO supervisor</td>
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<td>NUM:</td>
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<td>Administration</td>
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<td>Review Date</td>
<td>December, 2015</td>
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**Overview of Unit:**

Monash psychiatry is one of the largest integrated public mental health services in Victoria. The programs support more than one million people across Monash Health’s geographically and culturally diverse catchment population including areas of significant socioeconomic disadvantage.

The Mental Health Program provides inpatient and community-based services to people aged up to 64 years with a mental illness and those with alcohol or other drugs issues. Services for people aged 65 years and over are provided through the Aged Persons Mental Health Program.

Monash Psychiatry operates across multiple sites in a variety of in-patient hospital and community settings.

Interns and HMOs rotating through psychiatry may gain experience in the acute psychiatric management including youth, adult and aged psychiatry. For HMOs experience in the care of patients with ongoing needs sometimes involving complex case management, may be gained in the community care and transitional care settings.

**Orientation:**

- Unit orientation is provided on day 1 by the Nurse Unit Manager of Stepping Stones or delegate.
- A detailed orientation manual for staff working in ELMHS Mental Health Program (ELMHS service manual) is available to all interns and HMOs at commencement of rotation. An orientation manual specific to Stepping Stones is made available to all new staff.
- Medical Staff new to Monash health are expected to attend the Generic Monash health orientation.
- An intensive orientation 2 days is provided to all new staff in ELMHS in February and August each year.
- Policies and guidelines are all provided on Prompt as per hospital network guidelines.
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Roster:

**Interns:**
Interns in Psychiatry may be placed across the adult and Youth/adolescent services at Dandenong, Casey and Monash Clayton and the Aged psychiatry service at Dandenong or Kingston centre.

Intern rotations are for 10 weeks

Interns work regular hours and are not required to be part of psychiatry on call roster

Work rosters are provided via the MWU

**HMOs**

HMO experience in psychiatry may be across the adult and Youth/adolescent services and the Aged psychiatry service at Dandenong or Kingston centre. Additional placements are offered in the following services HITH, Youth RAPPS, adult and youth PARC

HMO rotations maybe for 6months or one year

The HMO is expected to take part in the psychiatry after hours roster, which consists of “1st on-call”, “on call-recall”, and “2nd on call”. On average the HMO would be required to do an afterhours shift once per fortnight. There is always a consultant oncalk for support and back up. At weekends the HMO or registrar is expected join the psychiatric consultant when they do a ward round.

Education Opportunities:

<table>
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<tr>
<th>Intern Teaching (mandatory &amp; protected)</th>
<th>Thursday</th>
<th>1.00 – 2.00pm</th>
<th>Lecture Theatre 3 MMC</th>
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<tbody>
<tr>
<td>Mental Health Grand Round</td>
<td>Monday</td>
<td>12.30 – 1.30 pm</td>
<td>Lecture Theatre 2 MMC</td>
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<tr>
<td>Mental health unit Journal Clubs and Case Conferences</td>
<td>Monday</td>
<td>12.30 – 1.30 pm</td>
<td>Lecture Theatre 2 MMC</td>
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Learning Objectives

At the end of this rotation, the prevocational doctor, under supervision, will be able to:

1. **Science and Scholarship**
   - Consolidate, expand and apply knowledge of the aetiology, pathology, clinical features, natural history and prognosis of common and important mental health disorders in adolescence and adulthood
   - Become familiar with the relevant section of the Victorian Mental Health Act
   - Access and use relevant treatment guidelines and protocols
   - Seek and apply evidence to medical patient care

2. **Clinical Practice**
   - Assess and contribute to the care of patients with a broad range of mental health conditions including:
     - Patients presenting to mental health services for first time
     - Acute exacerbations of chronic mental health disorders
     - Patients who have both substance use disorders and mental illness
     - Patients whose predominant pathology is in realm of personality disorder
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- Demonstrate appropriate history taking, physical examination and mental state examination skills
- Work with more senior psychiatric staff to develop management plans for patients
- Order and interpret investigations
- Access clinical management resources, making referral and monitoring progress
- Develop knowledge and skills in safe and effective prescribing of medications including psychotropic medications
- Develop familiarity with indications for ECT (administration not expected at this level)
- Develop effective communication skills including:
  a. interactions with peers (particularly through clinical handover)
  b. supervisors
  c. patients and their families
  d. other health care workers involved in multidisciplinary mental health care team
- Develop advanced skills in spoken, written and electronic communication
- Develop skills in obtaining informed consent,
- Develop written communication skills including:
  a. entries in paper and electronic medical records,
  b. admission notes,
  c. progress notes
  d. discharge notes
  e. letters to other health care professionals

3. Health and Society
- Discuss allocating resources in providing medical care
- Participate in quality assurance, improvement, risk management processes and/or incident reporting
- Screen patients for common diseases, provide care for chronic diseases and discuss healthcare behaviours with patients
- Develop knowledge about how patient care interacts with sub-acute, community and ambulatory care facilities, including appropriate discharge destinations and follow-up

4. Professionalism and leadership
- Develop skills in prioritising workload to maximise patient and health service outcomes
- Demonstrate an understanding of roles, responsibilities and interactions with various health professionals in managing each patient
- Participate actively in the multi-professional/disciplinary team
- Develop and reflect on skills and behaviours for safe professional and ethical practice consistent with the Medical Board of Australia’s Good Medicine Practice: A Code of Conduct for Doctors in Australia