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ACF Job Description – Child and Adolescent Psychiatry

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NHS England

NHS England

in partnership with the

University of Nottingham

Academic Clinical Fellow in Child and Adolescent Psychiatry
For appointment at CT1 or ST4

Academic Clinical Fellowship in Child and Adolescent Psychiatry

This post is designed for a Psychiatry Resident Doctor who has ambitions to work in academic Child & Adolescent Psychiatry. The successful applicant will be awarded an Academic National Training Number (NTN/A) in Child & Adolescent Psychiatry.

Please note that candidates applying for this post will be competing with General Adult Psychiatry and Old Age Psychiatry, in the research theme of Mental Health.

Applicants to CT1 and ST4 level must already hold an NTN/DRN in the specialty or apply via national recruitment to this specialty for Clinical Benchmarking.

Academic and Clinical Training in Child and Adolescent Psychiatry will be integrated, with focused time for academic development. Training will be provided in research methods including study design, data collection, use of statistics, computer skills, presentation and writing papers.

During the academic components of the post, and in particular during the 9 months (25%) of protected academic time within the 3 years, the successful applicant will undertake academic training and original research in an area of their research interest.

Academic Child & Adolescent Psychiatry at the University of Nottingham

Child and Adolescent Psychiatry is part of the Academic Unit of Mental Health and Clinical Neurosciences in the School of Medicine. Academic Child and Adolescent Psychiatry encompasses disciplines in psychiatry, mental health, and neurosciences and has an international reputation for research, innovation and teaching in Child and Adolescent Psychiatry, as well as a breadth of experience in academic and clinical training. It consists of Professors, Associate Professors, Clinical Assistant Professors, Honorary Clinical Assistant Professors, Clinical Doctoral Fellows and ACFs.

The major research themes of the Academic Unit include intervention research (Randomised Clinical Trials), Health Services Research, developmental epidemiology, digital technology, psychopharmacology and systematic literature reviews.

More information on research opportunities is available via the Institute of Mental Health & the Academic Unit of Mental Health and Clinical Neurosciences websites, accessible via:

https://institutemh.org.uk/

https://www.nottingham.ac.uk/medicine/research/research-areas/mental-health/index.aspx

Enquiries should be addressed to Professor Kapil Sayal kapil.sayal@nottingham.ac.uk

Academic Child and Adolescent Psychiatry is located in the Institute of Mental Health building on Jubilee Campus. It comprises offices, state-of-the-art laboratories, teaching, meeting and computer rooms.

In addition to its strong research focus, the senior academic staff of the Unit of Mental Health and Clinical Neurosciences supervise PhD students from medical and science backgrounds and mentor academic Resident Doctors at all levels. The Academic Unit also supervises undergraduate research and undertakes highly rated undergraduate and postgraduate teaching in Child and Adolescent Psychiatry.

ACF in Child and Adolescent Psychiatry

Research opportunities

The ACF in Child and Adolescent Psychiatry will be supported by the Academic Programme Director to identify an area of research. The Academic Unit of Mental Health and Clinical Neurosciences in Nottingham offers a broad range of research opportunities in health services research, translational medicine, clinical studies including trials, and the application of digital technology for patient care. During the 25% time (equivalent to 9 months) of protected academic time, the ACF will have to opportunity to generate data, write up data for publication and prepare applications for PhD Fellowship funding with the supervision and mentorship of the senior academic staff of the Academic Unit.

Research opportunities include:

Academic Child and Adolescent Psychiatry within the Unit offers a broad range of research opportunities in intervention research (Randomised Clinical Trials), Health Services Research, developmental epidemiology, digital technology, psychopharmacology and systematic literature reviews. We are very closely affiliated with the Nottingham Institute of Mental Health (IMH). Since its formation in 2006, the IMH has established a track record of success, with achievements in pioneering education provision and innovative, service-facing, inter-disciplinary research.

The IMH receives considerable funding in external research grants, has multiple prestigious NIHR Senior Investigators in the fields of psychiatry and mental health, and is one of the UK's prime locations for interdisciplinary research in mental health with full and associate professors. Particular strengths of the IMH are reflected in its eight Centres of Excellence, including ADHD and neuro-developmental disorders across the lifespan, Mood Disorders and Translational Neuroscience – building on recent advances in neuroscience, diagnosis and treatment. The Institute also hosts NIHR MindTech - a national centre focusing on the development, adoption and evaluation of new technologies for mental healthcare.

