

Quality of community care impresses visiting doctors

A group of trainee doctors from Kashmir, India spent time learning about the variety of services LPFT has to offer.

The team of five trainee doctors spent two weeks visiting hospital inpatient wards and community mental health teams in the spring, to find out what life is like in the 21st century NHS.



The international students were hosted by Trust staff, as part of the World Health Organisation's mental health Global Action Programme (mhGAP), in special agreement between the Royal College of Psychiatrists and the government of Jammu in Kashmir.

The trip was organised thanks to LPFT locum psychiatrist Dr Sayed Aqeel Hussain, who originates from Kashmir, along with Trust medical director Dr Sue Elcock.

As part of a busy two-week schedule, the students immersed themselves in LPFT services, spending their first week with dementia, drug and alcohol, child, and community mental health teams in Grantham, before visiting acute hospital inpatient and rehabilitation units in Lincoln. Trainee Dr Suhail Saifullah, said that back in India, mental illness still has a great deal of stigma attached to it, but he was impressed by the standard of community care offered by LPFT.

"Things are very different over here, there are far more health professionals involved in people's care, whereas back home people mostly just see a doctor. I was impressed with the empathy shown to patients and the amount of time that doctors spend with them," he said.



"I like the fact that you have detailed documentation of everything here – it saves a lot of time. Back home patients have to provide their own medical history each time they see a doctor so if it's recorded in a single compact manner it saves an awful lot of time." **Dr Khuram Maqbool**

"You have many more health professionals involved in patient care – nurses deliver around 90 per cent of the mental health care whereas in Kashmir it's all doctors - every burden and all the workload is on them. At home the nurses know very little about psychiatry, they are just there to give injections." **Dr Suhail Saifullah Maqbool**



"Because of the patient load back home the amount of time we have with patients is about five minutes. Here, every consultant spends longer with their patients so I am going to take this approach back with me to see if I can implement it on my return to give the patients a bit more time." **Dr Hena Mustafa**

"Everything is discussed with the patients and their families here and everyone is involved with the management and treatment options on offer. The drugs and possible side-effects are also fully explained to the patients at LPFT". **Dr Bushra Imtiaz**



"Here in the UK you have lots of specialties such as drug and alcohol and child and adolescent services, we don't have that kind of set up back home. I would really like to see more programs like this in the future so people from developing countries can come and learn and take that learning to other countries which will help change things". **Dr Sukhpreet Kour**

Clinical apprentices impress

We're keen to develop our workforce for the future and one key objective is to recruit and retain apprentices and ensure they have the skills, behaviours and attitudes that are right for LPFT.



The Trust already employs a number of administration apprentices and following a recent pilot to recruit a cohort of clinical apprentices, now employs six of the clinical staff across its services, who work alongside existing healthcare support workers.

LPFT's clinical apprenticeship coordinator, Sharon Jolly, said that the current cohort have all worked really well together.

"They have fitted into the teams and are all working towards completing their diplomas in Healthcare Support and attending monthly masterclasses, said Sharon.

"Several have already asked to join our ad hoc Bank rota and one has been successful in securing a permanent Band 2 role. We'd like to recruit more in the south of the county, particularly in Boston and Grantham."

Martha Barratt, one of the new clinical apprentices said she hopes to take the skills she's learning into her future career and eventually progress into nurse training.

"Since starting the apprenticeship my confidence has grown and I have made bonds with patients," she said.

"I have learnt so many new things whilst being on the ward, from doing physical observations to making sure the right information is included in patient notes."

If you, or someone you know is interested in a clinical apprenticeship, call Sharon on **01529 416251** or visit **www.jobs.nhs.uk** and find LPFT for more information.