- Developmental epidemiology (population birth cohorts & clinical databases) – identifying risk factors and long-term outcomes for child and adolescent mental health disorders
- Intervention Research (RCTs) and implementation of evidence-based psychological and behavioural interventions
- Systematic literature reviews – drawing together research evidence to understand what works best in practice
- Health Services Research - service utilisation and child and adolescent mental health in primary care, school and CAMHS settings
- Child and adolescent psychopharmacology: improving drug effectiveness and safety
- Cognitive and Translational neuroscience – applying brain imaging to practice

Academic time can be taken as day or block release. The successful candidate will discuss this with their Academic Programme Director at the start of the ACF, taking into account their clinical training requirements and academic project needs.

Teaching and Core Academic Skills

The Academic Clinical Fellow, like other specialty Resident Doctors will participate in the teaching of psychiatry and mental health to undergraduate medical students and will contribute to the NHS Trust Psychiatry journal club and postgraduate programme. The successful applicant will receive training in teaching and learning methods.

Training in core academic competencies will also be provided by access to Masters Courses at the University, particularly Nottingham's N-Trans and MRes Courses. There are also regular multidisciplinary research meetings in the Unit and at the Institute of Mental Health (through the Centres of Excellence & the Children and Young People Mental Health and Wellbeing Research Group) where research methodology and work in progress are discussed, and a full postgraduate education programme.

At CT level, the ACF, like other core trainees, will participate in the MRCPsych teaching programme, which includes fortnightly teaching days focussed on topics relevant to the MRCPsych examinations and communication skills.

At ST level the ACF, like other specialty trainees, will participate in the weekly (term-time) CAP ST academic teaching programme. There are also quarterly literature review group workshops for Specialty Trainees.

Applicants are encouraged to discuss their areas of research interest with the Academic Programme Director in Child & Adolescent Psychiatry, Professor Kapil Sayal (kapil.sayal@nottingham.ac.uk) before the interview.

ACF in the Clinical Training Programme

The clinical training programme in Core Psychiatry (CT1 entry) or Child & Adolescent Psychiatry (ST4 entry)

The successful candidate will undertake the Core Psychiatry (CT1) or Child & Adolescent Psychiatry (ST4) clinical training programme in the North of the Health Education England East Midlands area which is centred on Nottingham.

Applicants are invited to commence at CT1 or ST4 level(s).

An Academic Clinical Fellow commencing at CT1 - will undertake Core Psychiatry clinical training programme of the NHS England (NHSE) Postgraduate School of Psychiatry. The ACF will develop core competencies in psychiatry and gain experience in an appropriate range of specialties, and following satisfactory ARCP assessments, will rotate between posts within the programme. This will include experience of emergency work through participation in on-call rotas. At the end of the 3-year ACF post, the Academic Clinical Fellow will either move into a PhD post before continuing their clinical training or progress directly to the Child and Adolescent Psychiatry clinical training programme through years ST4+.

An example of a CT Academic Clinical Fellow's rotation could be:

- CT1: General Adult Psychiatry (6 months), Old Age Psychiatry (6 months)
- CT2: Academic Training (6 months); Child and Adolescent Psychiatry (6 months)
- CT3: Academic Training (3 months), Speciality Experience (3 months), General Adult Psychiatry (6 months)

Alternatively, the 25% protected time could be taken continuously over the 3-year period. Extra duty payments will be paid based on the rota associated with each clinical placement. If academic time is taken as block release, clinical out-of-hours duties are not usually

undertaken in this time, which would result in cessation of these payments during academic block release.

More details are available from:

https://www.eastmidlandsdeanery.nhs.uk/psychiatry/core_psychiatry

An Academic Clinical Fellow commencing at ST4 - will gain experience in Child & Adolescent Psychiatry (CAP), working in a range of placements and, following satisfactory ARCP assessments, will rotate between posts within the programme. The clinical rotation gives excellent all-round training with opportunities in many clinical areas including community CAMHS, three in-patient specialties (General Adolescent Unit, PICU and Eating disorder units), intellectual disability in children and adolescents, neurodevelopmental, paediatric liaison, looked-after children, crisis, early psychosis and young offending service, forensic CAMHS, secure setting and community eating disorders. In addition, diverse experiences and trainings in psychotherapy, such as family therapy, brief systemic therapy, and individual therapies are available. There is an active teaching programme with full afternoon sessions for 10 weeks per term, 3 terms per year, which covers a wide range of topics relevant to the CAP curriculum.

The ACF will be a full member of the East Midlands CAP Higher Training Scheme and have access to, and rotate across, a range of placements to enable them to achieve their Certificate of Completion of Training (CCT) within 3 years. As this post is in partnership with the University of Nottingham, the ACF will be based in the North hub of the training scheme, centred on Nottingham, with clinical placements available in Nottinghamshire, Derbyshire, and Lincolnshire. This will include experience of emergency work through participation in an out-of-hours on-call rota.

An example of an ST4-6 Academic Clinical Fellow's rotation could be:

> ST4: Community Child & Adolescent Psychiatry (6 months); Academic Training (6 months)
>
> ST5: Community Child & Adolescent Psychiatry or Children Looked-After or Paediatric Liaison (6 months); Professorial Unit – Developmental neuropsychiatry (6 months)
>
> ST6: Academic Training (3 months); Adolescent Inpatient Unit (6 months); Children Looked-After or Crisis / Paediatric Liaison Teams (3 months).

Alternatively, the 25% protected time could be taken continuously over the 3-year period. Extra duty payments will be paid based on the rota associated with each clinical placement. If academic time is taken as block release, clinical out-of-hours duties are not usually undertaken in this time, which would result in cessation of these payments during academic block release.

See: https://www.eastmidlandsdeanery.nhs.uk/psychiatry/child_adolescent_psychiatry

Clinical rotations are coordinated by the Clinical Training Programme Directors to address the clinical training needs of the successful applicant. Therefore, an ACF at CT1 or ST4 will agree their clinical training needs with the Clinical Training Programme Directors to decide their clinical training attachments.

At the end of the 3-year ACF post, the Academic Clinical Fellow will either move into a PhD post before continuing their clinical training or progress/return directly to the clinical training programme.

This programme is based in NHS Trusts in the North of Health Education England East Midlands including:

- Nottinghamshire Healthcare NHS Foundation Trust
- Derbyshire Healthcare NHS Foundation Trust
- Chesterfield Royal Hospital Foundation Trust (North Derbyshire)
- Lincolnshire Partnership NHS Foundation Trust

Mentorship, Appraisal and Assessment

In addition to their research supervisor, the successful candidate will have an academic mentor who will be a senior clinical academic and who will provide support for all aspects of the Academic Clinical Fellowship. In addition, as for all clinical Resident Doctors, educational support for clinical training will be provided by an Educational Supervisor who will provide guidance and support in attaining clinical competencies and in the development of a personal e-portfolio. For each clinical attachment, the Resident Doctor will be allocated a Clinical Supervisor to assist them in attaining their clinical competencies. This will be complimented by the well-established Clinical Training Day Programme.

Completion of clinical training will be contingent on satisfactory appraisal of clinical competencies. Academic Clinical Fellows will undertake regular appraisals and an annual joint academic and clinical and assessment (Joint Clinical Academic ARCP) and competency-based assessments.

Personal Specifications

Applicants for this post should fit the both the academic person specification and the clinical person specification for the level of training. Both the academic and clinical person specifications can be found at https://medical.hee.nhs.uk/medical-training-recruitment/medical-specialty-training/person-specifications

Successful applicants will have **all** of the essential criteria listed in the person specification. Where different essential criteria in academic and clinical person specifications exist, successful applicants will have demonstrated the higher criteria.

Further information can be obtained from:

Academic Programme Director in Child & Adolescent Psychiatry	**Professor Kapil Sayal**	kapil.sayal@nottingham.ac.uk
Training Programme Director for CT1-3	**Dr Madiha Lofty**	madiha.lofty@nhs.net
Training Programme Director for CAP ST4+	**Dr Meghana Kulkarni**	Meghana.Kulkarni@nottshc.nhs.uk
Training Programme Director for CAP ST4+	**Dr Rebekah Redwood**	Rebekah.Redwood1@nhs.net
Clinical Academic Training Programme Team	**Harriet Delahoy & Katie Harrison**	ms-iatadmin@nottingham.ac.uk
NHS England	**Ms Marcia Reid**	https://nhs-help.freshdesk.com/support/home

The University's Clinical Academic Training Programme Deputy Director Professor David Humes is also available to provide advice, see website: www.nottingham.ac.uk/go/catp

Useful links

NIHR Resident Doctors website: https://www.nihr.ac.uk/explore-nihr/academy-programmes/integrated-academic-training.htm

Life in Nottingham: http://www.nottingham.ac.uk/studywithus/nottinghamlife/index.aspx

About the University of Nottingham and School of Medicine: https://www.nottingham.ac.uk/medicine/documents/school-of-medicine-further-information.pdf

Appendix 1:

Life in Nottingham

Central within the East Midlands, Nottingham is a vibrant and prosperous city with something to offer everyone. It is one of the UK's leading retail centres and has a huge variety of restaurants, bars and nightclubs, which attract people from all over the UK. Culturally, it has good theatres, an arena which attracts both national and international performers and a range of historical interests relating to subjects such as the lace industry, Lord Byron and DH Lawrence. Nottingham is also known for sport, being the home of Trent Bridge Cricket Ground, Nottingham Forest and Notts County Football Clubs, the National Water Sports Centre and the Nottingham Tennis Centre. There is a good network of roads with easy access to the M1 and the A1, a fast frequent rail service to London and other major cities. Nottingham East Midlands Airport is only eighteen miles away.

The city is set within a county of outstanding natural beauty, which includes Sherwood Forest, Wollaton Park, lively market towns and wonderful historic buildings. Housing is relatively inexpensive and, in addition to the two Universities, there are excellent schools and colleges available.

To find out more about Nottingham, use the following links:

Nottingham County Council – Tourism
https://www.visit-nottinghamshire.co.uk/

University of Nottingham
http://www.nottingham.ac.uk

Zoopla (Guide to local properties)
http://www.zoopla.co.uk/

My Nottingham (information on schools, term dates, school transport etc.)
http://www.nottinghamcity.gov.uk/education-and-schools/school-admissions/

Appendix 2: Nottinghamshire Healthcare NHS Trust

Introduction

Nottinghamshire Healthcare is one of the largest mental health trusts in the country, serving a population of over one million people across Nottinghamshire, including the provision of healthcare services from Rampton Hospital, one of the country's three high-secure hospitals. This provides interested Resident Doctors with unique training opportunities in forensic psychiatry. The Trust also has strong academic links with the University of Nottingham and the Institute of Mental Health, home of the Mental Health Research Network hub for East Midlands and South Yorkshire.

Trust Details

Nottinghamshire Healthcare provides integrated healthcare services, including mental health, intellectual disability, and physical health services. Over 9000 dedicated staff provide these services in a variety of settings, ranging from the community through to acute wards, as well as secure settings. The Trust manages two medium secure units, Arnold Lodge in Leicester and Wathwood Hospital in Rotherham, and a high secure Rampton Hospital near Retford. It also provides healthcare in prisons across the East Midlands. Its budget for 2022/23 was £590m.

The Trust is committed to a sustainable future and works hard to reduce its carbon footprint and environmental impact across all of its many services.

Service Details

The Trust covers the whole of the county of Nottinghamshire in the provision of mental health services to children, adults and older people.

Services currently provided by the Trust are divided into 3 directorates with sub-specialties featuring within including:

- Local Mental Health Services
    - Adult Mental Health Services (AMH)
    - Specialist Services Directorate (SSD)
- Mental Health Services for Older People (MHSOP)
- Forensic Services
- Community Healthcare

The Trust manages two medium secure units, Arnold Lodge in Leicester and Wathwood Hospital in Rotherham as well as the high secure Rampton Hospital near Retford.

The following Psychiatric Services serve the Nottingham and Nottinghamshire area:

- Alcohol & Addiction
- Child and Adolescent Mental Health Services
- Forensic Mental Health Services
- Adult Mental Health
- Mental Health Services for Older People
- Psychotherapy
- Perinatal Psychiatry
- Specialist Eating Disorders Service
- Personality Disorders Network
- Specialist Gender Clinic
- Intellectual and Developmental Disabilities Service

- Integrated Offender Healthcare
- Community Healthcare via Health Partnerships and Bassetlaw Health Partnership.

Research

We have close links with the Institute of Mental Health (IMH) and the University of Nottingham. Since its formation in 2006, the Institute has established a track record of success, with achievements in pioneering education provision and innovative, service-facing, inter-disciplinary research.

The IMH currently receives approximately £34 million in external research grants and is one of the UK's prime locations for interdisciplinary research in mental health with 33 full time and associate professors. Particular strengths of the Institute are reflected in its eight Centres of Excellence:

- ADHD and neurodevelopmental disorders across the lifespan – advancing the translation of research into practice.
- Dementia – tackling one of the biggest health challenges facing the population.
- Education – providing accredited and non-accredited training delivered by experts in their field.
- Health and Justice – improving the understanding of and provision for mentally disordered offenders.
- Mental Health and Human Rights – officially launched in 2018.
- Mood Disorders – advancing leading edge research into conditions such as depression and bipolar disorder.
- Social Futures – transforming how service users, carers and professionals work together in a new community of understanding.
- Translational Neuroscience – building on recent advances in neuroscience, diagnosis and treatment.

The Institute also hosts MindTech – a National Institute for Health & Care Research (NIHR) Healthcare Technology Co-operative focused on the development of new technology for mental healthcare.

Academic Clinical Fellowships at the University of Nottingham

